



**FORT WAYNE
TRACK CLUB**

NOVEMBER 1984

the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



THE LEAD PACK

at PARLOR CITY TROT

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FWTC 1984 POINTS RACES

November 17, Saturday 25K
 CHALLENGING 25K-Homestead High-
 Jim Anderson

FWTC 1984 NON POINTS RACES

NOVEMBER 18, 9K Cross-Country-
 Bluffton-Oubache Park- Phil
 Lockwood or Jeff Gangloff
 DECEMBER 8, 3K&10K- Fun Run-Foster
 Park-Don Lindley
 DECEMBER 31 MON 11:45 PM. 5 mile
 New Year's Eve Race-
 North American Van
 Lines-Myron Meyer

CLIP AND PUT ON YOUR REFRIGERATOR DOOR

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

IT'S THAT TIME
 AGAIN.....
 THINKING ABOUT
 RUNNING A SPRING
 MARATHON???WELL...
 COME ON OUT AND
 TRAIN WITH THE GANG
 AT HOMESTEAD HIGH
 EVERY SAT. MORNING
 AT 9:00AM BEGINNING
 JAN. 26th 1985.
 McDONALD'S AFTER-
 WARDS.

INSIDE "THE INSIDE TRACK" THIS MONTH YOU WILL FIND.....
 A quarter page from our new club president, Mike Robbins.....And on the
 same page a letter from an old president of the FWTC from Mike Hill, all
 the way from Spring, Texas. (Pronounced 'Sprang,' Texas.).....Tim Creason
 of the Bluffton News Banner wrote a article concerning the Parlor City Trot
 and it's results.....And speaking of 'Trots,' Dave Ruetschilling tells us
 about he and Eakin's relay run to New Orleans.....Speaking of 'Saints' that
 recently 'marched in,' Doug Sundling gives us an alternative view of Jim
 Fixx's death.....We have a picture of the starting line of the Subaru Couples
 Run.....And Doctor George Branam concludes his article on the most
 tedious of running injuries-Shin Splints.....Running is not all pain,
 However, and Judy Tillapaugh tells us how to enjoy our eating while getting
 the right nutrients-A good article for the right younger runner...And for all
 ages, Ken Miller and Russ Suever prepared the updated points system
Dogs don't care about points sytems or runners either for that matter
 according to Dave Waldrop and the letter he wrote..... And everyone
 who can write had better fill out the survey in this issue or Mike Robbins
 will do your tax returns in metric.....And many runners taxed themselves
 at the Canterbury Love Run 5 mile-The results are in here.....And speaking
 of results, the RiverGreenWay results are here with a short story by Tim
 Fleming-You all know Tim-He's the guy who wears an arrow through his head
 when he runs.....There's a race ad for a Cross Country race to be held at
 Homestead this December.....And, believe it or not, I got the complete
 results of Race America too.....Now, be a good boy or girl and read all
 of this magazine-There will be a test over this magazine in next month's
 issue-(I think I'm kidding!--It's awfully late tonight!) Hope you enjoy this
 stuff.

YIKES!!!! I almost FORGOT!!!!Check out the list of new FWTC officers
 on this page.(These are the people you complain to).....We also have
 Loucks calendar and Editor Mazock's
 usual baloney.....Special thanks
 to Tim And Marilyn Creason for
 the photography.....

RACE CALENDAR

November

- 4 Plymouth Cross Country 5K
 (Country Club) 9:00 a.m.
 Challenge Inc. 219-291-
 7602; 272-7565
- 10 Huntington 5K Cross
 Country - Huntington
 North H.S. - Russell
 Grose - 672-2078
- 11 Sportsfest 10K/1M - South
 Bend 1:30 p.m. - Challenge
 Inc 219-291-7602; 272-7565
- 17* Challenging 25K - Homestead
 H.S. 2:00 p.m. Jim Anderson
- 18 Bluffton X-C 9KM - Oubache
 State Park 1:30 p.m. -
 separate races Open, Women,
 Masters
- 22 Niles Thanksgiving Run 10K
 Niles, MI - Challenge, Inc.
 (see above)
- 24 Carmel F.O.P 5 mile -
 Carmel Clay J.H.S. 10:00 a.m.

December

- 1 Holiday Mile - South Bend
 Challenge Inc. (see above)
- 2 Santa Shuffle 4M/1M - Goshen
 1:00 p.m. Challenge Inc.
- 2 Homestead Ham Run 8K - Home-
 stead H.S. 2:00 p.m. - Dick
 Shenfeld 432-4832
- 8 10K & 3K Fun Run - Foster
 Park 2:00 p.m. Don Lindley
- 8 South Bend Cross Country 5K
 (Potawatomi Park) 9:00 a.m.
 Challenge Inc.
- 15 Goshen Cross Country 5K
 Rogers Park 9:00 a.m.
 Challenge Inc.
- 23 Christmas Classic 4M/1M -
 South Bend (University Com-
 mons) 8:30 a.m. Challenge
 Inc.
- 31 New Years Eve Race 5 mile -
 NAVL 11:45 p.m. Myron Meyer



Editor's Run

by JERRY MAZOCK

For a runner this is the beau-
 tiful time of the year. Perfect
 temperature and colorful surroundings.
 Thanksgiving is approaching.

I have a hungry fireplace, and
 for a wood-chopper, this season
 means endless hours of splitting
 wood with a heavy sledge and wedge.

After I cracked a rib playing
 golf a year ago, I have actively
 pursued weight training and push-
 ups as a means to strengthen my
 weaker links. However, after near-
 ly a week of log-splitting, I injured
 my back necessitating 7 X-Rays and
 the use of the drug, Motrin 600mg.

I was unable to run my 30,000th
 mile at the club party, in fact for
 the last 2 weeks, 1 mile-a-day was
 the limit. Years ago, I would have
 pushed longer and harder. (Perhaps
 risking my future as a runner). Yet, a
 very easy mile, however, loosens me
 up, brings new blood to the injured
 area, and I don't lose all that much
 in conditioning. In fact, my legs
 have never felt better. For me, my
 theory of "moderation" worked won-
 ders. It's amazing that after 12
 years of running, one can still learn
 something new about our great pasttime.

HEAR YE, HEAR YE

FROM THE PLAINS OF SUNDERLAND
COMES
THE PRESIDENT'S QUARTER PAGE
by MIKE ROBBINS

The track club, as is running in general, is being faced with many changes from the running community. We are seeing a trend of race promoters, both corporate and individual, bringing races to Fort Wayne. This new development can cause great consternation when the track club is expected to be involved. The club can be put in a position of balancing the needs of runners and the efforts involved to help a person or organization which may not have the longer term interests of the Fort Wayne community in mind.

Dear Jerry,

My apologies for not writing sooner. Enclosed is a picture of two people trying to survive the Texas heat. Ryan is 16 now, a junior at Spring High School and got his first varsity letter in Cross Country last year as a sophomore.

I am not 16, wish I was faster and can no longer beat Ryan (except once in awhile)! The club we belong to here is the Houston 1960 Road Runners,

Its taken 2 years down here to adjust to the weather and allergy problems. One thing we have learned is that you don't get heat acclimated in Houston during the summer. The solution is to run less, bike and swim to stay in shape. The flip side is, that it's not unusual to run in shorts and a long sleeve cotton shirt during January and February. So there are some advantages to living in this type of climate.

One thing we can tell you, there is no track club around like FWTC. Down here there must be 10 or 15 clubs just in Houston. They are small, 200 or 300 members, and are not as active as you might think. In retrospect, I just do not understand how a city the size of Fort Wayne can support such a large track club. All of the members of FWTC should be very proud of their organization, race schedule, newsletter and other great activities. We really miss running with all of you.

Best wishes to all of our old friends.

Sincerely,

Mike
Mike Hill



The club has always tried to ascertain and promote the running interests of the greater metropolitan Fort Wayne area. A major challenge facing us in the coming year is to continue to define and fulfill those interests while recognizing the changing environment in which they are developing. I believe in doing so, the FWTC must both maintain its own best traditions while forging a path which will sustain future growth and new traditions.

In accomplishing this, a major task facing the new board is determining what the needs of the FWTC are. This can only be done if each member is willing to speak up. Please let us know what you want and don't want. What is important and what is indifferent. What soothes and what irritates.

To aid this "voicing," a survey of sorts is included in the newsletter. Please take a minute or two and jot down your thoughts. Let us know early on what direction you want us to go.

Also, as is the case with all volunteer organizations, the more people are willing to occasionally lend a hand, the less burden falls on a few. Board members and race directors are not part of a politburo. They will gladly share tasks. If you want a different perspective, get involved, even if only a little. I guarantee the FWTC will never look the same to you again.

EVERY WEEK, IN EVERY NOOK
AND CRANNY IN FT. WAYNE

VARIOUS GROUPS REGULARLY

RUN WITH ANONIMITY.....
(PLEASE CHECK SPELLING)

AT TIMES, IT WOULD BE NICE

TO KNOW WHERE THESE GROUPS

ARE SO YOU COULD PARTICIPATE

WITH THEM.

SO.....

IF YOU RUN AT A CERTAIN
TIME AND PLACE REGULARLY
AND WOULD LIKE TO HAVE
COMPANIONS PLEASE
FILL OUT THE INFO BELOW
AND MAIL TO DAN KAUFMAN
(OUR NEW V.P. HAD TO FIND
SOMETHING TO DO!)

DAN KAUFMAN
7719 BROOKFIELD DR.
FT. WAYNE, IN.

NAME _____

DATE OF RUN _____

TIME _____

PLACE _____

PHONE _____

OTHER _____

One of these runners is 45 years old. The other is 16. Can you tell which one is ancient? The youthful looking 45 year-old uses Shoe-Goo as a facial moisturizer.

A FINE RACE -- THE PARLOR CITY TROT (courtesy of Bluffton News- Banner)

By TIM CREASON

The wind shifted, and Chris Prior knew his moment had arrived.

"We were only about halfway through the race, but I figured it was time to get away. As tired as I've been this week, I didn't want it coming down to a kick at the end," Prior explained after winning the 10th annual Parlor City Trot in Bluffton on Sept. 22.

Prior, 24, of Vandalia, O., beat 343 other long-distance runners to the end of the 13.1-mile race, which started and finished in downtown Bluffton. His winning time of 1 hour, 6 minutes, 58.4 seconds was a new course record, eclipsing the old mark of 1:07:10 set by Bill Gavaghan in 1983.

Prior, a former member of the Ohio State University track team, did not lead the entire race, but he was never far from the front. From the five to six mile mark, he was content to tuck in behind two-time Trot winner Dexter Lehman of Elkhart.

Lehman was setting a fast pace — the lead pack was averaging around 5:05 per mile — but Prior said he wasn't afraid to let Lehman, a 27-year-old former NCAA champion, move ahead as the runners headed down Ind. 301, behind the Ouabache State Park. "I kind of wanted him there," Prior admitted afterwards. "He was breaking the wind."

At the 6.1-mile point, the runners made a sharp turn west onto Ind. 316, and the wind shifted to their sides. It was there Prior decided to make his move, and he sprinted out to a five second lead.

"The pace was starting to slow up, so I figured I'd get some yards on him (Lehman)," Prior noted. "I figured if he came back on me, well, we'd just run together some more."

Lehman didn't, however; nor did anyone else. And thus it was clear sailing for Prior, who extended his lead all the way to the finish.

The winner picked up a \$400 cash prize for his efforts; in fact, money was awarded to the top five finishers ... the first time cash has ever been awarded at the Parlor City Trot.

Lehman, who eventually finished second in 1:07:46.4, received a \$300 award. The popular graduate of Tri-State University said he knew he was taking a chance when he took the lead at the 5-mile mark, but figured it was the only way he might win.

"I'm a strength runner, and I wanted to maintain pace, so I took the lead when we went into the wind," Lehman said afterwards. "I figured he (Prior) might use me to break it (the wind) for him."

Third place went to Gary Reffitt of Ypsilanti, Mich., who clocked 1:08:34.7 and earned \$200. Reffitt ran with Lehman and Prior for five miles before fading in the wind.

Prior noted he struggled a little in the final miles of the race.

