



**FORT WAYNE
TRACK CLUB**

SEPTEMBER 1984

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

Great Running Events in History



1 Million B.C. — Ab the Caveman wins the Teradactyl Invitational Road Race.

2073 B.C. — Greeks invent running shoes.

111 B.C. — Julius Caesar loses his jockstrap.

207 — Pope Emile the Curious finds Julius Caesar's jockstrap. The funeral is very ornate.

914 — King Arthur invents the first sweat suit. It is made of iron.

1440 — Stretching exercises are discovered during the Spanish Inquisition.

1492 — Christopher Columbus jogs to the New World.

1493 — Christopher Columbus develops a blister the size of Brooklyn.

1761 — Benjamin Franklin invents Gator Ade.

1778 — George Washington wins the Valley Forge Marathon. Everyone cries "fix."

1846 — Lucille Ball starts running once a week to keep her weight down.

1893 — Thomas Edison invents illuminated sneakers.

1902 — Kaiser Wilhelm gets shin splints.

1923 — Elliott Ness throws out his back chasing Frank Nitti through downtown Chicago.

1936 — Hitler invites Jesse Owens to the Olympics. It is in Munich.

1944 — Hitler is invited to the Olympics. It is in Levenworth.

1955 — Jonas Salk invents shoelaces. Running times drop dramatically around the world.

1962 — Motorists stop to laugh at a lone jogger running next to the highway in southern California.

1975 — Motorists stop to curse thousands of joggers clogging the highways in southern California.

1979 — Joggers stop to laugh at a lone motorist driving on the highway in southern California.

**FORT WAYNE TRACK CLUB
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Terry Shipley Vice President
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**FOR ADVERTISING RATES
CALL TOM LOUCKS AT 622-7108**

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 YOU WILL FIND....President Goldner returns to the editorial page...Editor Mazock makes a startling announcement...These's Loucks calendar and other race ads and info... The Pauleys' tell us about their celebration...Tillapaw's nutrition column...there's Karen Perrin's Trek for fitness...Betty Nelson's physiology lesson...Miller's & Suever's points standings & Mazocks Hour run results...Sundling tells us about his venture at the White River Games.. Also the race results of the Hamilton Classic 10K...There's the 3 River 10K Race results...By reading the published minutes of our club's last Board meeting you will finally know what goes on behind those closed doors. (Incredible disclosures!)...Mike Robbins wants us to set realistic goals...And since the Home Loan 10K is rapidly coming into view, an article by Brian

Migliore... Thanks to Gary Lane and Tim Creason for providing all the great pix.. Hope you enjoy this stuff!!!

Sept. 30, 1984

Fort Wayne River Greenway Triathlon 6 Mile Run, 18 Mile Bike 8 1/2 Mile Canoe. Solo event and team competition. For more information contact Denny Zech (219) 484-3473 or Tim Fleming (219) 749-8027.



YMCA - HOME LOAN RUNNING CLINICS

- HOW TO RUN A 10K - For the novice runner
 HOW TO RACE A 10K - For the experienced runner
 WHERE: - Central Branch YMCA
 226 E. Washington Blvd.
 422-6486
 WHEN: - Wednesdays 6:00 P.M.
 September 5 - October 24
 ending with the Home Loan 10K on Sunday, October 28th
 INSTRUCTORS: - Running Clinic - Jerry Mazock
 Racing Clinic - Mike Robbins
 Both experienced runners & teachers - Members of Fort Wayne Track Club
 COST: - \$10.00 for YMCA Members
 \$25.00 for Non-Members

Class size is limited so register NOW at:

Central YMCA
 226 E. Washington Blvd.
 422-6486

FWTC 1984 POINTS RACES		(PROPOSED)
September 1	8K	Canterberry Run--Canterberry Green Tom Mather
September 22 Sat	13.1 mi.	Parlor City Trot--Bluffton--Phil Lockwood
October 28 Sun	10K	Home Loan 10K--Downtown Ft. Wayne Don Goldner
November 17 Sat	25K	Challenging 25K--Homestead High School--Jim Anderson

PROPOSED FWTC NON-POINT RACES		
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	5mile	New Year's Eve Race--North American Van Lines--Myron Meyer

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

PLEASE SEND ALL INFORMATION REGARDING THE INSIDE TRACK TO: JERRY MAZOCK
 6135 ORCHARD LANE
 FT. WAYNE, IN. 46809



HEAR YE, HEAR YE

FROM THE HILLS OF MULDOON ROAD
COMES.....

THE PRESIDENT'S WORD

BY
DON GOLDNER

With all that's been written prior to, during and after the Olympics, there's little I can add except to say I hope you enjoyed the Games as much as I did. As distance runners, we certainly should appreciate the excellent coverage given the marathons. Congratulations to all the athletes and ABC-TV.

Accolades are also in order to John Treleaven, Race Director and all involved in "Race America." Creating and organizing an event of this size is no simple task but John and gang pulled it off well. We're happy to be involved in this quality event and look forward to having it on the schedule in future years.

Speaking of new events, mark September 30th on your calendar. The redevelopment Commission of the City of Fort Wayne is organizing an individual and team Tri-Athlon consisting of running, biking and canoeing. Tim Fleming is the Track Club representative for the running portion. This sounds like a fun event. Watch your mailbox for more information.

The nominating committee of the club will be meeting soon to prepare a slate of officers for the upcoming term. Please contact any board member if you have an interest in serving your club or if you have any suggestions. We want NEW PEOPLE with fresh ideas and enthusiasm to get involved in the management of the FWTC.

Have a good run.

COURSE: Fun Run starts at the school, goes through the streets of Roann, and ends at the covered bridge. 5 mile begins at school, to 550N, west to the county line, then north past Stockdale Mill, then River Road to the Covered bridge. 1984 Roann Covered Bridge Festival Run, Sept. 8th

Name _____ Sex _____ Age on 9/8/84 _____

Address _____ Phone _____

I acknowledge that I am sufficiently trained to participate in this rigorous athletic event. I hereby release from all claims of damages and demands arising from my participation in the Roann Covered Bridge Festival Fun Run/ 5 Mile Marathon(circle one) all sponsors, directors, and officials of said run. Parent or guardian must sign if under 18.

Date _____ Signature _____ T-shirt size(circle one)
Signature of runner or parent/guardian required. S M L XL



Editor's Run

by JERRY MAZOCK

I was watching the end of "Chariots Of Fire" for the 'upteenth' time, finding myself more deeply moved than usual by its message and beauty. At its end, when the movie shifts back to the earlier shots of the runners on the beach, I realized that is how I want to be able to remember my many runs in Foster Park when I reach an advanced old age.

I went to bed happy and content to be a runner.

After reading many pages of the next morning's paper, I happened upon Jim Fixx's obituary. I was stunned! It was many minutes before I could continue with the rest of the paper. I felt Jim Fixx had been robbed! Why did he have to die when there are so many other slobs who don't take care of themselves at all and live a heck of a lot longer.

His death humbled me. I became a mere mortal once again after many years of hoping privately that I would live forever because I was a runner. (CON'T COLUMN 3)

Many concerns crossed my mind during the following days. "Why was I a runner?" and "What are my real goals in life and our sport?"

When we took Ernie for his first physical, I asked our doctor what he thought about Fixx's death and he said: "There's no doubt Fixx was physically addicted to running. If he would not have avoided his check-ups he could have been helped. For the test results would have shown he would soon be having some difficulty. His doctor would have ordered him to quit his exercise regimen (At least for many months) and most likely submit Fixx to a complex heart surgery..."

I wonder if Jim Fixx would or could have quit. I wonder if he would have searched until he found a doctor who would say surgery or whatever was unnecessary. I wondered what I would do in similar circumstances. It was then that the real meaning of being a runner came to me AND it has nothing to do with blowing my lights out every weekend at some local roadrace.

Now, I realize how much I enjoy easy running and how badly I want to remain fit for as long as possible. A goal I have is to run The Home Loan 10K with my grandchildren. I want to be that old man at the back of the pack--Whose testimony of success is his presence at the race AND his eventual finish.

I think easier running is the answer for me. I'll give the 'ole ticker' an adequate daily workout but I'll try to save some cushioning in my skeletal system for old age. I feel good about this! And at this time I'd like to announce my retirement from competitive running. I feel good about this. See ya in the middle of the pack.

Roann Covered Bridge Festival Run

P.O. Box 111
Roann, Indiana 46974

Saturday, Sept. 8, 1984

Location: Roann School (east end of town)

Time: 9:00AM- 1 Mile Fun Run

9:30AM- 5 Mile Marathon

Late registration starts at 8:00AM till 15 minutes before each race.

Refreshments during and after the race. Restrooms at school and J C Club House. Free "T" shirts to first 100 entrants.

All division winners and runners up and the oldest and the youngest will receive a trophy

Make checks payable to: Roann Covered Bridge Festival \$5 for Fun Run. (* MARATHON) (\$ 6 after 9/5/84)

No refunds. Mail to: Val Doud, P.O. Box 111, Roann, In 46974. phone: 317/833-6122

Age divisions Men 13 & under 14-18, 19-29, 30-39, 40-54, 55 & over
Women: 18-under, 19-29, 30-39, 40 & over

Race Calendar
by
Tom Loucks

SEPTEMBER

1. Canterberry Run 8K. Canterberry Green Apts. 8:45 AM. 2 mile-8AM. Tom Ma-ther. 432-5315
- 1 Double Dip 5K. 9:30AM Jerry Perkins. 351-2426
- 1 WHME Run The Runway With Jim Ryan. Southbend Airport. 8AM Challenge inc. 291-7565.
- 1 Octoberfest Run 3 Mile. Michigan City (Washington Park). 6PM. 326-6923.
- 1 Mayflower Zionsville 10K Zionsville H.S. Ross Hubbard. 317/873-2279. 8AM
- 1 Little Italy Festival 5K & 10K. Clinton, In. South Vermillion Middle School. Paula Vitalie. 317/832-9720.
- 1 Piqua Heritage Festival 5K. Johnston Farm. 8:30 AM. Piqua YMCA. Marilyn Halteman. 513/773-6626.
2. Labor Day Run 10K. Upland In. (Lion's Park) Ted Wright. 317/998-2766.
- 3 Blueberry Stomp 15K. Plymouth, In. 10AM.
- 3 Holiday Hustle 10K. Walton Park, Walton, In. 8AM. Joe Vernon. 626-2889 or 626-2985.
- 3 Falcon House Labor Day 5 Mile. Bowling Green City Park. John Mura. 419/352-3610.
- 7 Jamboree Jog 10K. Montpelier, In. 5:30 PM.
- 8 Pork Festival 10K. Tipton, In. Middle School. 9AM Jay Wheelchel. 317/675-4429
- 8 Lake Lemon Lunge 10K. Bloominton Athletic Annex 812/333-1221.
- 8 Pan Patch Race 5K & 10K. Oxford, In. 8AM. Tim Webb 317/385-2266.
- 8 Muncie Bud Light Endura-thon. Prairie Creek Reser-voir. 8AM. Deadline Aug 1.
- 8 Popcorn Panic 5 Mile. Val-paraiso, In. County Court-house. 7:30AM 464-9585.
- 8 Midwest Triathlon. Lake Schaffer. Monticello, In. 9AM. Dan Liotti. 317/844-7572.
- 9 Wendy's Couples Run. 5K each runner. Foster Park

EDITOR'S NOTE::If you are

not running this race and would like to help with this major local event...Please contact me...Jerry Mazock at 747-1064.....

- 9 United Way Kickoff Run 10K Lafayette, In. 8AM. Rich-ard Jaeger. 317/742-9077.
- 9 Lima YMCA Ladies 4Miler (Women Only) Lima YMCA Estella Cooper. 419/228-8664.
- 9 Original Cleveland Heart-A-Thon. 13.1 mile. 7:30 AM. Roger Braun. 216/791-7500.
- 15 Kickoff Run 8K. Ball State 7:40/8:50AM. Athletic Annex. Greg Harper. 317/289-3387. 8:45 Women only 9AM Men Only.
- 15 Run Jane Run Triathlon. 424-7977. Women only. 50 entrants only.
- 15 Potato Creek 10 million mm. Potato Creek State Reg. Area. 10 AM. 291-7565
- 15 Kouts Country Classic 4 Mile. Kouts, In. 8AM Rich-ard Briars. 766-2231.
- 15 Miles Stampede 5K & 10K. Elkhart Memorial H.S. 9AM 522-8892.
- 15 Wildcat Classic 5K & 10K. Lawrence North H.S. Indy 8:30 AM Bill Duke. 317/849-9455.
- 15 Elkhart Triathlon. .75M Swim, 25K Bike, 5M Run Elkhart, Athletic Annex 291-7602.
- *22 Parlor City Trot Half Ma-rathon. Bluffton, In. Phil Lockwood 432-5313.
23. Valparaiso Into Portage (V.I.P.) 20K. Valpo H.S. 10AM. Nancy Willard 762-1675.
- 23 Run Jane Run 5K & 10K. Tah-Cum-Wah Rec. Center 424-7977
- 29 Indiana AUL Governor's Cup Run 8K. State Capitol Indy. 8:30 AM. Challenge Inc. 291-7565
- 29 Sweet Sorghum Squeeze 5K Southbend. St. Patricks' Park. 8AM 277-4828.
- 29 Patriot Race 5K. John Mar-shall H.S. Indy. 8Am Rob-ert Carr. 317/266-3756.
- 29 Irish Run For The Green Robe Ann Park. Greencas-tle, In. 8K. 10AM. Ken Heeke 317/653-4181

- 29 Cory Apple Festival 10K. Cory, In. 9AM. Richard Lockhart. 812/448-2281.
- 30 Moving Comfort Women's Run 5K. South Bend. 1PM Athletic Annex. 2917565

OCTOBER

- 5 A.N.B. Octoberun 5K & 10K Muncie, In YMCA 8:15 AM
- 5 Warren Township Homefest 5K. Warren Cent. H.S.Ind 5PM. Marilyn Dailey. 317/898-6082
- 6 Huntington 5 Mile Fall Run. Memorial Park 9AM. Tracy Flynn. 356-4510.
- 6 Mint City Shuffle 10K. Bremen, In. 11AM.
- 6 For Women Only Run. 1M, 5K, 10K. Muncie, In Springwater Park. Scott Van Zant. 317/462-6815.
- 6 Riley Days Run 5K & 10K Greenfield, In. Earl Poe or Joe Smith. 317/462-6813
- 6 Morgan Monroe Miler 4M & 10K. Morgan-Monroe State Forest near Bloominton. 8:30AM. 812/336-7131. Deadline Sept. 29.
- 7 Run For Health/McMillen Center. 4Mile. Foster Park. 3:30PM. 625-4488.
- 7 Oktoberfest Classic 10K Minster, Ohio. 9:30 AM. 419/628-3336.
- 7 Nationwide/Bank One Mar-athon. Columbus, Ohio. 8:30AM. Deadline Sept 15 or 5,000 entrants.
- 14 Detroit Free Press In-ternational Marathon. 9AM. Deadline Sept 28.
- 21 America's Marathon/Chi-cago. 9:15AM. Deadline Oct 8.
- 28* Home Loan 10,000. Down-town Ft. Wayne.
- 28 Sportsmed 10K-SouthBend.



Jerry Williams leading at the "Never Ending 1 Hour Run"

CELEBRATIONS
OF
RUNNING

BY Sharon Pauley

July 26th was the fifth anniversary of my husband, Bobby's, heart surgery. We still celebrate it because it was such a life renewing event for him and such a life changing event for me. We jogged, walked, and ran five miles through Canaan Valley State Park in W. Va. as our celebration this year. Then I ran up the steepest, paved hill in the park as "one to grow on" just for the fun of it.

However, the most meaningful celebration of this special day for me came three days earlier when we played nookey from the running camp we were attending to go fishing in the Dolly Sods Wilderness Area. (I'll tell you more about the running camp next month.

We missed a landmark to find the stream we wanted to fish. When I got us located on the map we appeared to be at the head of a trail that led to the headwaters of the stream. It didn't look like far away on the map so we decided to hike in. What an interesting experience.

After hiking about an hour, we came to a trail intersection that indicated we had come 1.5 miles and that it was another 1.5 miles to the creek. Although the path was totally rocky, we decided to push on. We had been going downhill all the time and shortly it became even steeper downhill. At one point Bobby looked over the side of the mountain to where the trail led and observed that we were probably going to regret going down into Dolly Parton's hollow!

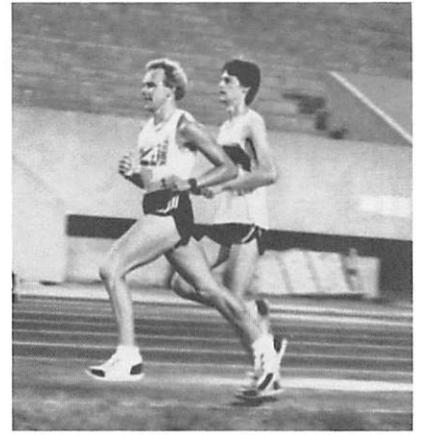
He was wrong on two counts: We never regretted that hike even after we climbed the three miles back up out of that valley.

We didn't catch anything except undersized Trout and Crawdads, but we will long remember it as one of the most beautiful places we've ever

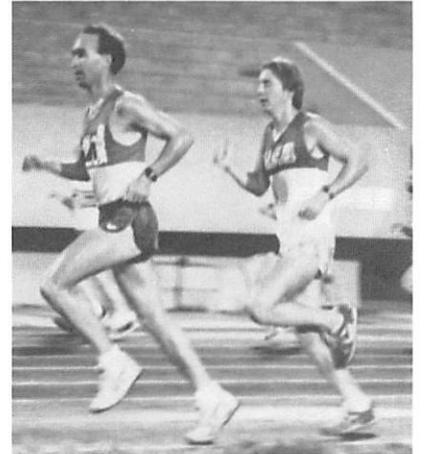
seen. Along the trail we saw numerous toadstools in incredible colors of gold, red-orange and crimson, hundreds of blooming, wild rodedendron, lacy tree fungus, wildflowers, the head of a waterfall, acres of ferns, and, of course, the bubbling, surging, joyous creek at the bottom. While we were sitting on rocks fishing, a tiny purple butterfly rested on my hand for several minutes, fluttered around, then landed again on my shoulder and my forehead. How appropriate that a creature that is often used to symbolize renewal, new life and resurrection should choose to share this special place with us. Five years ago Bobby wouldn't have made it the first mile downhill on our hike and twenty years ago I wouldn't have had the flexibility for the downhill journey and the stamina for the uphill climb. Our physical ability to experience the joy and beauty of that day was surely a direct result of our walking, jogging and running toward good health. Not only has exercising added length to Bobby's life, it has added a lot of beauty, joy, "butterfly experiences" and LIFE itself to both our lives.

Now that's something worth celebrating everyday.

NEXT MONTH:::::SHARON AND BOBBY WILL TELL US ABOUT THE POTOMAC HIGHLANDS RUNNING CAMP THEY ATTENDED.



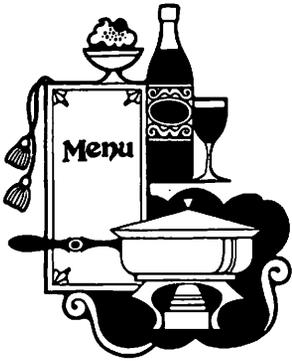
Dan Kaufman running in third place at "The Never Ending 1 Hour Run" at Spueller Stadium.



Glasper(left) also in the hunt



It's a early evening start for the RACE AMERICA runners. Over 700 participated in this inaugural event.



caused by the same condition as CAD.

Risk factors for atherosclerosis (or heart disease) are the following: heredity, hypercholesterolemia (greater than 250 mg/dl), hypertriglyceridemia (greater than 200), hypertension, cigarette smoking, diabetes, obesity, sedentary life, stress, and dietary factors (excess intake of cholesterol, saturated fat, and sodium). Most of these can be controlled by individuals. Life style changes for heart disease prevention can be a reality if one wants it to be. Old habits are made to be broken.

Our society does make it difficult to change habits. We're surrounded daily with temptations of rich foods, T.V. **Instead of activity, and automotive conveniences.** For many the stressful, on the go, eat on the run career life is the way to be. **It's easy to find ourselves with too many pressures and demands- UNHEALTHY! Stress can make one over eat, over drink, and neglect exercise.**

Take time to smell the roses! People need to learn to control their lives for their health benefit. Habits potentially leading to heart disease can be broken **with a little determination** by individuals. Believe me I know it's not easy to change routines. Changing habits is a gradual process. Be patient with your abilities and you'll see results. If all you do the first week is switch to corn oil margarine instead of butter that's grand. If you begin with 10 mins. of relaxation each day- good. How about turning off Family Feud or Wheels of Fortune after the news and take a walk or bike ride with a spouse or friend. Anything is possible if you make the commitment.

NUTRITION FOR THE HEALTHY HEART

by

Judy Tillapaugh, R.D. from
ST. Joseph's Hospital

A major cause of death for many Americans is heart disease. Its causes and prevention methods are things everyone should explore. No one is free from developing it. Knowledge of coronary care has grown leaps and bounds these last few years. In most cases if heart disease is spotted it can be corrected so one can live a normal active life again. It's important for all to have regular health check-ups so if heart disease is possible it can be caught in the early stages. It is not an old man's disease. Development of heart disease can begin early in life and cut short one's productive years. The exact origin of it is not completely known. But there are risk factors that can be detected and reduced to increase a person's chances for a long life.

Atherosclerosis is a condition that leads to most heart attacks. Basically it's the thickening of artery walls. Normal blood vessels are smooth lined tubes. In atherosclerosis yellow flakes appear in artery walls which represent deposits of fatty material like cholesterol and phospholipids. These deposits can build up and result in hard fibrous bulges called plaques. Plaques can prevent normal blood flow causing atherosclerosis. Atherosclerosis of the coronary arteries is termed **Coronary Artery Disease (CAD)** or **Atherosclerotic Heart Disease (ASHD)**. Strokes are



I encourage you to read up more on cardiovascular health. Contacting the local American Heart Association (AHA) is a good place to start. Dietary modifications have been shown to significantly reduce the risk of heart disease. Food choices to control blood cholesterol, control blood triglycerides, and maintain normal weight are major concerns for heart disease prevention.

The AHA has recommended these 4 goals:

- 1- To meet you daily need for protein, vitamins, minerals and other nutrients.
- 2- To control calories and maintain a desirable weight.
- 3- To avoid eating excess amounts of foods containing saturated fat and cholesterol by lowering your total intake of such foods.
- 4- To eat less total fat and to substitute margarine and polyunsaturated fat where ever possible.

The type and amount of fat chosen at meals can influence ones cholesterol level and total calorie intake. There are several kinds of fats in food. Below you'll see definitions of various fats:

Lipid- Chemical name for all types of fat.

Fat- Nutrient which is a concentrated source of energy. All fats are composed of fatty acids.

Saturated Fat- Saturated fats are usually solid at room temperature and are found in food of animal origin.

Unsaturated Fat- 3 types

Monosaturated- usually liquid at room temperature. Examples are: olive oil, and coconut oil.

Polyunsaturated- fats which are liquid at room temperature and are found mainly in foods of plant origin. Examples: corn, cottonseed, safflower, sunflower, and soybean oils.

Hydrogenated Fat- An unsaturated fat to which hydrogen has been added to improve it's stability and decrease spoilage. (Example solid vegetable shortenings)

Cholesterol- fat like substance found in most body cells. Your body makes cholesterol; also, cholesterol is found in animal fats.