"I was pretty dead-legged at the end," the winner said. "I'm glad there wasn't anyone else around ... I was feeling pretty tired."

Why was he so tired?

"I just ran another half-marathon in Philadelphia last week," Prior said. "Ran a personal record there — 1:04:30."

Another reason was the heat. While Sept. 22 was a nice day for visiting the Bluffton Street Fair, a temperature near 80 made it rough on the approximately 370 runners who started the race.

That included women's winner Kris McCain of Angola, who finished 78th overall.

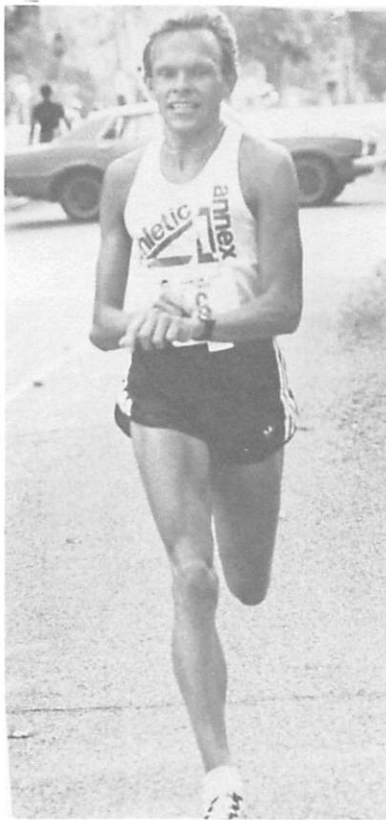
"It got pretty warm out there," the diminutive 25-year old pointed out afterwards. "I really didn't notice the heat till the seven-mile mark, and then I noticed it a lot."

"I also noticed I was getting pretty tired," she added with a laugh.

There were no new records in the women's race, though McCain led from start to finish. Her winning time of 1:26:08.9 was eight minutes off the mark of 1:18:18 set by Karen McQuilkin in 1983.

"I'd check every corner to see where they (the other women) were," McCain noted. "I was just trying to maintain a 6:30 (minutes-per-mile) pace, and that held them off."

Behind the women's winner, a dandy battle took place for second, with 27-year-old Jane Tompkins-Lundgren outlegging Fort Wayne's Judy Tillapaugh, a FWTC member. Tompkins-Lundgren hit the finish line in 1:28:00, with Tillapaugh crossing in 1:28:43.



Dan Kaufman, scratches his wrist, & finishes 10th in 1:13:57 at the PCT

The Wells County Trotter's Trophy, presented every year to the first Wells County finisher in the race, was won for the fifth straight time by Tom Loucks of Ossian, who placed fourth overall in 1:09:03.2.

The time was not a personal best for Loucks, but the 25-year-old Norwell High School graduate was his usual happy self afterwards.

"I was real pleased with the time, considering the heat," Loucks pointed out. "It really got to me. At the 10-mile aid station I stopped and drank five cups of water."

Loucks ran alone through most of the race, as he allowed a pack of four runners to get ahead of him at the start. He picked off one of those runners — John Roscoe of Elkhart — near the halfway point, but wasn't able to reel in the front three.

"It got pretty frustrating, seeing those guys in front of me," Loucks said afterwards. "I guess I went out too slow. But, I'm not unhappy ... I didn't think I'd place that high before the race."

Loucks, who won the Fort Wayne marathon earlier this year, said the walls began to crumble around the 10-mile mark, but he held on. "I felt all right till I came out of the park," Loucks said. "The heat was really a problem."

Loucks picked up \$120 for his fourth-place effort, and Roscoe earned \$80 after he placed fifth in 1:10:43.5.

Rick Callison, who won the Parlor City Trot in 1979 and 1980, then quit running for a while, returned to the race Saturday for the first time in four years, and placed sixth in 1:11:19.1. He and the other remaining top ten men received a merchandise certificate, as did the top five women's finishers.

The 10th annual Trot — which officially had its largest field ever — was sponsored by Pizza Hut, Farmers and Merchants Bank, Gerber Variety Store, the Bluffton Free Street Fair Committee and the Wells County Trotters running club.

Besides the overall awards, several age group prizes were given out. The following were age group winners (top 10 men and top five women not included in age group awards):

Men:

Age 14-under — Bobby Wiersma; 15-19 — Joe Pat Phillips; 20-24 — Gary Williams; 25-29 — Bryan Sponseller; 30-34 — Larry Minar; 35-39 — Paul Sibray; 40-44 — Ken Prior; 45-49 — Glen Davis; 50-54 — Bill Heck; 55-59 — Myron Meyer; 60-69 — Wendell Parson.

Women:

Age 14-under — Karma Geyer; 15-19 — Karen Vachon; 20-24 — Jennifer Isenbarger; 25-29 — Karen Kaehr; 30-34 — Rose Maria Koczergo; 35-39 — Janet Hancock; 40-49 — Gayle Reed.

Trot Results

TOP 15 MEN

1 — Chris Prior, 24, Vandalia, Ohio	1:06:58**
2 — Dexter Lehman, 27, Elkhart	1:07:46
3 — Gary Reffitt, 30, Ypsilanti, Mich.	1:08:35
4 — Tom Loucks, 25, Ossian	1:09:03
5 — John Roscoe, 28, Elkhart	1:10:43
6 — Rick Callison, 30, Piqua, Ohio	1:11:19
7 — Brady Wells, 23, Salem	1:11:52
8 — Scott Wareham, 32, Indianapolis	1:13:27
9 — Jeff Beam, 20, Fort Wayne	1:13:37
10 — Dan Kaufman, 33, Fort Wayne	1:13:57
11 — Bryan Sponseller, 25, Warsaw	1:14:26
12 — Duane L. Dye, 25, New Castle	1:14:37
13 — Gary Williams, 23, Fort Wayne	1:14:46
14 — Ken Prior, 43, Vandalia, Ohio	1:15:03
15 — Rev. Rick Wallin, 28, Columbia City	1:15:25
** — New course record	

TOP TEN WOMEN

1 — Kris McCain, 25, Angola	1:26:09
2 — Jane Tompkins-Lundgren, 27, W. Lafayette	1:28:00
3 — Judy Tillapaugh, 25, Fort Wayne	1:28:43
4 — Sue Carnes, 38, Fort Wayne	1:30:43
5 — Susan Leffler, 35, Muncie	1:32:35
6 — Janet Hancock, 36, Fowler	1:33:01
7 — Karen Kaehr, 27, Bluffton	1:33:31
8 — Marlene Benavides, 38, Indianapolis	1:36:45
9 — Rose Maria Koczergo, 31, Fort Wayne	1:40:29
10 — Duretta Yoquelet, 31, Argos	1:40:44

If you want to be included
in the "points" standings

this year, please fill out

the application found else-
where in this newsletter

NEW ORLEANS BY FOOT

by

GUMBO (Dave Reutschilling)

An ad, "Run Across America", appearing in an early '83 FWTC newsletter intrigued me. That led to my briefly meeting the person behind the ad at the NAVL 15K in April '83. Numerous phone calls and get togethers throughout '83 and early '84, plus an early summer '84 practice run to Auburn, In., ultimately resulted in a 960 mile, 22 day running Odyssey thru Indiana, Kentucky, Tennessee, Mississippi, and Louisiana. The run started Aug. 25, and we reached our destination on Sept. 14, 1984.

John Eakin, the force behind this project, responded to my letter of inquiry with a thumbnail sketch of the run, and its dual purpose: 1). to raise a -wareness of the problem of world hunger, and 2). to raise money to help alleviate this problem. Incidentally, John has traversed Indiana, Michigan, and Vermont & New Hampshire on runs of similar nature and purpose.

Other runners expressed an interest in participating in this run. Among them was Larry Lee, former FWTC president, who teamed with John on the Michigan run. Job commitments or injury reduced the interested parties to two, John and myself.

The original 2500 mile Cal. to Ga. route became a north to south endeavor from Ft. Wayne to the threshold of the World's Fair in New Orleans, La.

Thresholds

Speaking of thresholds, we approached a few along the way. sore muscles -my quads had the post - marathon blues from day three on (or was it day two).

the high - upon completion of another day (especially the four 50 mile days)

hunger and the sated appetite - we hopped from starved to stuffed twice a day

heat- though it was unseasonably cool for the south that time of the year, we did experience some high 90's and humidity in Kentucky. The humidity, as a %, equals the temp. in Miss. and La., both in the 90's.

Milestones

- 150+ mile weeks
- crossing state lines, and 100 mile marks along the way
- four days of 50 miles

I hurt my foot on the 13th day of the run. John, fearing the worst (not reaching our destination goal - New Orleans), ran three consecutive days of 27, 31, & 29.5 miles. The seven day period surrounding these three days yielded a whopping 179 miles for John.

Millstones

- the boredom and monotony of the regimented day. At times it seemed an ideal running vacation; other times an ordeal.
- the uneasiness associated with running along a narrow berm against high-speed traffic. We discovered that lumber and logging is big business in Miss.

Schedule

Our running day was regimented almost by necessity due to limits in daylight hours, a -voidance of extremes of heat, and meeting our hosts according to a pre - arranged schedule. We arose between 5 and 5:30 AM, drove to wherever we left off the previous evening; and tried to be running by daylight. We took turns running, 'relay style' - one of us drove ahead 2 - 3 miles while the other ran. After 6 - 10 miles, depending upon how we felt, we would switch. We both ran twice in the morning. (My original plan of doing one long run of 15-16 miles each AM fizzled early.) Our AM run from daylight to 11 - 11:30 covered anywhere from 24 - 33 miles. Then, off to our hosts, (John would call in advance to ensure we were expected) where we would eat (like pigs), shower, and nap till 3:30. We then returned to where we left off on our AM run and continued till dark, logging an additional 13-18 miles. We then returned

to our hosts' for dinner (pigs again), shower, and to bed. While we hadn't much time to get to know our hosts, we did make the most of our short visit with much mealtime conversation.

DOES ANYONE KNOW ANYTHING ABOUT THE SERIOUS WRIST INJURIES THAT APPEAR TO BE OCCURRING TO MANY OF OUR CLUBS MEMBERS???? CHECK PHOTOS IN THIS NEWSLETTER FOR VISUAL SYMPTOMS. IF YOU THINK YOU MAY BE COMING DOWN WITH THIS MALADY, CALL 911

Arrangements were made by a committee from Associated Churches of Fort Wayne. The committee members made contacts with a church in the towns we would be running thru or near; and that church's clergyman or social committee would arrange for our accommodations. Many times, the clergy themselves would provide our accommodations. Other times we were placed in homes of families.

Thank-you's

A day by day account of the 22 days of the trip is not only conducive to writers cramp, but beyond the physical limitations of this newsletter, and the readers attention span.

Each of the people we met along the way made for a story by itself. They all deserve a hearty "thanks" for their hospitality and support. Thanks especially to the early-birds who showed up on Sat. 8/25, at 6:00 AM at Frieman Square to see us off. "Thanks are also in store for, among others, the nuns at Victory Knoll in Huntington, who, like grandma, sent us off with a tin of home-made cookies..... Fr. Urbine and his one pot meal.... the Webb family of rural Elwood, In., for the dip in the pool... ..Fr. Ray Brennan of Sullivan, In., for meeting us on the road (who's this guy in the old pick-up truck pulling up behind me?)..... Rev. Steve Schwiers & family of Princeton, In., Steve, a runner himself, and looking to run his first marathon next spring (maybe

Hook's). Thanks for running with us, the clean laundry, and the VCR replay of the men's Olympic Marathon....Dr. George and Mrs. Pat Smith of Henderson, Ky., the first true Southerners we've encountered, for the delicious BBQ'd mutton and pecan

DON'T FORGET THE THANKSGIVING MORNING 15 MILE TRAINING RUN AT LINN & JERRY MAZOCK'S HOUSE, 8AM, 6135 ORCHARD LANE. COFFEE AND STALE DOUGHNUTS AFTER THE ORDEAL (PLUS THE USUAL GOSSIP...ETC.)