Lipoprotein-A combination of fat and protein. Primary way fats are transported in the blood.

Triglyceride- Compound made up of 3 fatty acids and a glycerol. This is the most common form of fat in the body.

For the health conscious person it's recommended that they choose primarily highly unsaturated fats (ex: corn, cottonseed, or soybean oils) at meals in place of saturated fats (ex: butter, lard, salt pork, or licken fat). It's important that the proportion of polyunsaturated fatty acid to saturated fatty acid (P:S ratio) be between 1 and 1:1

P:S ratio equals $\frac{\text{gm. linoleic acid}}{\text{gm saturated fat}}$

P:S ratio of a few types of fats:
butter- .33, coconut oil- .02,
corn oil-5.4, cottonseed oil- 1.9,
soybean oil- 3.2, and peanut oil- 6

In a 3 month study done at Agricultural Research Services Human Nutrition Research Center at Grand Forks, N.D. olympic cyclists participated in a study to see the effects of diet on cholesterol levels. From analyses of blood samples scientists observed much higher cholesterol concentrations (avg. chol. 250mg/dl) in athletes consuming high saturated fat diets than those with high polyunsaturated diets (avg. chol. 160 mg/dl).

To achieve the suggested P:S ratio intake follow the AHA diet recommendations below:

Typical Am. Diet
cholesterol 600 to 700 mg/day
total fat (% of kcal) 40 to 42%
total sodium intake 4000 to 6000 mg/day or 3 to 5 tsps. salt

AHA Recommendation
cholesterol 300 mg/day
total fat (% of kcal) 35%
total sodium intake 3000mg/day
or 1 1/2 tsp. salt

- Eat no more than 3 egg yolks per week, including eggs in cooking.
- Limit your use of shrimp and organ meats
- Use fish, chicken, turkey, and veal at most of your meals for the week. Use beef, pork, and lamb less often. Limit total meat intake to 6 to 8 oz. per day
- Choose lean cuts of meat, trim visible fat
- Avoid deep fat frying; use cooking methods that help to remove fat- baking, boiling, broiling, grilling or stewing
- Limit your use of fatty lunch- eon meats like salami and sausages
- Instead of butter and other animal fats use polyunsaturated fats in cooking
- Instead of Whole milk, rich

cheeses, and cream, use skimmed milk and skimmed milk cheesees.

- 9- Include more fruit and vegetables at meals and snacks.
- 10- Include more Whole grain breads and cereals, starchy vegetables at meals

Avoid rich bread, starch products mad with butter, eggs, and whole milk products.

Be aware of how much salt you use. Excess salt may increase your risk of high blood pressure. Salt is made of sodium Chloride. Many processed foods contain large amounts of sodium. Try cutting back on your salt usage. Replace salt and salty seasonings with herbs and spices. They add great flavor to foods.

There are many cookbooks available now full of low saturated fat, low cholesterol, low sodium recipes. Browse through a bookstore and pick out a practical one. You may consider changing old time favorite recipes so they're ok for cholesterol/salt reduction.

Substitution Table

Instead of	Use
butter	corn oil margarine 0 chol.per Tbsp.
36 mg chol per Tbsp. whole egg	2 egg whites or 1 egg white + 1 tsp oil
250 mg chol. Hot Dog	0 chol. lean beef, loz.
50 mg chol. lamb, beef, loz.	27 mg chol. fowl, loz.
3.6gms sat. fat 27 mg chol.	1.2 gms sat. fat 23 mg chol.
Whole milk, 1 cup 27 mg chol.	skim milk, 1 cup 7 mg chol.
ice cream, 1/2 cup 43 mg chol.	ice milk, 1/2 cup 5 mg chol.
baking chocolate 1 oz. square	3 Tbsp. cocoa plus 1 Tbsp. vegetable oil

Changing living/ eating habits for a healthy heart can be fun. Think of the long term benefits!

HAPPY EATING!



Recipe of the Month

Low Cholesterol Raisin-Oatmeal Cookies:

Ingredients

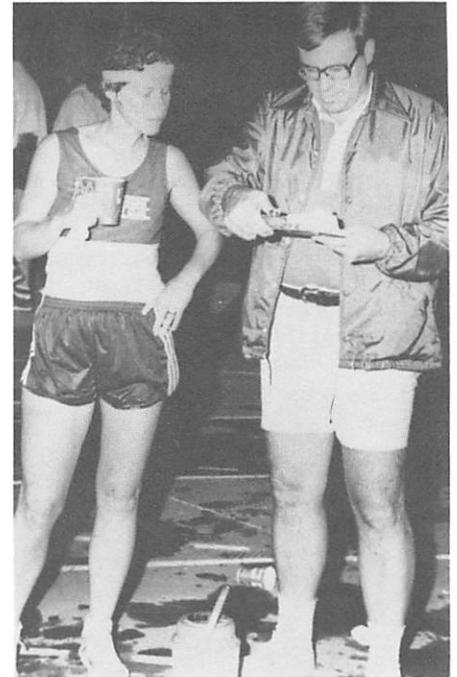
1 cup whole wheat flour
1/2 tsp. baking soda
1 tsp. lite salt
1 1/2 cups quick rolled oats
1/4 tsp. cinnamon
1 tsp. vanilla
1/3 to 1/2 cup skimmed milk
2 egg whites, slightly beaten
3/4 cup brown sugar
1/3 cup corn oil margarine, soften
1/4 cup peanut butter
1/2 to 1 cup raisins

Method

Preheat oven to 350°F. Cream together sugar, egg whites, margarine, and peanut butter. Then add vanilla and milk. Stir in all remaining ingredients and blend to stiff dough. Drop by teaspoon on to cookie sheet sprayed with Pam or any non-stick cooking spray. Bake cookies about 10 to 12 mins. or till they test done.

Yield: 3 dozen

Approx 90 calcs
per cookie



Rosey Simmons is simply amazed at the distance she ran and how fast the measuring and awards ceremony were concluded at this year's "Never Ending 1 Hour Run"

I would like to take this space to formally say 'goodbye' to the fastest human I have ever known. Good Luck to Greg Orman, who will now be residing in Bloominton. Thanks for all the help you gave me and our Club.

RUNNER'S TREK
"THE SEARCH FOR FITNESS"

by KAREN PERRIN

Instead of a Star Trek aboard the starship Enterprise, through the universe in Search of Spock....this is a runner's trek aboard my New Balance 660's, through the shadows of my mind, in search of fitness.

Sometimes do you feel like a flop...as a parent, child, brother, sister, wife, husband, and/or friend? You are out running to train for a special race, or just because you enjoy it. You seem selfish. While in your search for fitness, no one is watching your child's ball-game, your spouse is home putting in the garden, your parents, brothers, and sisters only know you are alive by reading race results and seeing you completed another race. Since you took up running, you have some friends you haven't seen in years. You seem to have deserted the "Human Race" for your own race to be fit. As we run, we carry guilt with us (self inflicted or thrust upon us by well-meaning family and friends). Most of us don't just run. We are involved in full time jobs, maintaining our homes and families, continuing our education, making time to serve in offices, committees and projects in clubs, leagues in our businesses and community, and participating in other sports.

We keep very busy schedules and still make the room for our running, bicycling, golfing, tennis, etc. I saw an ad in the newspaper...."If you wear out your body where are you going to live." In our enthusiasm we don't realize we are over doing. Thank God for the ones who love us and point this out occasionally (please not constantly). We love all these people. We just march (run) to a different drummer. We want to be the best individual we can possibly be. We only seem selfish because we are misunderstood. You have to be a runner to understand it is not all pain and sweat. A good run makes you feel strong, ready to face your world of stress and clears your mind. You benefit from physical as well as mental fitness. Your running time gives you a chance to think things out without the distraction of TV and other people. We runners become calm individuals. Without running we realize how much stress we are really under. We run for ourselves and for those we love, to be a better person for all of us.

There have been times the guilt and selfish feelings I carry become so heavy it is difficult to lift my knees when I do manage to start a run or I am completely discouraged and don't run at all. When this happens to you, remember you are not alone, more runners (especially women) experience this pressure than you realize. You must compromise. Do your best to accomplish what is expected of you in the outside world, but save time in your world for your RUNNER'S TREK, "THE SEARCH FOR FITNESS."



Myron Meyer (I think) running a great race on the track at The White River Games



Unidentified runner (Jimmy Hoffa?) approaching the last yards of RACE AMERICA



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*Previous sales & credits not applicable on this sale

Training and "The Curse"

by Betty Nelson

This article is aimed mainly at women runners and concerns athletic amenorrhea, usually defined as the absence of menstrual periods because of training. So unless you are a woman in training or associated with one, this might not be high-priority reading.

Many athletes have experienced changes in their menstrual cycles after the onset of heavy training. Research into this phenomenon has not been extensive until recently because of the nature of the topic and the scarcity of highly trained female athletes.

The changes usually take two courses. In cases where menstruation has been heavy or uncomfortable, many women find that their periods lessen in severity when they begin a regular exercise program. It is thought by many sources, including Dr. Joan Ullyot, that this improvement is caused by increased circulation to the abdominal area and also by better muscle tone.

This particular phenomenon is not as much a cause for concern in the medical profession as is amenorrhea. Many doctors feel that amenorrhea is unnatural and should be treated with hormones to restore normal menstruation. Dr. Ullyot, from whose writing I have taken much information, differs from this view. It is her belief that this occurs as a natural result of the body's physical stress. It is the body's way of decreasing the chances of pregnancy. If order for a successful pregnancy to occur, the body must be a stable environment for the developing fetus. This is not always the case with athletes.

About two years ago I participated in a study on amenorrhea done by a doctoral student at U.S.C. Anyone who had experienced menstrual changes while exercising was invited to respond to a questionnaire. Since I particularly like being a guinea pig, I followed through with the survey. It included questions on the amount and intensity of training, the specific changes in the menstrual cycle, eating habits, etc. The results of the survey showed that those women who were most likely to experience menstrual changes were participating in endurance sports--running, dancing, distance swimming, and cycling. Many had lost a substantial amount of weight and trained every day. Most had never been pregnant. The proposed causes of amenorrhea include the rapid weight loss, "low body fat" and increased body temperatures while training....All these hypothetical causes relate to the body's signals that this would not be a good pregnancy candidate. The absence of periods cannot be used as a successful birth control method, however. Sometimes Mother Nature has the last laugh. Normal periods usually resume when heavy training decreases.

In the June 1984 issue of Women's Sports Dr. Ullyot expressed the concern for the calcium requirements of the amenorrhic woman. When the menstrual cycle is progressing normally, estrogen and progesterone are produced in balanced amounts. With the onset of amenorrhea, however, the estrogen level decreases to post-menopausal levels. With the symptoms of menopause present, there is a much greater chance for osteoporosis to occur. Osteoporosis is the most common illness in women and is characterized by thinning, brittle bones. With larger numbers of athletes experiencing amenorrhea, osteoporosis is becoming much more common in younger women. Dr. Ullyot suggests that anyone who has experienced menstrual irregularities take calcium supplements to counterbalance the possibility of developing osteoporosis. This calcium will not affect your periods, but it will protect your bones.

If you are one of the lucky ones experiencing amenorrhea, rejoice! And think of the savings at the drug store.

RESULTS OF THE "NEVER ENDING ONE MILE RUN" AT NORTHROP'S SPUELLER

ADIUM ON AUGUST 3rd MEN 14 & Under

NAME	DISTANCE (MILES)
Stan Florea	9.75
Tim Gorrell	8.86
Bobby Wiersma	7.03
Duane???????	6.80
Michael Lindley	6.63
Kurt Hack	6.24

19
Brian Shepherd 10.48

24
Jerry Williams Jr. 11.12
(Overall winner)
Tom Hoffman 10.26
David Geiger 9.76

25-29

1 Doug Sundling	10.87
2 Ken King	10.00
3 Marlin Howe	9.92
4 Terry Diller	9.85
5 Bob Schendel	9.46
6 Mark Brattoli	8.74
7 Roger Hack	8.37

30-34

1 Dan Kaufman	10.70
2 Dave Ruetschilling	10.21
3 Mike Glasperhan	10.06
4 Phil "Tri" Suelzer	9.95
5 J.B. TREEleaven	9.94
6 Roger Wilson	9.89
7 Steven Caswell	9.45
8 Dan Minnich	9.54
9 Terry Coonan	9.18
10 Dave Winters	9.04
11 Dennis Zech	8.94
12 Tom Archbold	8.75

13 Robert Harris 7.85
14 Dave Zimmerman 6.72

35-39

1 Mike Robbins (Call him up and ask him how far he ran)	
2 Ed Kerr	9.04
3 Todd Rigelman	9.58
4 John Schwarze	9.53
5 Russ Suever	9.24
6 Phil Wisniewski	8.87
7 Ivan Painter	8.66
8 Al Henkel	8.37
9 Lee Pearson	8.28
10 Steve Goldthwaite	8.09
11 Bob Wiersma	7.73
12 Clifton Gorrell	7.36

40-44

1 Woody Barker	9.86
2 Don Lindley	9.65
3 Bernie Motycka	9.51
4 Steve Adkison	9.40
5 Larry Averbek	9.35
6 Mike Byerly	9.03
7 Ken Miller	8.81
8 Tom Felger	8.78
9 Don Ashton	8.41
10 Barrie Peterson	8.34
11 Bob Clay	7.76
12 James Rick	7.50
13 William Krider	7.49
14 Jim Stump	7.43

45-49

1 Bill Schmidt	9.81
2 Ray Sibrel	9.44
3 Ken Clark	8.92
4 Clem Getty	8.66
5 Joe Ziegler	8.46
6 Robert Harter	8.34
7 Tom Liebrich	8.10

50-59

1 Myron Meyer	9.30
2 Cliff Ditto	7.86
3 Curt Nold	7.71
4 Rudi Florreich	7.66
5 Chuck DePolevaulter	7.52
6 Gene Gran	7.44
7 Al Moore	6.99
8 Paul Snyder	5.65

60 & over

1 Chet Fleetwood	6.98
2 P.W. Burns	6.79

WOMEN 19 & Under

1 Jamie Gorrell	7.97
2 Amy Clay	7.73
3 Jodi Ziegler	7.56
4 Patt Gensheimer	6.14

20-29

1 Judy Tillapaw	8.92
-----------------	------

30-39

1 Deb KukelGlasper	8.21
2 Marsha Schmidt	7.89
3 Angela Suevers	6.24
4 Phyllis Suelzer	5.37
5 Carol Jean Hormann	4.65

40 & Over

1 Roseann Simmons	7.89
2 Jo Ashton	7.28

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RUNNING IN THE
WHITE RIVER STATE PARK GAMES
by Doug Sundling

As a runner, I wanted to taste the gratification of something different rather than the usual steady diet of weekend road races. So, after finishing the May 6th Fort Wayne TV 33/Hooks Marathon, I focused my sights on the menu of challenges offered by the track and field portion of the White River State Park Games, regionals to be held in June and finals in July. There was but one natural choice for me from the variety of athletic events--the 5000M track race. So, I set my next goal: qualify for the White River State Park Track & Field finals at Indianapolis and, if I arrived at one of the finest tracks in the world, the IU Track & Field Stadium, run a personal best in the 5000M.

That didn't seem too intangible for an aging 29-year-old who needed to finish in the top 2 in the 25-29 age bracket at the regional meet at Fort Wayne North Side High School. But, just in case the competition was too stiff, I entered the 1500M as a spicey entree. I wanted to run on THAT IU Track in Indianapolis.

This goal was a gamble. Although I'm not an athlete whose life depends upon my athletic performance, I would, nevertheless, devote a considerable amount of time and energy preparing myself for this goal. I would leave the safe, secure sanctuary of the friendly crowds of weekend road races for the vulnerable world where chance and personal preparation combine to determine one's fate.

To be competitive for this event required--for me at least--special preparation.

The races on the track with a half of dozen to dozen fellow runners of comparable ability would not be a road race where I could coast along with a crowd and avoid pressure. Competition was from starting gun to finish line; only 2 spots at regionals qualified and only 3 at state earned one of the gold, silver, and bronze medals. This would not be an ordinary road race where if I ran well--fine, if I ran poor--just another training run.

Not only would the nature of the competition require special preparation, but the nature of the event would also. The combination of the clock and the 400M laps would shape this event like no road race could. The clock no longer was some elusive measuring device to be noted at the start of a road race, at mile one and maybe a few ensuing splits, and then at the finish. The clock would become a constant competitor, always taunting its relenting pace in front of me as I finished each 400 meter lap and even every 200 meters. And the repetitious laps would demand concentration to stay in a pace and rhythm or to surge at the right moment without becoming lax in the continuous cycle of the repetitious laps.

In short, though TV and commercials have made it a cliché, I wanted to find my best for these White River State Park Games.

At the regional track meet at Fort Wayne North Side High School under the supervision of Dean Slavens, second place finishes in the 1500M and 5000M provided my ticket to the State Finals. For a lot of runners registered in the 5000M race, the wait from the 7:30 AM check-in time to the 5:00 PM starting time of the 5000M



Doug Sundling in 2nd place at "The Never Ending Hour Run"

(Con't results from "The Never Ending One Hour Run")

3	Gloria Nycum	7.23
4	Joyce Fuzy	6.77
5	Bonnie Taylor	6.50
6	Jean DePoleVaulter	5.99
7	Sarah Kleinknight	5.97
8	Maurine Gensheimer	5.29
9	Sharon Pauley	4.77

50 & Over		
1	Doris Snyder	5.65

proved too long. Although the field of competitors had been depleted lending an inferior taint to those who did run, I, as a competitor, still needed to nail down that number two spot. And then, there was the 3 week preparation for the finals.

For some of the other athletes involved in these games, the events provided a fun diversion or just another competitive event in a series of such all summer. For me, the chance to run in those state finals represented a special challenge. On one of the finest tracks in the world in a race set up strictly for a high level of competition, I wanted to produce a PR. In my heart I wanted that 5000M, but the possibility of a medal tempted me and my anticipation of the competition suggested a medal was very possible in the 1500M, an event I had never trained for competitively.

I have coached high school runners for the 1600M, have trained with them, and have watched them discover the dimensions of that race, but I had never raced one before. No one was more surprised at my 4:17 time in the 1500M at the regionals than I was. So, I decided to emphasize speed and mental preparation for a 1500M in my workouts over the three weeks between regionals and finals. Strange, yet quite clear in retrospect: at the state finals, the workouts didn't improve my 1500M by even one second as I finished just within the grasp of a dying third place, yet the labors of my preparation bore their fruits in the 5000M.

Under a calm, cool evening sky, I toed the starting line, still unsure what I could call upon myself to do for the next

12 1/2 laps. I had done all my preparation; all that was left was the start of the race. For the first time since taking my racing seriously, I took off my chronograph; this 5000M would be measured by effort. Besides, a friend would keep my splits for later contemplation. The ability to run the 5:00/mile pace I had set as a goal realized itself as I cranked off 73-77 second laps to finish in 15:39--a very gratifying PR and a silver medal in my age bracket. The sweetness of success tastes good.

Although there was no overflowing crowd packed in the stands to cheer on the athletes in this two-day, noon-to-evening track and field finals, the officials carried on in a manner befitting the quality of state competition the games desired to promote. I appreciated the opportunity the White River State Park Games provided me. These Games did bring out the best in me, and that is a gratification second to none.



Doug Sundling & Bob Copeland(Center) running in the 5K at The White River Games

The Fifth Annual Hamilton Classic 5K and 10K held July The Fourth was quite a surprise to me, Tim Fleming, Race Director. On Tuesday, July 3rd the pre-registered running forms were counted. The total count was 62. On Race Day, July the 4th, the race was held up from 8:00 AM until 8:15 to register 149 same day registrants.

This year's race was in conjunction with the Runners Testing Program and Olympic theme. We awarded very nice gold, silver and bronze medals to all finishers of the 5K and 10K race, depending on their finish time in their age group. A sample testing time to win a gold medal in the 5K 30-39 Male was 19:15 and 23:00 flat in the female 30-39. The 10K 20-29 male needed a 38:31-44:00 for a silver medal and female 20-29 44:00-48:00 was needed for the silver.

Anyone finishing the race received a bronze medal and a nylon running bag. \$6.00 of the \$7.00 entry fee went directly back to the runner.

Success of the race was due directly to Norm and Margo Teegarden, owners of the Hamilton Newspaper for same day registration, Paul Headly, who closed his lumber company and handled the entire finish line with all his employees, and Carl Akers, Hamilton Bank official with Lodge 658 I.O.O.F., the main contributing sponsor. Northern Indiana Public Service Company contributed 100 traffic cones, high rise blinking lights and warning signs to channel traffic around the runners made it a safe race. Di and the timers with the Aid Station people made the runners happy on this hilly course.

The overall winners were:

1. Jim Serstad	33:28	10K
2. Chris McCane	39:41	

1. Brian Shepard	15:34	5K
2. Jenny Fields	19:50	

Medals Awarded:
 54 Gold Medals
 101 Silver Medals
 58 Bronze Medals

The Runners Testing Race makes the runner solely the winner. It puts the perspective of running where it should be, One's own personal achievement is rewarded. Many of these finishers would have never received an award in a race, but we made all finishers winners.

Tim Fleming

RUN JANE RUN
 TRIATHLON

SEPTEMBER 15TH
 8:00AM.

one-half mile swim
 25 mile Bike
 6.2 mile run

For more information contact:

Ft. Wayne Women's
 Bureau, 203 W.
 Wayne St, Ft. Wayne
 In. 46802

OR

Ann Mize
 9511 Aboite Rd.
 Roanoke, In. 46783

THREE RIVERS FESTIVAL 10 K RACE
 OVERALL MEN'S WINNER: Jeff Beam, Age 19, Ft. Wayne, Time: 33:35
 OVERALL WOMEN'S WINNER: Betty Hite-Nelson, Age 38, Time: 37:35

MEN'S 14 AND UNDER				
Name	Age	City	Time	Overall Place
1. John O'Connor	13	Zanesville, IN	44:32	122
2. Matt Cole	14	Royal Oak MI	46:58	172
3. Shane Schneck	13	Harlan IN	50:36	240
4. Tony Sinn	14	New Haven IN	51:04	250
5. John Richards	14	Ft. Wayne	62:17	343

MEN'S 15-19				
Name	Age	City	Time	Overall Place
1. Brett Hees	18	Ft. Wayne	34:20	3
2. Joel Vorndran	18	"	34:23	4
3. Bill Rooney	18	"	35:16	9
4. Tom Stinson	18	"	35:45	12
5. Doug Sawyer	16	"	35:47	13
6. Jeff Murphy	17	New Haven	36:03	17
7. Paul Furnas	17	Angola	36:52	19
8. Richard Poinsette	18	Ft. Wayne	37:10	22
9. Jeff Salay	17	Ft. Wayne	37:23	25
10. Phil LeMaster	18	"	37:28	27
11. Troy Ely	18	Ossian	37:33	28
12. Jim Scheerer	16	Ft. Wayne	37:58	32
13. Scott Schaefer	18	Ossian	38:41	36
14. Kevin Berning	15	New Haven	39:03	41
15. John Wilenaki	15	Ft. Wayne	39:08	42
16. Steve Just	16	Ft. Wayne	39:13	44
17. Tim Duncan	17	"	39:34	53
18. Chris Neher	18	New Haven	39:44	55
19. Tim Bowers	18	Ft. Wayne	40:48	67
20. Ronald Welsh	17	Churubusco	41:26	75
21. Rich Braun	15	Monroe	41:45	78
22. Steve Loshe	17	Decatur	41:52	80
23. Manuel Pinedo	15	Auburn	41:58	81
24. Lee Byall	17	Columbia City	42:04	82
25. Roy Stinson	19	Bluffton	42:22	85
26. Tim Offerle	17	Ft. Wayne	42:27	87
27. Kevin Seiler	15	Ft. Wayne	43:40	109
28. Ingo Bensch	17	"	45:44	145
29. Derek Cade	18	"	46:17	157
30. Mark Bischoff	15	Monroeville	46:22	159
31. David Hatcher	18	Ft. Wayne	49:59	228