A COVER PICTURE FOR THE DECEMBER ISSUE OF "THE INSIDE TRACK" WILL BE TAKEN AT THE START. IF YOU DON'T WANT TO RUN 15, COME ANYWAY AND RUN AS FAR AS YOU LIKE.

raisin pie....the John Resigs of Murray, Ky., whose son lives in Ft. Wayne, and who were also playing host to two exchange students from Costa Rica, and Chile. Thanks for putting us up and putting up with us, the sail - boat ride, and the tons of food we ate....the Zeits of Jackson, Tenn., a family of golfers, and a trophy-case to prove it, thanks for the delicious pot roast and delightful cheesecake....to Frs. Henry and Charles, two young priests in Starkville, Miss., for the pizza and great conversation on topics from Reagan to sex...to Rev. and Mrs. Ed Brashiers of Carthage Miss., Ed biked from the Gulf of Mexico to Canada, and is now the best tennis player in Miss. in his age group (30) ...to Bob Coleman of the Miss. Track Club in Jackson, and to Jonathon Styron and the Magee Track Club for providing accommodations. The Magee Club also gave us souvenir singlets, ...to Rev. Tom Cupits, of Columbia, Miss. for providing us with the dining high-light of the trip - lunch at a roundtable restaurant... ...to Fr. Hotard, of Our Lady of Lourdes, St. Tammary Parrish, in Slidell, La., a French priest with a classy residence, (oriental rugs, ornate statues, fountains) and an "Oh Lord, won't you buy me a"....Mercedes Benz in the garage ... to Father DeRosiers of Holy Trinity Trinity Church, smack dab in new Orleans, for putting us up in the convent converted in into apartments.

Anecdotes, tips, and misc. & sundry occurrences - not necessarily in the order in which they occurred

. happiness is baking in the sun all morning, wishing our next host had a pool....and they did

. wishes for certain foods, and to have our laundry done occurred likewise

. other than a short refreshing shower in Miss., the only other rain we encountered was on Labor Day, which we had already planned to take off. Someone was watching after us.

. the irony of the run - it's purpose (hunger) and the food we consumed to enable us to continue without depleting

. Motorists in the South seemed more cautious of us than drivers in the North. I heard few negative remarks or shouts, and only a few jokesters steered my way to scare me..John received a refreshing scare from a passerby in the form of a cup of crushed ice across the chest.

. Avoid Falconbury's Pizza in Sullivan, In. It is edible only if you're near starvation. We were, so it was.

. In all those hours and miles on the road, I recall seeing only two other runners.

. We finished the trip about four days early due in part to our efforts; and in large part due to the warmth and hospitality of our hosts. Great meals, hot showers, and comfortable quarters were the rule - not the exception. I ate better on the trip than I do at home. A step on the scales along the way proved that.

DON'T PANIC!!!!!!!!!!!!

IT IS FEASIBLE THAT THE DECEMBER NEWSLETTER WILL BE A FEW DAYS LATER.

THIS IS PRIMARILY BECAUSE OF THE

POINTS SYSTEM ATTEMPTING TO

BE COMPLETED AND THE FINAL

STANDINGS LISTED. HOPEFULLY

WE WILL SUCCEED. THIS WOULD BE THE FIRST TIME THE "POINTS" WOULD BE PRINTED BEFORE THE FEB. ISSUE

BECAUSE THE NEWSLETTER MAY BE LATE A TAD NEXT MONTH, PLEASE DON'T FORGET DON LINDLEY'S 9TH ANNUAL FOSTER PARK 10K ON SATURDAY, DECEMBER 8TH AT 2:00PM.

DON ALWAYS DOES A FINE JOB WITH THIS EARLY WINTER "TYPE" EVENT. COME ON OUT AND SUPPORT IT!!!!

"That means YOU, Bub!!"

. Porch sitting is alive and well in the South. All along the run, I saw long porches across the front of homes, new and old. Five or six high-back rocking chairs graced these porches. Usually, some or all of the chairs were occupied by... you guessed it, porch sitters. (Think about it - when was the last time you kicked back and sat out on your front porch? Do you have a front porch?) Our host, Rev. Tom Cupit quipped that Southerners are "pretty laid back folks, but with increasing mobility are changing." Too bad.

. That the World's Fair wasn't much more than a classy Three Rivers Festival; and that the French Quarter a mere mass of souvenir shops may be too critical and unfair an observation. We were too weary to qualify as bona fide tourists. We did enjoy the architecture, food (cuisine), and festive atmosphere of the French Quarter, but a little went a long way.

. We were almost totally removed from whatever routine we had established in our pre-trip day-to-day living. We encountered new territory and new family every day. The only aspect of routine, similar to home-life that we encountered was our running.

. Since we've returned home, this whole trip has taken on an air of a dream, something so distant in time, that it didn't really occur. I guess that's what vacations are all about. It was a good dream...



By Doug Sundling

AN ALTERNATIVE PERSPECTIVE OF JIM FIXX'S DEATH AND RUNNING

by Doug Sundling

On Sunday, July 22, the cool, pleasant summer evening felt like a just reward as I warmed down from the 5000M race I had just run in the finals of the White River Park Games. As I jogged around one of the finest track facilities in the world, the Indiana University Track and Field Stadium in Indianapolis, the announcer's voice crackled over the P.A. asking all those present to remember in an moment of silence those who had contributed to the spirit of these games but who were no longer with us. He cited a couple names connected with the Indiana athletic scene and then added, "and Jim Fixx."

I stopped. Standing in the outside lane of the last curve, I gazed down the long front stretch of the track, beyond the large scoreboard, and into the mute black evening sky shrouded on the Indianapolis skyline.

Jim Fixx ... gone? One of the main symbols of the world of running--whether some of the higher echelons of the running world like it or not--was gone. Because Fixx was middle-aged, I suspected, as I trotted on around the track, his death would fuel the fire for those who see only the negative side of running.

On August 8, in the Fort Wayne Journal-Gazette, Jim Fixx's death generated such an article by Richard M. Restak, a Washington D.C. neurologist. The article was first published by the Washington Post. For Restak, Jim Fixx was a prime example of what a research paper called the "obligatory runner." Restak's column in the newspaper projected much of

the negative from this medical article and Fixx's death onto the entire world of running. The column concluded:

"It's time to put running in its proper perspective: an acceptable although tedious exercise that can confer benefits when carried out in moderation and within the bound of common sense. But running doesn't make anybody immortal. It doesn't bestow or confirm identity. And it can't infuse meaning and purpose into lives that are otherwise unfulfilled."

I looked up in the Feb. 3, 1983 issue of The New England Journal of Medicine the research article, "Running--An Analogue of Anorexia?" by Alayne Yates, M.D., Kevin Leehey, M.D., and Catherine M. Shisslak, Ph.D. In the article, the researchers interviewed about 60 marathon and trail runners and noted the characteristics of what they called "certain runners, whom we shall designate 'obligatory runners.'" Using the characteristics of a certain number of runners from a subgroup of 60 interviewed runners to blanket the entire world of running is as rationally conclusive as inferring from a study of a group of schnauzers that all dogs are annoying yappers.

Also, the article proposes nothing more than the usual professional journal article: an idea, a hypothesis to explain something. The authors are straightforward: "These preliminary observations will require further study for validation." Maybe this article's intention was a starting point for a course of further exploring other ideas, but I don't think the researchers intended for their ideas to be stamped upon the entire world of running.

If Restak tried to run with the ideas and present a proper perspective, then I'll toe the starting line and try a run also on this course of ideas to present an alternative perspective.

Like any good research project, this one presented a well-organized discussion of observed characteristics of an "obligatory runner," one who persists with a bizarre preoccupation of punishing one's physical limits through running. The article's well-

organized presentation can easily lure the one quick to run with an idea before understanding all the idea is saying.

The characteristics drew upon general attributes common to most runners and anybody in pursuit of achievement. Such characteristics were "self-effacing, hard-working," preoccupation with weight and diet, and ignoring "physiological needs" to pursue running. What runner hasn't felt those characteristics? What person bent on achieving a goal hasn't been self-effacing, hard-working, and indifferent of physical and mental wear and tear? If weight and diet has a direct effect upon being better at something, then is not diet and weight a legitimate concern? Just because most runners show concern does not mean they have the same preoccupation a small subgroup may have.

Other characteristics were discussed. From other articles written on running, the researchers noted that fast running may be an "effective method of channeling and releasing anger." Who that runs hasn't felt the calming of inner tur-

HOW ARE

YOU

GOING TO

HELP OUR

CLUB

THIS

YEAR?

moil during or after a run? Is that a blanket indictment for the world of running? And, the main thrust of the hypothesis was that running provided a sense of self--an identity--characterized by "elaborate habits and rituals of running," special clothing and shoes, running diaries, chronographs, etc. To be able to function, if not succeed, in the business world, could I do so by ignoring the 8-to-5 workday, wearing blue-jeans and T-shirts, avoiding accurate records of business activities, and ignoring the timetable of appointments? An "obligatory runner" doesn't seem too dissimilar to an obligatory professional.

After comparing these characteristics to those of anorexia women, the article does not conclude whether such characteristics of obligatory runners are valid or detrimental; the authors wrote in the conclusion the hypothesis "remains conjectural." The article doesn't seem to offer any blanket of detrimental characteristics which covers the world of running, just an idea to be further explored.

Restak may be accurate in fitting Jim Fixx's personal traits to the sketchy profile drawn by the researchers, but if anything, Jim Fixx was a victim of his own lack of, as Dr. George Sheehan calls, "body wisdom." Just as popular a spokesman for running as Jim Fixx was, Dr. Sheehan wrote, in his book, Dr. Sheehan on Running, about how technology is being substituted for "intuition, instinct, body wisdom." He believes "it is a major error to use instruments and gadgets as replacements for the natural powers of the whole

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man moving through and reacting with his environment." A lesson from Fixx's death was no doubt the need to have physical check-ups, but what about the need to educate people on "body wisdom?" Technology, machines, medicine, et al. has certainly allowed the human race to discover things about themselves that would never have been known, but they don't reveal why a human being is human.

Restak's column warrants concern; he wouldn't have written it if he didn't care about his fellow man. But, it doesn't warrant the logic of blanketing the world of running with pessimistic conclusions drawn from one man's ignoring of his own body wisdom and a speculative medical article.

But, a consistent thread in the medical article, the newspaper column, and this article is the element of identity: running as an attempt to establish a sense of self.

The researchers, all three who are runners, stated: "The study we describe in this article is an outgrowth of our interests in the adaptive function of running and our own tendency to use running as a focus in our daily lives." They are curious why running creates or satisfies a sense of identity. What disturbs me is the article dwells on the autonomous clinical research and analysis; what happened to the personal interests as stated in the original intentions of the research? I don't believe data gathered from machine recordings and observed behavioral patterns will ever produce the validation of their hypothesis beyond just the scientific perspective.

So, what about identity? Risking the possibility of undermining the ideas I have discussed so far, I offer the observations of what Yates, et al. call for: a rater who is "blind" to the hypothesis" and who "could clarify these issues." The "rater" I offer is as "blind" to most any hypothesis as a rater can come-- Hunter S. Thompson, the renegade journalist whose erratic and lunatic lifestyle has been the basis of the character Duke in the Doonsbury comic strip. Hunter lives like a mouse caught in a spring trap and with its rear end on fire; he's trapped in life but he's going to kick like crazy and spit fire till he goes. Basically, Hunter's world is as far removed from the ritualized, consistent world of any runner-- except maybe Jerry Mazock's.

Hunter S. Thompson offers as completely an unbiased viewpoint as possible. No medical or scientific biases; no athletic biases; no middle-age regrets of lost youth biases. Hunter, as most would probably confirm, would look upon the running world as an alien from another world might.

Hunter intersected the world of running when agreeing to cover the 1980 Honolulu Marathon. In the book, The Curse of Lono, Hunter wrote his impression of Duncan MacDonald, the eventual winner, covering the last two miles of the race:

"A Racer in full stride is an elegant thing to see. And for the first time all week, the Running Business made sense to me. It was hard to imagine anything catching Duncan MacDonald at that point."

Duncan MacDonald had identity: he was a "Racer;" he was "an elegant thing to see;" he was unconquerable those few moments.