MEN'S 20 - 24				
Name	Age	City	Time	Overall Place
1. Thomas Schach	23	Ft. Wayne	34:15	2
2. Curtin Castetter	22	Topeka IN	35:04	6
3. Bret Curry	24	Bluffton	35:38	11
4. Ron Borkowski	22	Ft. Wayne	36:25	18
5. Steve McNulty	23	"	37:08	21
6. Keith Horton	20	"	37:22	24
7. David Geiger	23	Churubusco	38:07	33
8. Ken Schlemmer	21	Ft. Wayne	38:21	35
9. Scott Hans	21	Tecumseh MI	38:51	39
10. Jeff Taner	24	Ft. Wayne	39:22	47
11. Gary Beam	24	"	39:23	48
12. Ken Schannen	23	"	39:32	52
13. John Pea	22	"	40:33	63
14. Robert Karasek	23	"	41:22	74
15. Daniel Walker	21	Valparaiso	42:26	86
16. Patrick O'Beirne	20	Angola	42:35	89
17. Brian Albrecht	22	New Haven	42:39	91
18. Gary Faurote	24	Indianapolis	44:54	128
19. Rick Morrissey	23	Ft. Wayne	46:12	154
20. Dave Finch	23	"	47:27	180
21. Steve McMahon	20	"	48:20	196
22. Brian Crowl	24	"	49:04	207
23. Tom Blauvelt	22	Monroeville	49:06	209
24. Joe Prevo	21	Flint MI	49:13	215
25. Roger Gabriel	21	Flint MI	49:14	216
26. Tom Adams	21	Ft. Wayne	49:26	219
27. Tim Schaffter	24	Bluffton	49:56	226
28. Thomas Franks Jr.	20	Spencerville	50:15	235
29. Scott Applegate	21	Ft. Wayne	51:41	259
30. Larry Getts	23	Garrett	52:02	260
31. Vijay Kharbas	22	Ft. Wayne	52:39	266
32. Christopher Yawn	24	Albion	56:26	302
33. Kenneth Egly	24	Decatur	58:04	312

MEN 25-29				
Name	Age	City	Time	Overall Place
1. Dan Moord	27	Ft. Wayne	34:54	5
2. Carl Risch	26	Sheboygan WI	35:05	7
3. Paul Shaffer	26	Monroe IN	35:49	14
4. Dan Green	29	Ft. Wayne	36:12	17
5. Calvin King	27	"	36:59	20
6. Paul Beckwith	28	Angola	37:25	26
7. Kenneth King	26	Ft. Wayne	37:44	29
8. Stephen Perez	27	New Haven	38:20	34
9. Steve Davis	27	New Haven	39:25	49
10. N.C. Werling	27	Ft. Wayne	39:50	57
11. Paul Bauman	28	"	40:08	58
12. Pat Beuchel	25	New Haven	40:28	60
13. Joe Peters	29	Ft. Wayne	41:08	70
14. Craig BObay	27	"	41:21	73
15. Mark Brattoli	28	"	41:36	77
16. Roger Hack	27	"	42:46	96
17. Gary Horton	28	"	43:11	104
18. Don Cunningham	26	"	43:19	105
19. Rick Trabel	29	"	43:48	110
20. Greg Hughes	26	"	44:31	121
21. Thomas Houser	25	Morocco IN	44:53	127
22. James Beeson	28	Ft. Wayne	46:27	162
23. Will Wise	26	"	46:41	168
24. Pat Ferry	25	"	46:43	169
25. M.A. Marturello	27	Angola	46:46	170
26. Mike Avila	28	Ft. Wayne	47:15	174
27. Donnie Klopfenstein	27	New Haven	47:56	189
28. Troy Cozad	28	Ft. Wayne	48:38	203

Name	Age	City	Time	Overall
29. Joe DeWald	25	Ft. Wayne	48:45	204
30. Robert Campbell	25	"	49:03	206
31. Don Grenlich	29	New Haven	50:39	241
32. Michael Satterthwaite	28	Ft. Wayne	52:45	267
33. Jeffery Peterson	26	"	54:16	281
34. Gary Amick	26	"	56:09	300
35. Galen Hoyerly	29	Ossian	57:56	307
36. Karl Wesolowicz	25	Ft. Wayne	59:06	324
37. Greg Blackburn	29	"	59:20	325
38. Russ Neuman	28	"	69:47	357

RESULTS OF THE THREE RIVERS FESTIVAL 10K				
MEN'S 30-35				
Name	Age	City	Time	Overall
1. Bill Blosser	33	Ft. Wayne	35:10	8
2. Steve Brown	33	"	35:28	10
3. Miguel Mendez	30	Auburn	35:54	15
4. Roger Wilson	30	Ft. Wayne	37:12	23
5. Dan Minnick	30	"	38:47	37
6. Jeff Goris	34	Wabash IN	39:09	43
7. Randy Sordelet	33	Ft. Wayne	39:20	46
8. Terry Coonan	33	"	39:47	56
9. Norm Spitzig	34	"	40:32	62
10. Bruce Barton	34	"	40:45	66
11. Charlie Garing	34	"	40:59	69
12. Edward Hasler	34	"	41:15	72
13. Bill Aksamit	32	"	41:49	79
14. Stan Veit	32	Monroeville	42:12	83
15. Nick Giordano	32	Lafayette	42:43	93
16. Paul Gilley	33	New Haven	42:48	98
17. Jeff Kline	31	Ft. Wayne	43:32	107
18. Steven Briel	34	Winfield KS	44:02	114
19. Keith DeMeritt	33	Fort Wayne	44:40	124
20. Tom Archbold	34	Ossian	45:03	132
21. Steve Hacker	34	Huntington	45:11	134
22. Bob Miller	31	Ft. Wayne	45:12	135
23. Rick Hower	33	Auburn	45:17	138
24. Steve Sherburne	33	Ft. Wayne	45:20	139
25. Richard Trahin	30	Leo	45:26	143
26. David Boling	31	Ft. Wayne	46:02	150
27. Bruce Hemilton	32	"	46:04	151
28. Randy Baker	30	"	46:16	156
29. David Walker	31	"	46:19	158
30. Byron Price	33	Huntington	46:32	164
31. Jerrald Dickey	31	"	46:50	171
32. Joe Hilger	34	Ft. Wayne	47:38	184
33. Dave Smith	32	"	47:47	185
34. George Ebert	34	"	47:57	190
35. Richard Mason	32	Ossian	48:13	193
36. Don Hanger	34	Kendallville	48:21	197
37. Hal Adams	34	Akron	48:22	198
38. Ralph Edwards	32	Ft. Wayne	48:34	201
39. Bill Clark	34	"	48:46	205
40. Larry Wagner	32	"	49:42	223
41. Philip Kennerk	33	"	49:43	224
42. Gary Graham	34	"	50:28	237
43. Mike Petty	32	Rome	50:54	245
44. Mike Stein	32	Ft. Wayne	50:57	247
45. Randy LaVine	32	New Haven	52:50	269
46. Mike Yann	31	Ft. Wayne	52:57	270
47. Bruce Craig	30	Columbia City	54:26	283
48. Willia Mitchell	30	Ft. Wayne	56:44	304
49. Rick Longworth	34	"	57:37	305
50. Jake Reineck	33	Bluffton	57:59	308
51. Mike Hendricks	34	Ft. Wayne	58:31	316
52. Jesse Vidal	32	Decatur	59:02	322

RESULTS OF THE THREE RIVERS FESTIVAL 10K				
MEN'S 35 - 39				
Name	Age	City	Time	Overall
1. Dave Smith	35	Ft. Wayne	37:54	31
2. Phil Wisniewski	36	"	40:30	61
3. Ivan Painter	36	"	41:09	71
4. Allen Wood	36	"	42:33	88
5. Mike Zurzolo	36	"	42:52	100
6. Joe Law	38	"	42:55	101
7. Tom O'Connell	37	"	43:35	108
8. Charlie Backofen	39	"	43:57	111
9. Jack Reinking	36	"	44:01	113
10. Ben Belschner	36	"	44:17	116
11. Al Henkel	35	"	44:33	123
12. Tom Cavacinn	37	"	44:55	129
13. Lawrence Lee	38	"	45:06	133
14. Steve Butler	38	"	45:16	137
15. Steve Schnelker	35	Auburn	45:59	149
16. Tom Cameron	35	Ft. Wayne	46:10	152
17. Mike Hey	39	"	46:29	163
18. Don Nottingham	35	"	46:33	165
19. Thomas Belleperche	35	"	47:07	173
20. Bill Bere	36	"	47:28	181
21. Dave Eckert	36	"	47:31	182
22. Ed Beckner	39	Huntington	47:50	186
23. Gary Oden	37	Huntington	47:51	187
24. Fred Payne	35	Grabill	47:59	191
25. Wallace Smith	38	Ft. Wayne	48:33	200
26. James Culbreth	37	"	49:11	213
27. James Lentz	38	New Haven	49:19	217
28. Michael Cole	35	Ft. Wayne	49:38	221
29. John Lindeman	36	"	50:09	231
30. Ron Geabler	39	"	50:12	232
31. Mike Hawley	39	"	50:13	233
32. Pete Williams	38	"	50:17	236
33. Gary Friend	37	New Haven	50:33	239
34. Ron Fulk	37	Bluffton	51:12	252
35. Don Shaidnagle	37	Ft. Wayne	52:19	263
36. Jeff Raff	36	"	53:22	274
37. Bruce Montgomery	36	"	53:38	276
38. Bob Palmer	36	"	54:10	280
39. Gnee Kelly	38	"	61:59	342
40. Mike Goldman	39	"	65:31	349