And Hunter did not fail to perceive something about the rest of the 4000 marathoners:

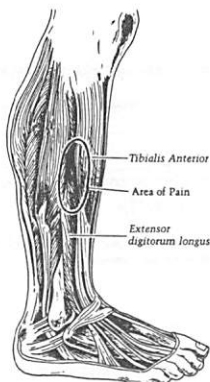
"Marathon running, like golf, is a game for players, not winners . . . The concept of victory through defeat has already taken root, and a lot of people say it makes sense. The Honolulu Marathon was a showcase example of the New Ethic."

Hunter, whom most would write off as insane, perceived 4000 people searching for an identity which makes sense, an identity in the realm of sanity because if we all tried to be winners, we'd go mad.

I don't believe scientific analysis or generalizations from people outside the running world will ever validate running as a positive or negative means to seek identity. The simplest response to "Why do I run"--because I want to.



The starting line of the Subaru Couples Run at Foster Park



Anterior Compartment Syndrome

BY Doctor Branam

This issue will conclude our series of discussions on **shin** splints. You may remember that the list of causes of **shin** splints included the following:

- 1) Posterior tibial muscle sprain or tear, with or without posterior tibial tendonitis.
- 2) Anterior compartment syndrome.
- 3) Tibial periostitis (inflammation of the bone-covering membrane of the lower leg).
- 4) Stress fractures of the tibial bone itself.

Tibial periostitis is probably caused by the force of the foot hitting a hard running surface, transmitting irritation to the front of the shin, producing tiny microscopic areas of hemorrhage under the cover itself. The diagnosis is established by the typical location of the exquisite tenderness, which is easily induced by simply pushing against the bone through the thin layer of overlying skin and soft tissue. The area is just beneath the skin over the tibia about three inches above the ankle and it extends along the bone for perhaps three inches. The pain is aggravated by running. You may be able to run through the pain for several weeks, but it will gradually become unbearable.

The best treatment is to stop activity for seven days, apply ice for at least thirty minutes twice daily, and, if possible, a third time at bed time. Take two aspirin, or a reasonable substitute with every meal (i.e.: six aspirin per day) for seven days. If there is no response, ice should be continued and a stronger non-steroidal anti-inflammatory drug may be used. Continued rest,

ice, and drug usage should improve the situation within three weeks. If there is no improvement, X-rays should be taken to rule out stress fractures. Once improvement is obtained, it is important to restart exercise very conservatively. A soft surface such as a grassy field or a composition track should be sought, and exercise no more than one-fourth of the usual workout. Then add one-fourth of the usual workout for each succeeding week so that it takes around four to five weeks to return to the full distance workout.

Wear good athletic shoes with plenty of shock absorption in the heel. There does not seem to be any particular kind of pre-disposing gait or anatomic problem such as flat feet, bowed legs, etc. Tibial periostitis is much less common than posterior **shin** splints, but is more common among long distance runners who work out on concrete or asphalt, particularly with poor quality shoes or worn out shoes.

Tibial stress fractures usually occur at the junction of the top one-third with the middle one-third of the bone, probably because this is where the architecture of the tibia changes abruptly. These fractures tend to occur when you come off a relatively inactive period and start going quickly into heavy training and, because of this, they are often seen two or three weeks into a new training season.

Initially, you can run through the pain, which will seem dull and aching, but eventually it is intolerable. The pain will be centered in one spot, and this is a useful clue because the other forms of shin splints produce more diffuse pain. When the fracture is touched, the pain will be very severe, and the area less than one inch in size.

X-rays are generally indi

DON'T FORGET OUR CHRISTMAS CAROLING PARTY ON DECEMBER 12TH AT 6PM. A VERY LEISURE PACE WILL BE RUN (ABOUT 9 MINUTE PER MILE). THERE WILL BE A CHILI SUPPER AT LINN & JERRY MAZOCK'S HOUSE AFTERWARDS.

cated, but will often be negative during the first week or two, depending upon when the fracture actually occurred and how old the patient is. People under twenty years of age produce healing callus quicker and more abundantly than people over the age of forty years.

Rest is mandatory, and the only cure. Icing, taping, or a cast are not necessary since no one sees separation or displacement in these kinds of fractures. Also, they do not tend to happen again. It requires four to eight weeks for these to heal. At the fourth week, you can begin running short distances. Increase the exercise very gradually, taking at least four weeks to return to full distance workouts.

Before concluding, I want to point out why it is important to return to full activity very gradually. There are two reasons. One is that any degree of inactivity that lasts more than three or four days allows some parts of our bodies to deteriorate more than other parts. And we can never predict where that might occur. Our bodies are nothing more or less than a series of biomechanical linkages, like links in a chain, and which one is the weakest at a point in time cannot be predicted. No doubt, many of you have experienced the unfortunate circumstance of coming off injury only to suffer another one within the first week or two of returning to full activity. The second reason is that joints and tendons do not have a rich blood supply. Consequently, hemorrhage and edema are very slow to build up, produce pain and discomfort signalling to the runner that there is a problem so he/she will be cautious. As a result, we can very often run one, two, or even three days more on an injury that would have been minor otherwise. This is one reason why I strongly recommend two-four days of easy running after every long workout or race, especially 15-K and beyond. If you do not do this, you will gradually find out through the years that you have many different weak links. Sports medicine clinics that see a lot of runners report that a significant majority of runners have multiple injuries.



EATING FOR THE HEALTH OF IT
by
Judy Tillapaugh, R.D.
ADOLESCENT NUTRITION

The school year is in full swing and what would school be like without B-ball at break, gym class, parking lot sprints, football, week-end dances, track + cross country, tennis ect, ...My bet is that 60 to 80% of the student population live each day just to better themselves in their favorite sport. Youths thrive to the athletic challenges before them. To be number 1 in conference, to hold the state title, or set a new record are dreams all have. Improving performances, achieving high standards takes talent, practice and luck. Nutrition falls in there some place. Without the correct fuels the athlete will have a tough time reaching his goal. Nutritious meals/snacks supplement those long workouts. They give the body the tricks to work up to par.

Food plays two vital roles for the young athlete. One is to provide the building blocks for development and growth of bones, teeth and other body tissues. The second is to supply energy and fluids for sports performance. Good nutrition means good looks, shiny hair, clear eyes, smooth skin, strong bones and teeth, stamina, and muscle development. Adolescents basically need the same nutrients as adults but in greater quantities. Because of growth spurts adolescents need more calories, protein, vitamins-B, C, D, calcium, phosphorous, magnesium, and iron. These growth nutrients are essential

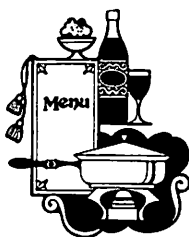
for proper development. Without them kids may not reach their potential height, muscle strength, and intelligence.

Recommended daily calorie allowance for girls are 2100 to 2200 cal./day, for boys it's 2700 to 2900 cal./day. If they are active in sports the calorie requirement may rise to the range of 3000 to 6000 cal./day. The amount depends on the intensity, duration, and frequency of the activity. Age and weight also effect calorie needs. For example a 100 lb. (45 kg.) 16 yr. old boy playing table tennis for 30 minutes would need 92 extra calories per day. If the same boy ran at 9 minute mile pace for 30 minutes he'd need about 260 extra calories. The longer or more intense the sport the greater the calorie need.

Protein requirement for adolescents falls in the range of .8 to 1.5 gms/kg. wt., depending on each one's specific needs. For the average youth a protein intake of 50 to 60 gms./day would meet their needs. This is easy to consume.

EXAMPLE:

2 cups milk	16gms.
1 1/2 oz. cheese	7 to 10 gms.
4 oz. meat	28 gms.
2 slices bread	4 gms.
med. potato	4 gms.
TOTAL	61 gms.



All of the other nutrient requirements can be met by using a variety of foods from the basic 4 food groups. Each adolescent should be encouraged to use every day: 4 servings from milk/ milk product group, 2 to 3 servings from the meat/ meat substitute group, 4 or more servings from bread/cereal group, and 4 or more servings from the fruit/ vegetable group. The use of citrus fruits, dark green, leafy, or orange vegetables is important for vitamin A and C intake.

POINTS AND MEMBERSHIP APPLICATION

Name _____ Birthdate _____ Sex _____
Address _____ Phone _____
City _____ State _____ Zip _____
DO YOU WISH TO BE INCLUDED IN THE POINTS STANDINGS? _____
DO YOU HAVE A WEAK WRIST? _____
List name, sex, age, birthdate, and either 'yes' or 'no' for being included in the points standings—for each member.

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

The young athlete not only needs extra growth nutrients but more carbohydrates and fluids (8 to 10 cups/day) to meet their energy requirements. The use of more breads, cereals, starchy vegetables, fruits, juices, milk, and milk products are great ways to increase carbohydrate and calorie intake. It's recommended that all athletes (young and old) would benefit by the following daily caloric pattern: 15 to 20% protein, 30% fat, 50 to 55% carbohydrates. Parents, athletes, coaches, trainers all should be aware of these basic needs. There is no magic to sports performance with the use of food fads, quackery, superstition, and food supplements. Sports results can be enhanced with a variety of whole-some foods.

Eating is a very psychological activity. No one eats just to be sure they meet their protein/calorie requirements. People eat to be social, to lose weight, to gain weight, to please parents, because their happy, or due to depression. Living environments greatly effect what food choices are made by people.

Kids are smart. They have their own minds to decide what they place in their mouth. What they eat may be one of the few things they can control in their life. A youth may feel angry, resentful, or belittled if someone always preaches to them how to eat. Nagging, scolding, pressuring food choices on kids will not help them accept good food habits.

To facilitate nutritious eating habits youths have to be exposed early in life what's good for them. It has to be taught in a manner where they accept it with open arms not where they feel it's being forced down their throats. Eating habits are learned just like spelling and math. If the right techniques are used the data will

be remembered and appreciated.

Adolescents learn from their family, friends, teachers, coaches, T.V., professional/college athletes etc... who ever they relate to. It's so crucial that they are given correct information in an appealing way so that they have the knowledge to make good eating choices throughout life.

Parents by serving and enjoying balanced meals can make nutritious eating easy for youths. What kid would want to drink milk when all their parents drinks are beer, pop, or coffee. What kid would try fresh fruit or cheese and crackers as a snack if the cupboard is filled with pastries and cookies. What kid will like broccoli or carrots if meals only contain meat, potatoes, and gravy. Kids eat what is easily available to them. They enjoy using the same foods as others. If they are in a pleasant atmosphere where nutritious meals are encouraged they will get off on the right track. So moms how about stocking the kitchen with fresh fruit, juices, breads, cereals, milk/milk products, cheese, peanut butter, sliced meats, and vegetables?

The final food selection is up to the youth themselves. If they have knowledge needed to apply nutrition principles the chance for better eating is greater.

Parents can't stop kids from eating fast foods. It's inevitable that they'll grab meal/snacks at McDonald's, Wendy's, Dairy Queen, Pizza Hut or the corner store. A cheeseburger, fries, and milkshake is not such a horrible meal. The idea is balance. An occasional fast food meal is fine but hopefully youths won't make it a meal 100% of the time. More and more quick stop eateries are making lean meats, fresh fruit, salad bars, baked potatoes available. Let's support it!

One important growth nutrient that commonly is lacking in adolescents meals is calcium. Calcium is the most abundant mineral in the body except for iron. It's mainly needed for normal skeletal and teeth development. If adequate calcium

is available, by puberty an adolescents skeleton will be 1/2 it's adult mass. Calcium also is used for blood clotting, nerve transmission, regulation of heart beat, and maintenance of muscle contraction and relaxation. The RDA for calcium is 1200 mg/day for adolescents. This is equal to 4 cups of milk. If one is not a milk drinker their calcium need may not be met. But you don't have to drink milk for calcium other

sources are yogurt, cheese, custard, pudding, non-fat dry milk, tofu, sardines, and dark green vegetables. Many times instead of drinking milk any of the above can be used in soups, cereals, salads, casseroles, snacks, or sandwiches. Just use your imagination- enrich a favorite food item.

Calcium Equivalent to one cup of milk:

- 1 cup yogurt
- 1 cup pudding or custard
- 1 3/4 cup ice cream
- 2 cups cottage cheese
- 1 1/2 oz. cheese
- 1/3 cup non-fat dry milk

Here's a couple calcium-rich recipes. Any kid at heart can make them.

Egg and Cheese Spread

- 2 hard cooked eggs, chopped
- 1/2 cup walnuts, chopped
- 1 cup cheddar cheese, grated
- 3 to 4 Tbsp. mayonnaise
- a little onion or green pepper, chopped - optional
- dash of pepper

Combine all ingredients. Spread mixture on bread, bagels, or crackers for a meal or a snack.

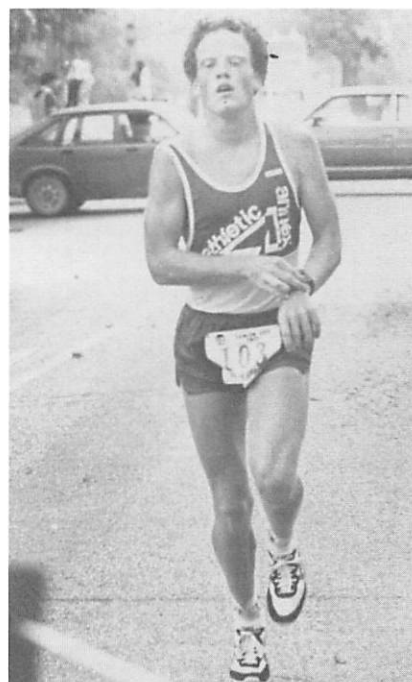
Yummy Yogurt

- 1 carton lemon or vanilla yogurt
- 1 orange- peeled and cut up
- 1 Tbsp. grated coconut, optional
- al
- sunflower seeds and raisins

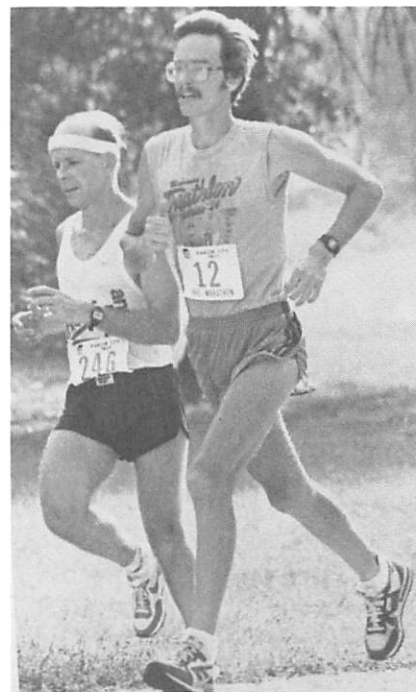
Combine yogurt, orange and coconut. Pour in a serving dish and top with seeds and raisins.

For a variation try strawberry yogurt with fresh bananas.

HAPPY EATING!



Jeff Beam, also scratching his wrist, is finishing 9th at the Parlor City Trot in 1:13:37



Don Lindley let Phil Suelzer run with him at the Parlor City Trot

Point Standings

This is the second to last point standings report you will see for the 1984 season. We are hoping to be able to report the final standings and the age class award winners in the December newsletter prior to the awards banquet.

Take some time and review the standings; if your name does not appear in the standings even though it may have been listed in the past, it means that we HAVE NOT received notification from you that you want to be included in the point standings. This can be corrected by notifying one of us:

- Ken Miller (219) 749-5847
- Russ Suever (219) 493-2640

If we have not received this notification prior to the cutoff date for the December newsletter (November 5, 1984 is the cutoff date), then you will not be included in the final standings and you cannot be considered for an age class award at the banquet.

We have received several questions on the overall standings. Overall standings are calculated on the first 25 male finishers and the first 15 female finishers (the same as the other age groups). This is slightly different than previous years, but this is the way we indicated early in the year that it would be done. It would be unfair to change mid year. Sorry about that for those it affects.

Finally, this has been a learning period for us since it was our first year to keep track of the points. If you have any suggestions for improving the points system or you just would like to see some sort of a change to the system, please contact one of us. We are going to look at the system we've devised and try to improve it in the next couple of months. We would appreciate any and all of your input to help us out. We may not make all the suggested changes, but we would appreciate your input.

20-29

STANDINGS

NAME	TOT	#
	PTS	RC
WOMENS OVERALL		
TILLAPPAUGH, JUDY	497	10
GLASPER, DEB	411	9
GETTY, SHARON	401	9
SIMMONS, ROSEANN	367	9
SCHMIDT, MARSHA	329	8
NELSON, BETTY	284	5
YANKOWIAK, THERESA	259	5
GORRELL, JAMIE	219	5
SABRACK, CYNTHIA	189	5
CLAY, AMY	158	4
JACKSON, BETTY	145	4
GOLDNER, JOAN	135	3
FLEMING, PATTI	120	3
SUELZER, PHYLLIS	87	2
WARD, SUSAN	85	2
ASHTON, JO	75	2
WIZE, ANN	69	2
FLORREICH, SABINE	68	2
GOLLER, CINDI	44	1
ZIEGLER, JODI	44	1
KAHR, KAREN	42	1
FUZY, JOYCE	41	1
TAYLOR, BONNIE	40	1
DEVALLT, JEAN	37	1
SIPES, SUE	36	1
DANIELS, LISA	33	1

19 AND UNDER

GORRELL, JAMIE	317	6
CLAY, AMY	259	5
DANIELS, LISA	159	3
ZIEGLER, JODIE	97	2
CLAY, BOBBIE	46	1
DANIELS, KIMBERLY	0	0
DANIELS, SUZANNE M	0	0
GUNTERMANN, KATHARIN	0	0

TILLAPPAUGH, JUDY	543	10
GETTY, SHARON	443	9
JACKSON, BETTY	351	8
SABRACK, CYNTHIA	311	7
FLORREICH, SABINE	297	8
YANKOWIAK, THERESA	276	5
SIPES, SUE	121	3
KAHR, KAREN	47	1
GOLLER, CINDY	45	1
MASON, PAMELA	40	1
LEUBENBERGER, LORI	0	0

30-39

NAME	TOT	#
	PTS	RC
GLASPER, DEB	538	10
SCHMIDT, MARSHA	450	9
NELSON, BETTY	294	5
PERRIN, KAREN	277	7
SUELZER, PHYLLIS	151	3
WARD, SUSAN	146	3
FLEMING, PATTY	138	3
KIDD, JAN	81	2
WIERMSA, SHARON	36	1
BYERLY, BECKY	0	0
DANIELS, LINDA	0	0
FEHMAN, SUSAN	0	0
KERR, PHYLLIS	0	0

40-49

SIMMONS, ROSEANN	566	10
TAYLOR, BONNIE	354	8
FUZY, JOYCE	327	7
ASHTON, CAROL JO	300	6
PALLEY, SHARON	251	6
GENSEIMER, MAURINE	217	5
GOLDNER, JOAN	168	3
GUNTERMANN, ELIZABET	99	2
DEVALLT, JEAN	88	2
GETTY, DIANE	85	2
FRISBY, MARILYN	0	0
GORREL, LINDA	0	0
STACHERA, CAROLYN	0	0

50 +

SNYDER, DORIS	362	7
HARRIS, EILEEN	0	0

Men's Overall

SUNDLING, DOUG	363	8
KAUFMAN, DAN	357	8
ROBBINS, MIKE	357	9
GLASPER, MIKE	326	8
TRELEAVEN, JOHN	313	9
DILLER, TERRY	312	9
DEXHEIMER, GARY	259	6
BEAM, JEFF	243	5
GEIGER, DAVE	195	6
PERKINS, JERRY	193	6
RIGELMAN, TODD	178	6
LINDLEY, DON	168	6
SCHMIDT, BILL	156	5
HOWE, MARLIN	154	4
MAZOCK, JERRY	141	3
SUELZER, PHIL	129	3
BARKER, WOODY	108	3

KING, KENNETH	104	3
FLEMING, TIM	103	3
GATTON, TONY	97	3
EDINGTON, CHRIS	89	3
MORRIS, JACK	89	3
CASWELL, STEVE	62	2
AVERBECK, LARRY	60	2
KERR, ED	59	2
WILSON, ROGER	38	1
REITZUG, RICK	37	1
MINNICH, DAN	30	1
SCHWARZE, JOHN	29	1
MOTYCKA, BERNIE	28	1
OBREGON, ART	27	1
SCHENDEL, BOB	27	1
SMITH, DAVE	26	1

14 + Under

GORRELL, TIMOTHY	433	8
LINDLEY, MIKE	347	8
WIERMSA, BOBBY	326	7
LINDLEY, BRIAN	304	7
SCHWARZE, JOHN	222	4
SQUIRES, RICKY	131	3
GORRELL, MICKEY	0	0
GUNTERMANN, DANIEL	0	0

14 - 19

BEAM, JEFF	240	4
BOWMAN, PETER	54	1
STACHERA, ERIC	35	1
BERNING, KEVIN	0	0
KIDD, ROCKY	0	0
ZEIGLER, JERRY	0	0

20-24

GIEGER, DAVE	497	10
JOHNSON, RANDY	363	8
BEAM, GARY	227	5
VOTAW, KEN	152	4
EDINGTON, CHRIS	150	3
SCHANNEN, KEN	47	1

25-29

DILLER, TERRY	451	10
SUNDLING, DOUG	413	8
KING, KENNETH	356	8
BRATTOLE, MARK	273	8
GATTON, TONY	259	6
SCHENDEL, BOB	245	7
HOWE, MARLAN	201	4
HUGHS, GREG	151	4

NAME	TOT	#
	PTS	RC
ELLIS, LARRY	116	4
BAUMAN, PAUL	112	3
MCBRIDE, DOUG	27	1
HUDSON, DENNIS	0	0

30-34

TRELEAVAN, JOHN Boy	470	10
KAUFMAN, DAN V. P.	449	8
GLASPER, MIKE	448	9
CASWELL, STEVE	375	10
WINTERS, DAVE	359	10
DEXHEIMER, GARY	338	6
ZECK, DENNY	275	7
MAZOCK, JERRY (who?)	246	5
SPITZIG, NORM	246	6
COONAN, TERRY	242	6
MINNICH, DAN	216	6
ARCHBOLD, TOM	200	7
HARRIS, ROBERT	167	6
SUELZER, PHIL	161	3
WILSON, ROGER	154	4
SHIVELY, LARRY	148	4
SABRACK, PAUL	131	4
DIEHL, JERRY	124	3
CALLAHAN, MIKE	104	3
REITZUG, ROCK	46	1
HERMAN, PAT	38	1
TRUDEAU, FRED	31	1
BOWMAN, TIM	28	1
MIGLIORI, BRIAN	28	2
BASHOR, DON	0	0
BOLIN, TIM	0	1
GILLAND, MIKE	0	0

ROBBINS, MIKE	522	9
KERR, ED	479	10
RIGELMAN, TODD	406	8
ADKINSON, STEVE	342	8
SUEVER, RUSS	319	7
FAIRCHILD, DAVE	318	8
PAINTER, IVAN	313	8
KIRBY, GEORGE	241	8
SCHWARZE, JOHN	238	6
MOTYKA, RON	204	5
HENKEL, AL	182	6
GORRELL, CLIFTON	178	5
FLEMING, TIM	155	3
SMITH, DAVE	138	3
CULBERTSON, DEWEY	120	3
OBREGON, ART	97	2
REICHWAGE, DAVE	82	3
WIERSMA, ROBERT	73	3
LEE, LARRY	70	3
STACHERA, JOHN	60	2
KOENEMAN, BRUCE	40	2
FILICHOWSKI, WAYNE	39	1
LEE, LAWRENCE	35	1
LANCE, JAMES F	32	1
MURPHY, MIKE	26	1
GLASOCK, ROBERT W	0	0
KROELLS, DENNIS	0	0
MANGETTE, TOM	0	1
MELENDREZ, MIKE	0	0
RICK, JAMES H	0	0