Name	Age	City	Time	Overall	Name	age	City	Time	Overall
<u>MEN'S 40-44</u>					<u>WOMEN 20-29</u>				
1. Bernie Motycka	42	Ohio City OH	38:57	40	1. Judy Tillapaugh	25	Ft. Wayne	40:34	64
2. Steve Adkison	40	Ft. Wayne	39:28	50	2. Tammy Saleska	23	"	43:28	106
3. Don Lindley	40	"	39:36	54	3. Sharon Getty	25	Yoder	44:47	126
4. Darrell Gates	40	"	40:55	68	4. Kim Stairs	28	Ft. Wayne	47:20	176
5. Gary Mullendore	44	"	42:14	84	5. Linda Conrad	21	"	47:25	178
6. Don Ashton	43	"	42:45	95	6. Terri Stacy	29	"	48:16	195
7. Bernie Burgette	41	"	44:22	119	7. Heather Huether	21	"	49:05	208
8. Ronald Wurst	40	"	44:26	120	8. Lyn Handlin	27	"	49:08	211
9. Tom Ciagg	41	"	45:45	146	9. Carol Blauvelt	24	"	49:23	218
10. Joe Pyce	42	"	45:51	148	10. Betty Jackson	23	"	49:44	225
11. Dave Wolff	41	Auburn	46:14	155	11. Sue Sipes	28	"	50:02	229
12. James Widmeyer	42	Ft. Wayne	46:37	166	12. Jaymi Dick	24	"	50:42	242
13. Steve Varner	42	"	46:40	167	13. Anne Reed	29	"	52:22	264
14. Mark Mishler	41	Columbia City	47:34	183	14. Judith Wenger	25	"	54:18	282
15. Philip Stephan	41	Ft. Wayne	48:32	199	15. Bridget Stoller	22	New Haven	54:48	287
16. James Heyman	41	"	49:07	210	16. Rebecca Norton	23	Ft. Wayne	56:39	303
17. Alan Miller	42	"	49:12	214	17. Saundra Berry	26	"	58:23	313
18. David Hans	40	Bluffton	49:57	227	18. Martha Hoepfner	28	"	58:33	317
19. Jim Stump	42	Ft. Wayne	50:44	243	19. Vane Hollingsworth	27	"	59:05	323
20. Bill Cline	41	"	51:40	258	20. Cindy Curtis	29	"	59:53	328
21. Mike Farrell	40	"	52:04	261	21. Deanne Westerlund	28	"	59:55	330
22. Don Rogers	43	"	52:58	271	22. Tara Hosier	28	"	60:32	334
23. Terrance Doran	42	"	54:05	279	23. Cheryl Adkins	27	"	60:56	339
24. Tony York	41	Ft. Wayne	55:24	288	24. Julie Hill	23	"	63:36	347
25. James Squan	42	Lakeland	55:52	294	<u>WOMEN 30-39</u>				
26. Jim Richardson	44	Ft. Wayne	56:08	299	1. Rose Maria Koczergo	30	Ft. Wayne	44:21	118
27. Howard McGlennen	43	Angola	56:17	301	2. Kathy Widau	31	"	45:25	142
28. Michael O'Hear	43	Ft. Wayne	58:40	319	3. Julie Manger	30	Kendallville	46:26	161
29. Charles Weinraub	40	"	62:37	344	4. Charna Baker	33	"	47:19	175
30. Richard Cole	41	Royal Oak MI	66:12	350	5. Sherry yoder	30	Ft. Wayne	48:35	202
<u>MEN'S 45-49</u>					6. Annetta Stork	36	"	50:58	248
1. Ron O'Beirne	49	Angola	38:48	38	7. Cherie Belschner	33	"	51:33	256
2. Ray Sibrel	46	"	39:17	45	8. Katy Briel	32	Winfield KS	52:16	262
3. Clem Getty	49	Yoder	40:35	65	9. Susan Fehman	38	Ft. Wayne	53:12	273
4. Craig Miller	48	"	41:32	76	10. Joie Motycka	37	"	55:54	295
5. Dick Clevenger	48	Ft. Wayne	42:58	103	11. Joan Weller	34	"	56:04	296
6. Tom Laird	47	N. Manchester	45:14	136	12. Kathryn Wilkens	37	Upland CA	56:05	297
7. Tom Haley	47	St. Joe	45:50	147	13. Valerie Puckett	38	Columbia City	55:46	292
8. Vaughn Roberts	48	Ft. Wayne	47:24	177	14. Linda Richardson	38	Ft. Wayne	56:06	298
9. Miek Hayes	47	"	50:56	246	15. Margo Wenger	30	"	57:39	306
10. Dean Fast	45	"	50:14	234	16. Linda Bryant	36	"	58:38	318
11. Doug Curtis	49	"	53:09	272	17. Patricia Vidal	36	Decatur	58:56	321
12. Earl Wittkamper	46	"	53:41	277	18. Cynthia Gray	30	Adrian Ill	59:34	326
13. Bruce Drees	45	"	54:34	284	19. Jo Smith	35	"	59:52	327
14. Jim Suelzer	47	"	58:45	320	20. Ruth Bottoms	34	"	59:54	329
15. John Ribar	48	"	60:06	331	21. Susan Manos	39	Ft. Wayne	60:08	332
16. Bob Pauley	49	"	89:44	362	22. Kathleen Bernard	32	"	60:34	335
<u>MEN'S 50-59</u>					23. Chris Patterson	32	"	60:48	336
1. Myron Meyer	57	Ft. Wayne	39:30	51	24. Susan McCarrol	36	"	60:54	338
2. John Hilker	55	"	42:41	92	25. Sue Cole	33	Ft. Wayne	62:45	345
3. Herb Chandler	50	"	42:51	99	26. Shirley Hill	34	"	63:48	348
4. Vern Chouan	57	"	42:57	102	27. Linda Cole	37	Royal Oak MI	66:13	351
5. Bernie Hueging	51	Huntington	44:18	117	28. Jeanne Payne	35	"	66:32	352
6. Terry Gautsch	51	Ft. Wayne	44:45	125	29. Jane Brechbill	35	Ft. Wayne	66:50	354
7. Howard Bash	51	"	45:23	140	<u>WOMEN 40-49</u>				
8. Marvin Jarvis	50	"	45:24	141	1. Roseann Simmons	40	"	47:26	179
9. Cliff Ditto	51	Monroeville	45:38	144	2. Jo Ashton	40	Ft. Wayne	51:16	253
10. Wendell Adams	58	New Haven	47:55	188	3. Janis Greene	41	"	51:32	255
11. Cyrus Johnson	52	Auburn	48:00	192	4. Kay McGlennen	41	Angola	52:27	265
12. Walt Ostermeyer	56	Ft. Wayne	49:10	212	5. Joyce Fuzy	46	Ft. Wayne	52:46	268
13. Larry Coddling	52	Monroeville	50:29	238	6. Gloria Nycum	49	"	54:36	285
14. Chuck DeVault	50	Ft. Wayne	51:06	251	7. Jean DeVault	42	"	61:14	341
15. King Sullivan	53	"	51:23	254	8. Vicci Lantz	41	Grand Haven MI	62:50	346
16. Alfred Moore	54	"	51:39	257	9. Barbara O'Neil	45	Ft. Wayne	66:34	353
17. Roger Phillips	55	"	53:26	275	10. Kay Leininger	46	"	69:48	358
18. Curtis Nold	53	Ft. Wayne	53:47	278	11. Sharon Pauley	44	"	89:44	361
19. Jack O'Neil	59	"	54:43	286	<u>WOMEN 50 & OVER</u>				
20. Lyle Freimuth	50	"	55:47	293	1. Doris Snyder	51	Ft. Wayne	72:06	355
21. Robert Beckman	59	Hoagland	58:01	309	2. Ruth Dumas	69	"	82:45	360
22. J. P. Jones	56	Ft. Wayne	58:02	310	<u>MEN'S 60 & Over</u>				
23. Earl Carpenter	51	"	58:03	311	1. Don Kemp	63	Ft. Wayne	49:40	222
24. Ross Moyer	53	"	58:28	314	2. John Drompp	61	"	58:29	315
25. Ed McCarrol	55	"	60:12	333	<u>WOMEN 19 & UNDER</u>				
26. Eugene Haines	58	"	60:50	337	1. Becky Drees	17	Ft Wayne	40:10	59
27. Arnold Weiss	52	"	61:10	340	2. Sherry Hoover	17	Woodburn	42:37	90
28. Paul Snyder	56	"	68:12	356	3. Theresa Klingenberg	18	Ft. Wayne	42:44	94
<u>MEN'S 60 & Over</u>					4. Beth Drees	17	"	44:00	112
1. Don Kemp	63	Ft. Wayne	49:40	222	5. Kathy White	18	New Haven	44:56	130
2. John Drompp	61	"	58:29	315	6. Karne Baney	19	Ft. Wayne	46:11	153
<u>WOMEN 19 & UNDER</u>					7. Jacque Hoevel	15	"	46:23	160
1. Becky Drees	17	Ft Wayne	40:10	59	8. Karen Vachon	19	"	49:37	220
2. Sherry Hoover	17	Woodburn	42:37	90	9. Elaine Drees	15	"	50:52	244
3. Theresa Klingenberg	18	Ft. Wayne	42:44	94	10. Missy Mankey	15	Decatur	50:59	249
4. Beth Drees	17	"	44:00	112	11. Barb Hoar	18	New Haven	55:28	289
5. Kathy White	18	New Haven	44:56	130	12. Michelle Lomont	16	New Haven	55:39	290
6. Karne Baney	19	Ft. Wayne	46:11	153	13. Dawn Zirkelbach	15	Woodburn	55:45	291
7. Jacque Hoevel	15	"	46:23	160					



Tony Gatton points to the unusual and mysterious darkening of the skies at the 8PM start of "The Never Ending 1 Hour Run." Gatton later said..."It's the first time I have ever seen this unusual and mysterious darkening of the skies before or even during any FWTC event."