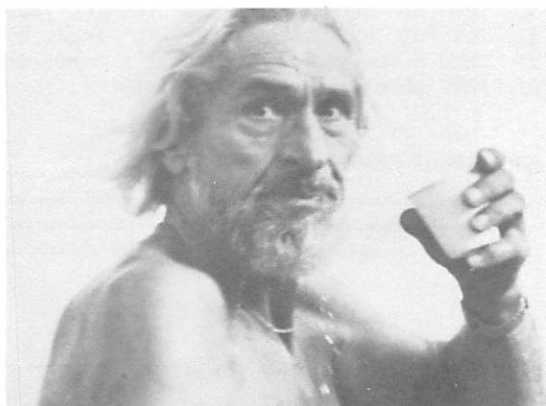
MOTYKA, BERNIE	483	10
AVERBECK, LARRY	474	9
LINDLEY, DON	434	8
BYERLEY, MIKE	399	9
BARKER, WOODY	382	7
BOYLAN, DAVE	356	8
PERKINS, JERRY	348	6
FELGER, TOM	343	8

KLIENKNIGHT, RUDY	297	9
MILLER, KEN	296	7
PUCKETT, ROGER	293	7
ASHTON, DON	279	8
BURGETTE, BERNIE	252	7
WOLFF, DAVE	245	6
RICKARD, JERRY	206	5
CLAY, ROBERT	183	5
HUDSON, DENNIS	150	4
RODGERS, JOHN	142	5
CLAGG, TOM	140	4
MISHLER, MARK	128	5
YANT, LARRY	65	2
GERHART, BOB	64	2
GILBERT, ALLEN	57	2
LOVELL, ROBERT	38	1
MARTIN, JIM	36	2
GEABLER, RON	30	1
FERGUSON, JOHN	0	0
FOLEY, BILL	0	0
GREENE, JAMES	0	0

SCHMIDT, BILL	514	9
SIBREL, RAY	507	10
GETTY, CLEM	470	10
MORRIS, JACK	448	8
CLARK, KEN	407	9
LIEBRICH, TOM	404	10
LAIRD, TOM	344	9
MILLER, CRAIG	279	6
BROOKS, JOE	271	8
GOLDNER, DOON	222	6
ZIEGLER, JOE	220	5
DUPONT, JIM	109	3
CLOUSE, TONY	76	2
SHOOK, RUSS	39	1
BARILE, JOE	0	0
FRISBY, BOB	0	0
GRENSHEIMER, BOB	0	0

MEYER, MYRON	474	8
SNYDER, PAUL	387	10
CHOVAN, VERN	377	8
FLORREICH, RUDY	364	8
PHILLIPS, ROGER	313	9
MOYER, ROSS	282	8
WHISLER, NORM	238	5
CHANDLER, HERB	201	4
KAST, MIKE	168	3
DEVAULT, CHUCK	124	3
SULLIVAN, KING	106	3
HUESING, BERNIE	0	0

FLEETWOOD, CHET	559	10
BURNS, PHIL	392	7
HARRIS, WALT	366	7
GUMBERT, AL	0	0



Vern Chovan sips a drink in the finish area of the Parlor City Trot. Later, Vern flew to the Middle East to divide the Red Sea.

Photo courtesy of "Perform A Miracle Inc."

CHALLENGING 25km
Nov. 17, 1984
Homestead H.S.
Day of race registration only
FWTC points race
Trophies for first overall M/F
Ribbons & Fruit Baskets for
age group awards
Registration 11:30am-1:00pm
Start 1:00pm
Awards 3:30pm
Finish Closed 4:00pm

This race needs volunteers,
if the runners want the kind
of aid and support they're
used to at FWTC points races.
Volunteers contact Jim Anderson
at 745-4446 or Angie Severs at
436-1151

How about contributing an article
for publication in "The Inside Track?"

RUNNERS BEWARE!
by Dave Waldrop

It has been my experience that many owners of large dogs do not recognize all the responsibilities associated with that ownership. When a pet is capable of killing a human being, control of the animal, especially in public places must always be maintained. More often than not, when I run past people walking large dogs, the leash is in the hand of the owner and not attached to the dog. When approaching head on, I usually don't get too concerned because the owner and the dog can see me and I assume that the dog will heed verbal commands and not get out of control. However, when approaching from behind, so that I don't startle the dog or the owner, I will give some kind of advanced warning of my presence by asking the owner if the dog is okay or under control. I feel that where most dog owners are remiss in their responsibility is in failing to realize that even the most disciplined and good-natured dog will attack when frightened or confused. An incident that I witnessed recently bears this out.

Late afternoon on Sunday, September 16th, just as we were finishing a workout on the Homestead High School track, we suddenly heard the sounds of a ferocious growling and barking

dog coming from a road leading to the parking lot about 50 yards from where we were at. Our first thought, because of the systematic way in which the dog was attacking this person and from what sounded like commands being shouted by someone nearby, was that a canine officer and his dog were practicing their routines.

After five or six head-high lunging attacks, we finally realized that the German Shepherd was attacking a runner and that the runner and the dog's owners, a man and a boy, were all yelling commands in an attempt to stop the dog. Finally, for some reason, the dog stopped attacking and the runner, seemingly unharmed, ran away. The only reason the runner did not get severely hurt was that each time the dog readied for an attack, the runner would face the dog, wait for him to leap and then dodge in the opposite direction. If this would not have been the case, or the runner would have been knocked to the ground, he would have been severely, if not fatally, injured. When the dog owners gained control of the dog, they immediately proceeded to their car and hurried away. Obviously, the incident was equally as frightening for the dog owners as it was for the runner.

Evidently, what happened was that the dog owners', after having walked the dog, were heading back along the drive to the parking lot to their car when the runner approached from behind and startled or frightened the dog into attacking. The runner may have been able to prevent what happened if he would have proceeded to the opposite side of the road and given warning to the owner of his presence. However, the blame clearly lies with the dog owner. The incident could have been avoided completely if the dog were leashed. Again, the leash was being carried by the owner and was not attached to the dog.

The purpose for relating this incident is not to frighten runners, but to make runners more cautious in these types of situations and to make dog owners more aware of their responsibility.

Also, I wanted to let the runner know, whom at this time is unknown to me, that the incident was witnessed by at least three people, and for whatever reason, if witnesses would be needed, or he would want to discuss the incident, I would be willing to help.

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



Parlor City Trotters at about the 2½ mile point

SURVEY

Please fill in the number of the appropriate response after each question. Thanks for sharing your thoughts - they're appreciated.

Responses - 1) Big Yes 2) Yes 3) I don't care 4) No 5) Big No

A. The FWTC newsletter should contain more of the following:

- 1) Race calendar and schedule _____
- 2) Race application _____
- 3) Race results _____
- 4) Training articles _____
- 5) General info articles _____
- 6) Photographs _____
- 7) Advertisements _____

B. Points System

- 1) Should have more races _____
- 2) Should have fewer races _____
- 3) Should cost \$1 to be a part of _____
- 4) Should be abolished _____
- 5) Should contain a weight and other special divisions _____

C. Races, Etc.

- 1) The FWTC should be involved in as many races as possible _____
- 2) The FWTC should only concentrate on a few big races each year _____
- 3) The FWTC should sponsor "training" sessions _____
- 4) The FWTC should provide FWTC singlets at a discount _____
- 5) FWTC members should receive a membership card _____
- 6) FWTC should sponsor more informal races _____

Additional Comments _____

Please forward the completed to:

FORT WAYNE TRACK CLUB
P.O. BOX 11703
FORT WAYNE, IN 46860
ATTN. SURVEY

CANERBURY GREEN MUSCULAR DYSTROPHY 8K LOVE RUN RACE RESULTS

PLACE	NAME	TIME	PLACE	NAME	TIME
1	Mick Schlachter	25:11	73	Joe Ziegler	34:26
2	Dan Moord	26:50	74	Gary Faurste	34:37
3	Doug Sundling	27:01	75	Tom Laird	34:46
4	Rick Wallin	27:05	76	Vern Chovan	34:48
5	Gary Dexheimer	27:10	77	John Rogers	34:49
6	Dan Kaufman	27:51	78	Ken McBride	34:51
7	Mike Glasperhan	28:17	79	Virgil Fojtik	34:54
8	Tony Gatten	28:43	80	Dan Ormsby	34:56
9	Mark Ardington	28:43	81	Phil Luttmann	35:00
10	Mike Robbins	28:48	82	Karma Geyer	35:11
11	John Boy Trelea	28:55	83	Ray DeLong	35:15
12	David Geiger	28:58	84	Kathy Widau	35:17
13	Rod Bauermeister	29:06	85	Steve Goldthwait	35:19
14	Terry Diller	29:09	86	Bernie Burgette	35:23
15	Steve Caswell	29:13	87	Cliff Ditto	35:32
16	Jack Morris	29:16	88	Norman Whister	35:34
17	Keith Horten	29:17	89	Rudy Kleinknight	35:35
18	Woody Barker	29:22	90	Joe Pyle	35:38
19	Lynn Armstrong	29:24	91	Glasperhan	35:45
20	Kenneth King	29:26	92	Chuck Okorowski	35:52
21	Dan Minnich	29:33	93	Rick Trahin	35:53
22	Bill Schmidt	29:34	94	Jack Goble	36:00
23	Ed Kerr	29:35	95	Clifton Gorrell	36:04
24	Brian Beard	29:36	96	Alan Bell	36:05
25	Don Lindley	29:44	97	John Schneider	36:21
26	Randy Johnson	29:50	98	David Taube	36:22
27	John Schwarze	29:51	99	Sharon Getty	36:26
28	Bob Schnedel	29:59	100	Howard Bash	36:27
29	Steve Brown	30:07	101	Jeff Hastings	36:27
30	Terry Coonan	30:28	102	Wayne Kaminski	36:33
31	Ray Sibrel	30:34	103	Jeff Raff	36:42
32	Mary Connolly	30:39	104	William Krider	36:43
33	Russ Suever	30:39	105	Marsha Schmidt	36:44
34	Craig Miller	30:45	106	Joe Hilger	36:44
35	Bernie Motyka	30:46	107	Alan Miller	36:50
36	Larry Averbek	30:57	108	Robert Harris	37:34
37	38 Myron Meyer	31:01	109	Eric Burkhardt	37:35
38	Steve Adkison	31:04	110	Brad Baker	37:36
39	Randy Sordellet	31:21	111	Karl Langham	37:37
40	Brent Faurote	31:30	112	Dean Gutshall	37:38
41	Rod Knox	31:34	113	Dave Sorg	37:40
42	Rodger Puckett	31:35	114	Paul Sabrack	37:42
43	Kevin Buhr	31:46	115	Fred Payne	37:45
44	Paul Bauman	31:52	116	Douglas Clausman	37:47
45	Dennis Zech	31:55	117	Allan Martin	37:49
46	Dave Winters	31:59	118	Richard Zink	37:56
47	David Waldrop	32:04	119	Chris Stauffer	37:59
48	Kevin Long	32:11	120	Larry Coddling	38:05
49	Chris Kelkman	32:13	121	James Lantz	38:02
50	Mark Bratton	32:14	122	Ken Hendricks	38:09
51	Steve Levendoski	32:24	123	Tom Gelleperche	38:10
52	Erick Thorn	32:24	124	Mary Jo Ardington	38:19
53	Frosty Tillapaug	32:26	125	Eddie Smith	38:20
54	Clem Getty	32:28	126	Tim Tobin	38:27
55	Pat Hermann	32:32	127	Pat Beuchel	38:29
56	David Boylan	32:37	128	Don Kemp	38:30
57	Ron Motyka	32:40	129	Charles Todley	38:31
58	Kenton King	32:41	130	Cynthia Sabrack	38:32
59	Mike Blaugh	32:42	131	Mike Wemhoff	38:37
60	Kirk St. Myers	32:48	132	Marc Thomas	38:37
61	Ken Clark	32:51	133	Roseann Simmons	38:38
62	Ken Miller	33:04	134	Thomas Franks	38:45
63	Brad Critchfield	33:12	135	Douglas McBride	38:51
64	Ivan Painter	33:23	136	Alan Mills	38:55
65	Tom Felger	33:38	137	Don Merkler	38:56
66	Kevin Smithhart	33:40	138	Bob Campbell	38:57
67	Mike Byerly	33:50	139	Vaughn Roberts	39:09
68	Tom O'Connell	33:52	140	Charles Welch	39:11
69	Mike Judd	33:56	141	Earl Wittkamper	39:15
70	Rick Klopfenstein	34:01	142	Frank Schneider	39:15
71	Tim Gorrell	34:09	143	Susan Peterson	39:18
72	Herb Chandler	34:15	144	Tom Liebrich	39:22

PLACE	NAME	TIME
145	Ron Geabler	39:25
146	Barb Feasby	39:25
147	Ben Wirkner	39:31
148	Paul Snyder	39:44
149	Brenda Wolfe	39:47
150	Bob Yurosko	39:49
151	Jon Ingleman	39:59
152	Gary Friend	40:00
153	Mike Yann	40:09
154	Larry Getts	40:29
155	Charna Baker	40:31
156	Kreg Culler	40:36
157	Joe Brooke	40:37
158	Jim Richardson	40:49
159	Mike Hostetler	40:55
160	Tom Agness	40:56
161	Kevin Gould (161)	41:01
162	Sabine Florreich	41:03
163	John Ribar	41:04
164	Alfred Moore	41:05
165	Angie Billman	41:07
166	John Eager	41:09
167	Janet Hoepfner	41:10
168	Mark Mettert	41:12
169	Bobby Wiersma	41:21
170	Joan Weller	41:33
171	Walt Harris	41:41
172	Chet Fleetwood	41:55
173	Dave Zimmermann	41:56
174	Ken Votaw	42:06
175	Roger Phillips	42:14
176	Virginia Carrell	42:15
177	Sieglinoe Richard	42:18
178	Jim Stump	42:24
179	Janis Greene	42:26
180	Mike Hendricks	42:51
181	Pete Williams	42:52
182	Jody Long	43:00
183	Dave Zoll	43:03
184	Phyllis Thompson	43:26
185	Jim Amstutz	43:27
186	N/A	
187	Kathleen Bernard	43:47
188	Jack O'Neal	43:50
189	Joyce Fuzy	44:02
190	Rick Longsworth	44:08
191	Ross Moyer	44:12
192	H.W. Myers	44:31
193	Gloria Ambrose	44:50
194	Jane Beebill	45:08
195	Pam Mason	45:10
196	Ron Heimbarger	45:16
197	Fred Taube	46:50
198	Julia Wilson	47:13
199	John Jedinak	47:14
200	Karen Perrin	47:23
201	Kelly Glenn	47:57
202	Brian Lindley	48:14
203	Mike Lindley	49:15
204	Nancy Volmerding	49:56
205	Ruth Hyndman	50:03
206	Maurine Gensheimer	50:06
207	Tess Machlin	51:48
208	Susan Tuebner	52:13
209	Sandra Richards	55:20
210	Sharon Pauley (210)	56:13
211	N/A	
212	N/A	

Total Fwts members=118
Canterbury Residents=13
Males=74%
Females=26%
Other=//

COMING NEXT MONTH.....
DON LINDLEY FINISHES HIS
FIRST 100K RACE. INCREDIBLE
READING!!!!



Tom Loucks finishing
and earning a hefty
paycheck at The Trot.



Rock Reitzug hops
to the finish line
of The Parlor City
Trot



Kris McCain won the Women's race at The Trot.



Myron Meyer (I think) ran another great race at The Parlor City Trot.

DON'T BE A RUNNING DEADBEAT!!!!
PAY YOUR TRACK CLUB DUES WHEN
THEY COME DUE THIS JANUARY
(OR WHENEVER). NEXT MONTH A
NEW MEMBERSHIP FORMAT WILL
BE PRESENTED.

The First Annual Rivergreenway
Challenge held September the
30th was a unique experience
for Denny Zech and myself, Tim
Fleming. Denny and I worked
with the Three Rivers Velo
Sport, the Kekionga Voyagers
Club along with GTE and the
Fort Wayne City Redevelopment
Commission. We had over 40
hours of meetings to organize
and discuss important factors
to make the event a success.

The Greenway Challenge started
with a 6 mile run, a 19½ mile
bike sprint and finally a 9
mile canoe leg to finish. The
Triathlon was composed of three
divisions: Corporate, Open Team
and Iron Person with average
age groups categories to the
four man team some 250 partici-
pants.

GTE did a fantastic job in re-
cruiting volunteers. They of-
fered through a Company News
Letter any employee whom would
volunteer: A nylon shoulder
strap running bag, a tee shirt,
a race official hat and a box
lunch. We had over 100 volun-
teers whom contributed to this
Class A Event.

RESULTS

IRONMAN

	Top 10
J. Potter	2:44:24 (5)
L. Burk	2:47:38 (6)
P. Buckley	2:48:17 (7)
B. Accoe	2:57:55 (12)
J. Hamilton	3:02:19 (17)
D. Bidell	3:08:43 (28)
P. Barrity	3:13:31 (31)
E. Berr	3:22:43 (40)
C. Hall	3:22:54 (41)
D. Reichwage	3:23:22 (42)

IRON WOMAN

V. Collins	3:36:18 (57)
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OVERALL TEAM

Kingsberry, South, Held, Brower (Zotz)	2:37:23
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CORPORATE

Magnavox	(8)	2:52:14
Lincoln Nat. Corp.	(11)	2:56:42
G.T.E.	(14)	3:00:19

COMBINED CORPORATE &

OPEN TEAM TOP(4) TEAMS

Age Group 18-29

Waldrop (R)	
Kraskopf (B)	
D. Wolf (C)	
L. Wolf (C)	2:40:47 (3)
Green (R)	
Smith (B)	
Ehle (C)	
Koontz (C)	2:54:31 (10)
Loucks (R)	WINNER OF RUN 29:46
Sheets (B)	
Doehrmann (C)	
Jackson (C)	3:01:31 (15)
Tardiff (R)	
Yagodinski (B)	
Kruckenber (C)	
Erexson (C)	3:04:39 (21)

Age Group 30-34

Blosser (R)	
Taxter (B)	
Price (C)	
Bungitak (C)	2:40:37 (2)
Oswald (R)	
Ruggles (B)	
Swihart (C)	CANOE WINNERS 1:03:55
Phelps (C)	3:02:08 (16)
Mendes (R)	
Childs (B)	
Hower (C)	
Wolff (C)	3:05:38 (25)
Glasper (R)	
Penisten (B)	
Dillinger (C)	
Roberts (C)	3:07:50 (26)

Age Group 35-39

Pressler (R)	
Legg (B)	
Staley (C)	
McKee (C)	2:58:34 (13)
Schmidt (R)	
Smith, Jr. (B)	
Foster (C)	
Tuttle (C)	3:03:25 (18)
Stafford (R)	
Bokern (B)	
McManus (C)	
Powell, Jr. (C)	3:08:54 (29)

COMBINED CORPORATE & OPEN TEAM (Cont'd)

Age Group 35-39 Cont'd

Voyles (R)	
Ream (B)	
Hayes (C)	
Stimson (C)	3:14:41 (33)

Age Group 40-44

Kingberry (R)	
South (B)	BIKE WINNER 50:12
Brower (C)	
Held (C)	2:27:23 (1)

Griffith (R)
 Barden (B)
 Reeverts (C)
 Gilbert (C) 2:44:04 (4)
 Belcher (R)
 Adams (B)
 Benson (C)
 Majewski (C) 3:04:09 (19)
 Sibrel (R)
 Morlen (B)
 Bobay (C)
 Fecher (C) 3:04:22 (20)

Age Group 45-49

Chandler (R)
 O'Herron (B)
 Freimuth (C)
 Berger (C) 3:36:19 (58)

Age Group 50-54

Kast (R)
 Fouester (B)
 Wahl (C)
 Ronemus (C) 2:52:20 (9)

(R) Runner
 (B) Biker
 (C) Canoeist

AGE GROUPS

IRON MAN 18-29

B. BEARD 3:54:47 (68)
 T. EAGAN 4:03:03 (71)

IRON MAN 30-34

R. WILSON 3:32:51 (55)
 J. COLLINS 3:39:01 (61)

IRON MAN 35-39

R. GEBFERT 3:29:46 (50)
 R. WIERSMA 4:06:24 (72)

IRON MAN 40-44

J. INGLEMAN 3:41:56 (62)
 D. LINDLEY 3:43:38 (63)
 J. GRIFFIN 3:59:40 (70)

Showers and parking available. School opens at 12:30.

A special thanks again to my friend Denny Zech Coordinator of timing at each stage of race and finish line statistician, Bruce Kotchey and Ron Wurst from GTE, Trish Whitcomb from the Ft. Wayne Redevelopment Commission, Hector Garcia and Dave Held from the Three Rivers Velo Sports (Cyclists Club). Mike Loney, Dave Tindall and Heinz Wahl from the Kekionga Voyagers Club and a special thanks to Mayor Winfield Moses who started the race and even ran the running portion of the triathlon. Win has lost 36 lbs. and needs a taylor to take in.

Heinz Wahl, owner of Watermeisters Sports had helped tremendously on the set up of the canoe stage. Heinz had competed in the event in the Team Division 50-54 Age Group and his team came in first in their age group and ninth overall out of 75 entries. Two hours after completion of the Triathlon Heinz Wahl died of a massive heart attack. I had become acquainted with this wholesome individual. His desire was to put on the best event possible and make it enjoyable to all its participants.

Thanks, Heinz, for the three months we've had together. You enriched my life with your character and touched my spirit of competition. I know when God took you you were at the peak of your life. Thank you, Heinz, for the good memories.

Tim Fleming

Jamison Meats

SPONSORED BY:

3423 N. Anthony AND
 484-4158

Homestead 8K hamrun

Date: Dec. 2, 1984

Time: 2 P.M.

Place: Homestead High School
 4310 Homestead Rd.
 Ft. Wayne, In.

Course:

Accurately measured 8K starting on Aboite Center Rd, down to Hamilton (turn right), to Covington (turn right), to Homestead Rd. (turn right), back to school parking lot. Splits every mile.

Entry fee:

\$4 pre-registration until Nov. 24. \$5 on race day. Make checks out to Homestead 8K and mail to:

Dick Shenfeld
 9227 Soaring Hill Pl.
 Ft. Wayne, In 46804
 432-4832

Awards:

- 1) Drawing from pre-registered for Hams
- 2) Plaques to first and second place age group winners. 14 and under, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over; Males
- 3) 14 and under, 15-18, 19-24, 25-29, 30-39, 40-49, 50 and over; Females.
- 4) Drawing from pre-registered for Athletic Annex prizes.



NAME _____ MALE _____ FEMALE _____ AGE _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE _____

Waiver of Responsibility: In consideration of the acceptance of this entry to the Homestead 8K run, I waive all claims for myself, my heirs and assigns against the Race Sponsors or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race, and I am an amateur runner.

SIGNATURE _____ DATE _____

Parent's signature _____
 if under 18 yrs. old





The list below is categorized by age and sex. Number in parentheses beside name is overall finishing position. The number preceding name is finishing place within the age group. Asterisk denotes Eckrich employees. Results listed are based on finishing cards returned to Race America tent.