MEN'S OVERALL STANDINGS

Rank	Name	Points	Rank	Name	Points
1	KAUFMAN, DAN	280	1	KAUFMAN, DAN	278
2	ROBBINS, MIKE	278	2	KAUFMAN, DAN	329
3	SUNDLING, DOUG	266	3	CLARK, KEN	363
4	DILLER, TERRY	245	4	MORRIS, JACK	328
5	GLASPER, MIKE	245	5	LIEBRICH, TOM	323
6	GLASPER, MIKE	245	6	LAIRD, TOM	258
7	TRELEAVEN, JOHN	237	7	GOLDNER, DOON	222
8	BEAM, JEFF	193	8	MILLER, CRAIG	186
9	PERKINS, JERRY	193	9	ZIEGLER, JOE	132
10	WALLIN, RICK	193	10	DUPONT, JIM	109
11	LOUCKS, TOM	180	11	CLOUSE, TONY	76
12	RIGELMAN, TODD	178	12	MEN 50-59	354
13	RUETSCHILLING, DAVE	169	13	MEYER, MYRON	354
14	GEIGER, DAVE	156	14	FLOREICH, RUDY	318
15	LINDLEY, DON	142	15	SNYDER, PAUL	310
16	MAZOCK, JERRY	141	16	CHOVAN, VERN	277
17	FLOREA, STANTON	138	17	PHILLIPS, ROGER	277
18	GARCIA, VINCE	136	18	MOYER, ROSS	217
19	SCHMIDT, BILL	127	19	KAST, MIKE	168
20	BROWN, STEVE	120	20	CHANDLER, HERB	147
21	HOME, MARLIN	120	21	SULLIVAN, KING	106
22	EDINGTON, CHRIS	89	22	DEVULT, CHUCK	83
23	SUZELZER, PHIL	88	23	MEN 35-39	425
24	KERR, ED	88	24	ADKINSON, STEVE	319
25	ROBBINS, MIKE	408	25	SUEVER, RUSS	274
26	RIGELMAN, TODD	406	26	FAIRCHILD, DAVE	283
27	BLOSSER, BILL	82	27	GORRELL, JIM	258
28	ALEXANDER, KYLE	86	28	SUEVER, RUSS	274
29	ALXANDER, KYLE	86	29	ADKINSON, STEVE	319
30	BLOSSER, BILL	82	30	KIRBY, GEORGE	255
31	ROBBINS, MIKE	408	31	SCHWARZE, JOHN	222
32	ALXANDER, KYLE	86	32	HENKEL, AL	208
33	BLOSSER, BILL	82	33	GORRELL, CLIFF	131
34	ROBBINS, MIKE	408	34	SMITH, DAVE	138
35	ALXANDER, KYLE	86	35	MOTYKA, RON	180
36	BLOSSER, BILL	82	36	FLEMING, TIM	154
37	ROBBINS, MIKE	408	37	OBREGON, ART	54
38	ALXANDER, KYLE	86	38	REICHWAGE, DAVE	35
39	BLOSSER, BILL	82	39	CULBERTSON, DEMEY	425
40	ROBBINS, MIKE	408	40	STACHERA, JOHN	150
41	ALXANDER, KYLE	86	41	LEE, LARRY	80
42	BLOSSER, BILL	82	42	LEE, LAWRENCE	80
43	ROBBINS, MIKE	408	43	MURPHY, MIKE	47
44	ALXANDER, KYLE	86	44	MANGETTE, TOM	405
45	BLOSSER, BILL	82	45	MEN 40-44	379
46	ROBBINS, MIKE	408	46	MOTYCKA, BERNIE	309
47	ALXANDER, KYLE	86	47	KAVERBECK, LARRY	275
48	BLOSSER, BILL	82	48	PERKINS, JERRY	200
49	ROBBINS, MIKE	408	49	LINDLEY, DON	173
50	ALXANDER, KYLE	86	50	BARKER, WOODY	158
51	BLOSSER, BILL	82	51	BYERLEY, MIKE	166
52	ROBBINS, MIKE	408	52	SCHEDEL, BOB	151
53	ALXANDER, KYLE	86	53	ELLIS, LARRY	116
54	BLOSSER, BILL	82	54	ASHTON, DON	240
55	ROBBINS, MIKE	408	55	KLEINKNIGHT, RUDY	225
56	ALXANDER, KYLE	86	56	MILLER, KEN	212
57	BLOSSER, BILL	82	57	RICHARD, JERRY	206
58	ROBBINS, MIKE	408	58	WOLF, DAVE	203
59	ALXANDER, KYLE	86	59	PUCKETT, ROGER	202
60	BLOSSER, BILL	82	60	CLAY, ROBERT	153
61	ROBBINS, MIKE	408	61	MISLER, MARK	128
62	ALXANDER, KYLE	86	62	HUDSON, DENNIS	113
63	BLOSSER, BILL	82	63	CLAGG, TOM	105
64	ROBBINS, MIKE	408	64	RODGERS, JOHN	73
65	ALXANDER, KYLE	86	65	YANT, LARRY	65
66	BLOSSER, BILL	82	66	GERHART, BOB	64
67	ROBBINS, MIKE	408	67	GILBERT, ALLEN	57
68	ALXANDER, KYLE	86	68	MARTIN, JIM	36
69	BLOSSER, BILL	82	69	ASHTON, CAROL JO	300
70	ROBBINS, MIKE	408	70	FUZY, JOYCE	233
71	ALXANDER, KYLE	86	71	GOLDNER, JOAN	168
72	BLOSSER, BILL	82	72	PAULEY, SHARON	168
73	ROBBINS, MIKE	408	73	GENSHEIMER, MAURINE	130
74	ALXANDER, KYLE	86	74	PAULEY, SHARON	168
75	BLOSSER, BILL	82	75	PAULEY, SHARON	168
76	ROBBINS, MIKE	408	76	PAULEY, SHARON	168
77	ALXANDER, KYLE	86	77	PAULEY, SHARON	168
78	BLOSSER, BILL	82	78	PAULEY, SHARON	168
79	ROBBINS, MIKE	408	79	PAULEY, SHARON	168
80	ALXANDER, KYLE	86	80	PAULEY, SHARON	168
81	BLOSSER, BILL	82	81	PAULEY, SHARON	168
82	ROBBINS, MIKE	408	82	PAULEY, SHARON	168
83	ALXANDER, KYLE	86	83	PAULEY, SHARON	168
84	BLOSSER, BILL	82	84	PAULEY, SHARON	168
85	ROBBINS, MIKE	408	85	PAULEY, SHARON	168
86	ALXANDER, KYLE	86	86	PAULEY, SHARON	168
87	BLOSSER, BILL	82	87	PAULEY, SHARON	168
88	ROBBINS, MIKE	408	88	PAULEY, SHARON	168
89	ALXANDER, KYLE	86	89	PAULEY, SHARON	168
90	BLOSSER, BILL	82	90	PAULEY, SHARON	168
91	ROBBINS, MIKE	408	91	PAULEY, SHARON	168
92	ALXANDER, KYLE	86	92	PAULEY, SHARON	168
93	BLOSSER, BILL	82	93	PAULEY, SHARON	168
94	ROBBINS, MIKE	408	94	PAULEY, SHARON	168
95	ALXANDER, KYLE	86	95	PAULEY, SHARON	168
96	BLOSSER, BILL	82	96	PAULEY, SHARON	168
97	ROBBINS, MIKE	408	97	PAULEY, SHARON	168
98	ALXANDER, KYLE	86	98	PAULEY, SHARON	168
99	BLOSSER, BILL	82	99	PAULEY, SHARON	168
100	ROBBINS, MIKE	408	100	PAULEY, SHARON	168

MUSCLE AND NERVE THERAPY

Multi-Therapeutic Clinic
256 Northeast Dr.
(Just off Coldwater)
Ft. Wayne, In. 46825
Joan Null R.M.T. 219/484-7427

1st 2 treatments \$10 each

GUNTERMANN, ELIZABETH 2 99
GETTY, DIANE 1 44

WOMEN 50 & OVER
SNYDER, DORIS 6 315

THE STANDINGS INCLUDE THE 1 HOUR RUN 8/3.
THE STANDINGS DOES NOT INCLUDE ANYONE WHO
HAS NOT SIGNED UP FOR THE POINTS COMPETITION.
IF YOU WANT TO SIGN UP FOR THE POINTS AND
WANT TO BE INCLUDED IN THE COMPETITION, YOU
NEED TO CONTACT KEN MILLER OR RUSS SUEVER.

FORT WAYNE TRACK CLUB
BOARD OF DIRECTORS MINUTES
July 15, 1984

The Fort Wayne Track Club held a meeting July 15 at the Fort Wayne Central
YMCA at 6:30 prior to the Three Rivers Fireworks.

Those present were: Don Goldner, president; Jerry Mazock, Mike Robbins, Don
Lindley, Lyn Schlegel, Phil Shafer, Tim Fleming, Mike Gasper, Russ Suevers,
Ken Miller, John Treleaven, and Bonnie Taylor.

Don Goldner called the meeting to order. Minutes were passed out. It was
moved they stand approved. A Treasurer's Report was handed out. Total
funds available is \$4,854.46. All bills are paid thru June. Equipment
rental was discussed. Income is being received. Mike Robbins will be
taking over the position of Treasurer. He will start working in this
capacity beginning July 15 for the remainder of the year. Phil Shafer is
over loaded with work presently.

Membership in the track club was discussed. Lost a number of members in
July. Down to 590 in mailing for July. We are picking up new members;
however, we lost several old ones. Why? Don Lindley made a motion to go to
membership on a calendar year. Motion seconded. Discussion was held on
annual membership. Motion passed unanimously. A committee consisting of
Lyn Schlegel, Russ Suevers, and Mike Robbins will work out the details.

Don Goldner handed out a sample letter sent to all non-track club marathon
runners. Sent out 237. Phil will check out what the results were of the
mailing. It was discussed that we should have membership applications at
all of the races. Race directors should be sure to cover this aspect.
There is a hold on this until committee meets. We loose a lot of people
because we do not have a table set up for this.

Newsletter was discussed. Jerry reported that the August issue is done. We
were reminded we need to keep the 5th of the month in mind as the deadline
for newsletter material. It needs to go to the printer by the 15th so it
can get back to Phil by the 27th to be mailed by the 1st. Jerry covered
several points regarding the newsletter. If contributors type their
material in a 2 5/8 inch wide column it will help Jerry with not needing to
retype. We have been holding the newsletter to 16 pages. In order to add a
4 page addition it will cost an additional \$60-\$70. This may be necessary
at times in order to get all the race results in. These need to take
priority. It was reiterated that one of the responsibilities of the
newsletter is to inform members of race results. Race results for the Hilly
Four and Turtle Days will be in the August issue. The calendar of upcoming
races is the race directors responsibility to get that information to Jerry.

Don Goldner congratulated Ken Miller for an excellent job on the boys and
girls State Track Meet. Everyone agreed!
Points: Russ and Ken reported that all points are figured except for Turtle
Days thus far.

Equipment discussed. Batteries are low in microphone. Need to be checked
and possibly replaced.

Media: Tim Fleming is doing a great job! He discussed his contact with the
Hotline. They have been putting in events we give them. The News-Sentinel
puts in everything but not immediately. As far as the Bulletin Board is
concerned, if we send it in, it will be printed Tuesday or Saturday before
an event. Race results is the responsibility of the race director.

Race Schedule: Race America - John Treleaven
One Hour - Jerry Mazzock

POINTS AND MEMBERSHIP APPLICATION

Name _____ Birthdate _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

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

ARE YOU NOW, OR EVER, BEEN A NERD? _____

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

Mail to: Russ Suever, 1924 Montgomery
Court, Ft. Wayne, In 46815
Mail reg. membership app to Phil Shafer

I am asking all
contributors to
type their columns
for the Newsletter
in 2 and 5/8 inch
columns. This saves
me a lot of work.
If you don't have
a typewriter or
if yours doesn't
work up to par,
send me your neat
handwritten copy
anyway and I'll
gladly type it for
ya.

This includes all race
results from all race
directors too. Thanks



Mick Schlackter won "Race
America"! If you want to know
which doughboy finished 2nd
turn immediately to the inside-
back cover

Trophies were discussed. Guidelines for races were discussed. A race director can figure on \$250 - \$300 for awards. Imperial Trophies work with the Track Club.

Tim Fleming is working on a committee with the city and the mayor regarding Rivergreen Way Triathlon on September 30. It involves a 6 mile run, 18 mile bike, and an 8 mile canoe race. They are looking at a \$10,000 budget. More later.

Jim Anderson is the course measurement person.

Advertising: Billing is now caught up (2 issues).

New Business: Election and Nominations Committee will consist of John Treleavan, Don Goldner, and 1-at-large person (Mike Robbins). They will be meeting to come up with a slate of officers for next year. Anyone wanting to suggest a name should contact one of the committee. Elections are held at the Relays in September.

Finish Line Systems - a group who calculates results immediately at the races will do so for 50 cents a runner. This was discussed. No decision was made. More later.

Wendys is looking at putting on a couples race. More later.

Insurance forms were discussed. Paid late. Covered for \$20,000,000. Triathalons are not covered by this policy.

There being no further business, the meeting adjourned in time for attendance at the fireworks..

Bonnie Taylor, Secretary

GOALS

by: Mike Robbins

All runners set goals of one sort or another. These goals may range from running 12 miles a week, to breaking three hours in a marathon, to setting PR's or breaking 30 minutes in a 10K. Many goals are easily determined: increase mileage, run longer races, run faster. Determining a realistic but optimistic racing goal can be a tricky process.

The focus of this discussion will be on setting 10K goals. In each runner's first few years of racing, 10K times generally fall fairly rapidly. After a few years, though, a plateau of sorts is often reached. Prior to the plateau goals can be difficult to set because times come down nearly every race. After the plateau is reached, goals may be frustrating because a degree of inconsistency seems a constant companion.

This is the time in a runner's development when occasional "break-throughs" occur. A great 10K time will be followed by a miserable one. A good race and a not-so-good race. Predicting the outcome of a given race seems less dependable than predicting the weather. This may be the result more of motivation, though, than goal-setting.

As runners gain experience, the motivation to improve and race faster often increases dramatically. One success begets another. Improvement breeds the desire for increased improvement. This puts tremendous pressure to set realistic goals. Especially since "realism" seems like it ought to be a faster race than the previous one. It is this thought process that is the undoing of many goals.

To be realistic, goals must reflect a current situation. Present training is much more indicative of race performance than earlier races. Recent races should be considered part of the training and learning process. Both elements should fuse to predict a race outcome. This use of "training" races helps to both focus training and to get objective race feedback. This

THE FOLLOWING CLASSES WILL BE taught by one of our members at IPFW and may interest you "Coaching Young Athletes" begins on Sept. 18 and meets on Tuesdays from 6:30 - 8:30 PM for 8 weeks. Instructors are Mary Ann Nelson and Brad Mislner....ALSO..."Take Charge Your Exercise Program" will be a 2 and one-half hour discussion, demonstration and participation of the correct methods of a total exercise program. Will focus on the do's & don'ts of stretching, etc. Sat. Oct. 20 from 9-11:30AM. Instructors are Mary Ann Nelson and Gail Boester. More information may be obtained from Continuing Education 482-5811

also implies that a progression should be made to a final "goal" race. Interim races geared to mark steps toward the final allow the best integration of training and racing. They also permit goal-setting to be based on "pace" rather than some illusive "I think I should be running X time" type of race.

If a runner's training seems to point toward a certain pace, try that pace in a race situation. Evaluate the results. Environmental considerations aside, if the goal pace was met, and training persists, set a slightly faster goal pace for the next race. If the goal pace was too quick, back it off for the next race.

Feedback from this pattern should allow each runner to stress pace, speed or strength in training. These elements can be combined and recombined to produce the best chance for the "final" goal. A goal which by then has become tested, reliable and realistic.

WANT TO RETURN THE FAVOR?

Anyone interested in serving in any capacity on the Fort Wayne Track Club board for 1985 should contact Don Goldner. Also, elections are coming up soon and anyone who would like to be considered for nomination for any officer position for next year should contact Don Goldner.

SUBARU



What's afoot at Subaru?

SUBARU COUPLES RUN

Sunday, September 9, 1984 - 2pm
At Foster Park - Fort Wayne, Indiana
2 Person 10K Relay (5K Per Runner)

ENTRY FORM

Awards based on combined times in "All Male" and "Male-Female" categories in the following Age Divisions: 24 & Under; 25-38; 39-48; 49-58; 59-68; 69-78; 79-88; 89-98; 99 & over.

MAIL ENTRY TO: SUBARU COUPLES RUN, Challenge, Inc., Scottsdale Mall, South Bend, IN 46612; or c/o JERRY MAZOCK, 6135 Orchard Lane, Fort Wayne, IN 46809. REGISTRATION: \$6 Pre/
\$8 Post

RACE HOTLINE: (219) 291-7602 / (219) 747-1064

LAST NAME	FIRST NAME	M	F	AGE	BIRTHDATE
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
MAILING ADDRESS		INCLUDE APT. NO. OTHER			
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
CITY	STATE	ZIP	AC PHONE		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

THIS FORM
MAY BE
DUPLICATED

WAIVER MUST BE SIGNED:

In consideration of the foregoing, I for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against any of the sponsors or organizers of this event for any and all claims of damages, demands, actions whatsoever which may arise as a result of my participation in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever.

For further details and entry forms for other events in the South Bend area, please send self-addressed, stamped envelope to: athletic annex, Scottsdale Mall, South Bend, IN 46612 (219) 272-7565 (219) 291-7565

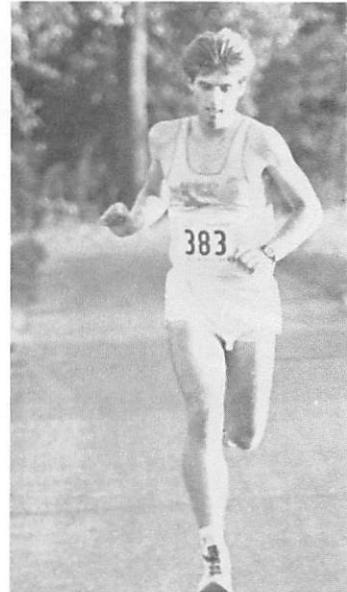


Subaru sets the pace!

6th Annual **Callithumpian Canter**

5-Mile Race

October 21, 1984
2:00 p.m.



Brady Wells finished 3rd at RACE AMERICA

DIVISIONS:

<u>MEN</u>	<u>WOMEN</u>
Under 15	Under 15
15 to 19	15 to 19
20 to 29	20 to 29
30 to 39	30 to 39
40 to 49	40 and over
50 and over	

AWARDS:

FREE T-SHIRT
to all entries!

Overall: Large trophy to overall winner, trophies to next 9 finishers. Plaques to places 11-20.

By Division: Medals with neck ribbons to the winner of each division. Ribbons to next four places in each division.

COURSE:

5 Miles, during Callithumpian Week Celebration: gently rolling, mostly flat terrain.

REGISTRATION & ENTRY FEE: \$5

LATE REGISTRATION: 12 Noon to 1:00 p.m. at the Bob Worthman Football Stadium at Belmont High School (just east of Decatur) on the day of the race.

Runners should be at the Stadium by 1:30 p.m. for final instructions. Plenty of parking available. Facilities available before and after the race.

Return entry form,
along with check
or money order to:

Callithumpian Canter
c-o Fred Huppert
P.O. Box 125
Decatur, Indiana 46733

NAME _____ DATE _____

ADDRESS _____ CITY _____ STATE _____

AGE _____ SEX _____ T-SHIRT SIZE _____

In consideration of your accepting my entry, I do hereby, for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages, which I may have or accrue against the Callithumpian Canter or anyone involved in the same, for any and all damages which may be sustained by me in consideration of my entry of participation in the 1984 Callithumpian Canter.

Signature.....

(Parent or Guardian if under 18)



A happy finisher of the St. Joseph's hospital Triathlon gets a cool sponge at the finish

Co-Sponsored by-

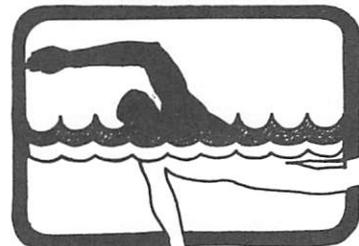
DECATUR BANK
and trust company

Decatur Daily
Democrat



Decatur
Lions
Club

DON'T FORGET...ANNUAL RUN FOR HEALTH SUNDAY, OCTOBER 7
QUARTER MILE, HALF MILE, MILE, FAMILY RUN AND 4MILE RACE
FIRST RACE BEGINS AT 2PM. FOR MORE INFO CALL 445-7823





run, jane, run 5&10 KILOMETER RUNS FOR WOMEN

run, jane, run™



WOMEN IN SPORTS WEEK™
1984

DATE: Sunday, September 23, 1984

TIME: 8:00am late registration
9:00am 5K & 10K runs begin

LOCATION: Tah-Cum-Wah Recreation Center
1701 Freeman
Fort Wayne, IN
DISTANCE: 5 Kilometers (3.1 miles)
or 10 Kilometers (6.2 miles)
Hilly residential course

ENTRY FEE: Pre-registration: \$8.00 (includes T-shirt); \$4.00 (without T-shirt)
Late-registration: \$9.00 (includes T-shirt); \$5.00 (without T-shirt)

PRE-REGISTRATION DEADLINE: September 14, 1984

WHAT: The 5K and 10K runs are two separate events that are part of run, jane, run: Women in Sports Week. run, jane, run is the largest women in sports week in the nation, growing from three events in 1981 to 12 events this year.

WMEE 97 Fm radio is the major sponsor of this week which benefits the Fort Wayne Women's Bureau, Inc., a not-for-profit service agency. For information about other activities, contact the Women's Bureau at (219)424-7977.

AID STATIONS: 5K - at mid-race and finish
10K - at 2 miles, 4 miles, and finish

AWARDS: Trophies to first 3 finishers in each age group

AGE CATEGORIES

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

RUN DIRECTOR: Kath Stachowski, Fort Wayne Women's Bureau, Inc. (219)424-7977

Send form with check or money order to: Fort Wayne Women's Bureau, Inc.
P.O. Box 10554, Fort Wayne, IN 46853

run, jane, run 5K, 10K ENTRY FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE (as of 9/23/84) _____ BIRTHDATE _____

I waive any rights I may have against the Fort Wayne Women's Bureau, Inc., WMEE Radio, and sponsors for damages or injuries occasioned by my participation in the run, jane, run: Women in Sports Week 5K or 10K run. I acknowledge that I have trained sufficiently to participate in this event.

SIGNATURE _____

(parent or guardian if under 18)

T-Shirt Size: (circle one) Sm Med Lg X-Lg TOTAL ENCLOSED \$ _____

I am entering the:
 5K
 10K
 With T-shirt
 Without T-shirt

Ask a group of runners what constitutes a perfect race and you will probably receive as many answers as there are runners. A perfect race for a beginner is one in which he manages to register, run, and finish without any hassles. For the more advanced runner any discussion of a perfect race would have to include such topics as weather condition; course length; number, grade, and location of hills; number of participants; and race starting time. For the Olympic-minded speed racer the splits and finishing times are as important as environmental factors in determining the perfect race. If you ask the die-hard runner you will probably be told that any race is a perfect race!

Most runners will agree that occasionally they participate in a race where all of these ingredients fit harmoniously. For me, that race was the Fort Wayne Home Loan & Savings 10,000 meter run last October.

As a newcomer to the racing scene (I had previously run in one 10K and three 5 milers), each race was certainly a new experience. Prior to the race I had heard about the huge pace signs used to sort and seed the multitudes, about the young speedsters striving for PR, and about the swarm of spectators crowding the sidewalks. Fear of being lost in this tremendous throng began to build in me as I arrived at Freimann Square and increased as I lined up, standing half in the street and half on the sidewalk. Fortunately, I met a friend and fellow FWTC member; and our discussion helped ease the pre-race tension. He told me to be particularly careful not to fall at the beginning of the race or I would be trampled by those behind me.

When the race began and this mass of humanity moved down Main Street to the sound of the cheering crowd, any feeling of fear was quickly replaced by a sense of jubilation and exhilaration. I understood how one could run almost completely on pumped up adrenalin. Here I was, one of over 1600 men, women and children, each striving to run a good race and reach some intangible goal more than 6 miles away. What a fantastic sight.

The beauty of the course became apparent as the race continued. Majestic trees, which graced most of the course, gave one an immense sense of internal power. What a pleasure to describe the 2 mile marker as the towering, crimson maple tree at the end of Lake Street instead of the fourth house on the right. And the Lakeside ponds, with amber and scarlet leaves resting quietly on the smooth water, were a strong contrast to the racers' churning legs.

And then there were the high school bands!!! The only sounds I usually hear while training are those of my shoes hitting the pavement or my breath rasping through my lips. But suddenly, apparently out of nowhere, came the theme song from "Chariots of Fire". As my mind flashed back to the movie's opening scene, in which well tuned athletes dashed across the ocean beach, more power surged through me and goose bumps joined the sweat on my back. Talk about an inspiring vision.

A pleasant surprise occurred at the end of the race. While watching the awards ceremony I thought that I recognized John Roscoe, the male winner. When it was announced that he was from Elkhart, I realized that he was the manager of the Athlete's Foot store where my brother-in-law worked. John had helped me to select my running shoes! So after the television and newspaper men were finished with their interviews, I personally welcomed John to our fair city. I even invited him back for next year's race after I learned that he was not in my age group!!

While a good race involves the runner's physical condition and mental attitude, it also involves the physical environment. From this race, I learned that it is as important for me to be in tune with the sights and sounds around me as it is to be in tune with my pacing and breathing.

Stop and smell the roses was a popular line in verse and song. The author was telling us not to let our senses become so dulled by the daily grind of living that we cannot periodically pause to reflect upon the beauty in our world. The same is true for racing. In each race you enter, remember to look for those external ingredients which can lead you to your ultimate goal; running the perfect race.

Brian L. Migliore



Tom Loucks finished 2nd at RACE AMERICA by only a few seconds



Jim Anderson gives Don Lindley a sponge during the unusual and mysterious dark skies of "The Never Ending 1 Hour Run."

Sept. 3rd marks the 11th and final running of the "Blueberry Stomp" in Plymouth, In.

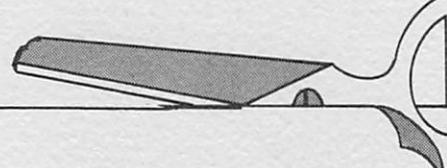
I say "Thankyou" to Jeff Gangloff and his family for providing an excellent-family-great race-great atmosphere-fun thing to do every Labor Day for the past 11 years.

I hope some big corporation sees fit to renew this event. I hope "The Blueberry Stomp-The Second Generation," will become a reality!

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)



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TRACK CLUB**

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