***** MEN UNDER 20 *****

1. Robert Bragg (4)	25:50.1	21. Matt Hess (77)	31:01.5	41. Steve Finton (323)	38:45.2
2. Jeff Beam (5)	26:05.1	22. Rob Kelly (79)	31:02.1	42. Scott Kieler (332)	39:09.2
3. Jim Serstad (7)	26:58.6	23. John Bakalar (81)	31:10.4	43. Shane Schneck (336)	39:12.6
4. Barry Schnieders (11)	27:17.7	24. Ron Welsh (86)	31:24.8	44. Kirk Dooley (376)	40:16.5
5. Brett Hess (12)	27:24.8	25. Eric Kell (93)	31:34.2	45. Matthew Gagnon (396)	41:02.1
6. Pete Bieghler (15)	27:56.0	26. Darin Meschberger (100)	31:46.6	46. Chris McLaughlin (407)	41:17.1
7. Bill Rooney (18)	28:04.3	27. Karl Behrens (125)	32:49.7	47. Matthew Szuhaj (434)	42:13.5
* 8. Jeff Koehlinger (20)	28:16.1	28. Steve Connelly (136)	33:11.9	48. Brian Cater (449)	43:11.7
9. Jerry Barrantes (23)	28:32.9	29. Kevin Seiler (143)	33:25.1	49. Brian Lindley (455)	43:21.6
10. A. H. Ebersole (31)	29:15.1	30. Bill Habig (163)	34:16.9	50. Michael Lindley (458)	43:29.7
11. David Milner (37)	29:31.4	31. Phil Heiselmann (167)	34:24.8	51. Ryan Voges (515)	47:09.0
12. Paul Furniss (38)	29:36.0	32. Robert Poinsatte (205)	35:22.9	52. Jeff Davis (517)	47:18.4
13. Brad Boyer (39)	29:37.0	33. Pat Kelly (225)	36:04.8	53. Larry Richardson (537)	48:16.4
14. Troy Ely (42)	29:43.0	34. Troy Gerke (230)	36:17.8	54. Andrew Ribar (558)	49:25.3
15. Jeff Victorson (43)	29:43.4	35. David Fawbush (243)	36:39.7	55. Steve Rentz (565)	51:02.7
16. Scott Adams (44)	29:43.4	36. Mark Bischoff (249)	36:49.8	56. Nate Spahn (570)	52:26.6
17. Eric Schwartz (45)	29:47.3	37. Mick Kelly (255)	37:07.9	57. Shawn O'Donnell (592)	56:07.9
18. John Wilenski (51)	29:59.8	38. Timothy Szuhaj (270)	37:29.5		
19. Scott Schaefer (59)	30:19.6	39. Randy Shoppell (280)	37:36.7		
20. Shawn Wallace (74)	30:45.8	40. Tony Sinn (297)	38:10.4		

***** MEN 20 - 29 *****

1. Mick Schlachter (1)	24:39.2	36. Peter Gerken (109)	31:58.7	71. Harper Peck (263)	37:17.0
2. Tom Loucks (2)	24:48.9	37. Mark Brattoli (114)	32:17.7	72. Brian Collins (271)	37:29.8
3. Brady Wells (3)	25:23.1	38. Chris Andreas (120)	32:30.1	73. Richard Myers (272)	37:30.1
4. Doug Sundling (8)	27:02.5	39. Todd Eagan (131)	33:04.6	74. M. Satterthwaite (287)	37:49.0
5. Jim Fitzgerald (10)	27:15.1	40. Steven Conrad (132)	33:05.4	* 75. Robert Bradtmiller (291)	37:53.7
6. Ed Freygang (14)	27:53.5	41. Thomas Hartman (133)	33:07.4	76. Howard Klinger (292)	38:08.5
7. Dan Green (16)	27:56.5	42. Roger Hack (135)	33:11.0	* 77. Tim Haney (303)	38:20.4
8. Dave Arens (19)	28:12.1	43. Dave McMahan (138)	33:16.5	78. Bob Campbell (304)	38:20.8
9. Calvin King (21)	28:24.0	44. Jim Anderson (141)	33:24.1	* 79. Kreg Culler (313)	38:31.4
10. Tom Hoffman (22)	28:24.6	45. Bob Hake (144)	33:40.8	80. Thomas Franks Jr. (319)	38:39.4
11. Jim Bushey (25)	28:40.0	46. Don Cunningham (148)	33:48.1	81. Paul Hargens (320)	38:39.8
12. William Rockwell (26)	28:48.8	* 47. Mike Blaugh (158)	34:08.2	82. Larry Getts (327)	38:52.7
13. Bret Curry (28)	28:59.1	48. Brad Critchfield (162)	34:15.1	83. Brian Miller (329)	38:55.5
14. Terry Diller (30)	29:03.3	49. Brian Albrecht (165)	34:23.6	84. Alan Kieler (330)	39:00.4
15. Dennis Kreps (32)	29:16.9	50. Roger Sparr (168)	34:25.3	* 85. Hector Feliciano (341)	39:21.3
16. Kenneth King (36)	29:29.9	51. Dave Moreland (177)	34:35.1	86. Bruce Habig (383)	40:29.2
17. Kent Buchner (47)	29:47.9	52. Tim Smith (179)	34:36.0	87. Bill Masterson (388)	40:41.6
18. Stephen Perez (54)	30:07.7	53. Ron Zartman (182)	34:37.8	88. Brady Long (389)	40:42.6
19. Steve Davis (55)	30:08.0	54. Greg Hughes (183)	34:38.8	89. Rick Borkowski (391)	40:46.4
20. Jeff Taner (58)	30:13.6	55. Rick Trabel (186)	34:41.0	* 90. Darrell Gerber (399)	41:03.5
21. David Geiger (60)	30:21.8	* 56. Larry Williams (195)	35:03.4	91. Dave Renner (421)	41:34.3
22. Greg Borkowski (62)	30:24.2	57. James Beeson (197)	35:07.6	92. Gregory Weaver (422)	41:37.9
23. Larry Ellis (64)	30:30.9	58. David Taube (203)	35:19.4	93. Mel Kennedy (425)	41:44.2
24. Ken Babcock (65)	30:31.2	59. Mike Arens (208)	35:26.6	* 94. Jimmy Ramirez (437)	42:19.0
25. Chris Edington (66)	30:31.5	60. Joe DeWald (214)	35:50.5	95. Duane Kilty (440)	42:31.4
26. Ken Schannen (70)	30:36.5	61. Robin Bitting (218)	35:53.4	96. Jeff Peterson (442)	42:38.6
27. Terry Campbell (78)	31:01.8	62. Doug Shively (223)	36:03.8	97. Gregory Turk (447)	42:50.8
28. N. Craig Werling (83)	31:14.1	63. Pat Beuchel (235)	36:25.3	98. Mitch Harper (456)	43:25.3
29. Gary Beam (87)	31:26.4	64. Rick Hilker (237)	36:31.6	* 99. Dave Barts (480)	44:26.7
30. Greg Plassman (89)	31:30.3	* 65. David Couch (238)	36:32.4	100. Greg Blackburn (485)	44:42.8
31. Mark Geiger (90)	31:32.3	66. Roy Bell (239)	36:33.3	101. Gladden Gross (491)	45:30.0
* 32. David Finley (95)	31:38.9	67. John Lorek (240)	36:34.3	102. David Kay (507)	46:44.1
33. Steve Hobbs (98)	31:45.6	68. Mike Avila (248)	36:48.9	103. Don Greulich (521)	47:33.0
34. Daniel Puckett (105)	31:52.1	69. Steve McMahon (250)	36:52.0	104. Kevin Griggs (531)	48:04.2
35. Paul Bauman (106)	31:54.8	70. Daniel Graney (252)	37:04.4	105. Jim McCrady (544)	48:31.6
				* 106. Sreeram Reddy (569)	52:25.0

***** MEN 30 - 39 *****

1. Vincent Garcia (6)	26:28.4	55. Wayne Filichowski (169)	34:26.0	109. Charley Kneppir (302)	38:15.5
2. Dan Kaufman (9)	27:10.5	56. David Boling (170)	34:27.1	110. Phil Rizzo (305)	38:24.0
3. Michael Glasper (13)	27:50.7	57. George Paul Kirby (171)	34:28.7	111. James Culbreth (308)	38:25.4
4. Mike Robbins (17)	28:01.8	58. Dan Ormsby (172)	34:29.0	* 112. Frank Mosley (309)	38:26.2
5. David Ruetschilling (24)	28:33.2	59. Dan Belschner (173)	34:31.7	* 113. Richard Hatch (312)	38:29.7
6. Gary Striggle (27)	28:57.2	60. Al Henkel (176)	34:34.8	114. Dean Fless (314)	38:33.9
7. Mike Huber (34)	29:24.5	61. Tom Archbold (178)	34:35.7	115. Tom Humbrecht (316)	38:35.9
8. Roger Wilson (35)	29:24.9	62. Bob Burns (184)	34:39.8	* 116. Norm Gagnon (326)	38:51.9
9. Miguel Mindez (46)	29:47.6	63. Stan Veit (185)	34:40.7	117. Bruce Lehman (328)	38:53.4
10. Lynn Armstrong (48)	29:49.0	64. Stan Oehler (188)	34:49.7	118. James F. Lantz (331)	39:06.0
11. Fred Hannan Jr. (52)	30:07.1	65. Steve Goldthwaite (189)	34:50.1	* 119. Jack O'Donnell (333)	39:10.4
12. John Kline (53)	30:07.4	66. Tim LaBrosse (190)	34:51.4	* 120. Pete Lambert (334)	39:10.9
13. Tom Yoder (56)	30:08.5	67. Phil Wisniewski (192)	34:57.7	121. Ron Geabler (345)	39:27.6
14. Normal Hiler (57)	30:12.7	68. Keith DeMerritt (193)	35:00.3	122. Jim Hindle (347)	39:30.9
15. Alan Mousel (61)	30:23.2	69. John Szczepanski (201)	35:17.0	123. John Lindeman (353)	39:39.9
16. Jim Kruse (63)	30:24.6	70. Pat Hermann (204)	35:19.9	* 124. Doug Cazier (355)	39:43.6
17. Tim Wiedman (68)	30:32.1	71. Lyle Beach (207)	35:26.0	125. Edd Mack (357)	39:46.6
18. Russell Suerer (69)	30:35.1	* 72. Michael Weaver (209)	35:27.1	126. Ron Fulk (358)	39:48.2
19. Bruce Barton (72)	30:39.8	73. Rich Hower (211)	35:28.8	127. Tom Fisher (359)	39:49.2
20. Steven Casell (76)	30:55.0	74. William Clark (212)	35:29.7	128. Rod Butler (360)	39:50.0
21. Steve Brown (82)	31:13.6	75. Robert Elliott (216)	35:52.4	129. Ben Wirkner (364)	39:54.5
22. Lee Cox (85)	31:23.7	* 76. Jack Sherrick (220)	35:54.9	130. Joe Ruppert (365)	39:54.8
23. Terry Coonan (88)	31:26.8	77. Randy Patten (221)	36:00.0	* 131. Tim Tobin (369)	40:01.5
24. Rich Rella (91)	31:32.7	78. Dave Eckert (222)	36:00.5	132. Ralph Motycka (370)	40:10.6
25. Gary Graham (92)	31:33.7	* 79. John Klavinski (226)	36:08.1	* 133. William Leavitt (373)	40:14.8
26. Douglas Williams (94)	31:35.7	80. Virgil Fojtik (231)	36:19.1	134. Skip Brant (375)	40:16.2
27. Randy Sordelet (96)	31:41.3	81. Jay Jamison (232)	36:19.6	* 135. Dennis Murphy (378)	40:18.8
28. Larry Shively (101)	31:46.9	82. Bill Bar (233)	36:20.0	136. Richard Scott (381)	40:25.5
29. Bill Aksamit (103)	31:48.6	83. Doug Chaffee (234)	36:24.6	137. Dave Young (382)	40:28.3
30. Gary Rickner (104)	31:49.4	84. Steve Butler (236)	36:29.1	138. Kevin Tonne (384)	40:32.4
31. Dave Winters (107)	31:57.7	85. Bob Piganelli (246)	36:48.1	* 139. Orville Brooks (385)	40:34.9
32. William Henry (108)	31:58.4	* 86. Bill Warren (253)	37:06.6	140. Steve Lehr (386)	40:35.5
33. Dave Milligan (113)	32:14.8	* 87. Jeffrey Zirkle (254)	37:06.9	* 141. Michael Baldwin (387)	40:38.8
34. Bill Powb (116)	32:17.9	88. Donald Miner (256)	37:08.3	142. Tim Thomson (395)	40:59.7
35. Ron Motycka (117)	32:20.8	89. Bill Campbell (257)	37:08.8	143. Al Silvers (398)	41:03.2
36. Greg Fahl (119)	32:24.7	* 90. Terry Fowler (258)	37:11.3	144. Phil Kennerk (400)	41:05.7
* 37. A. Keith Avra (121)	32:35.8	91. Ken Hendricks (260)	37:15.4	* 145. Duane Kenyon (405)	41:12.9
38. Steven Briel (124)	32:45.3	92. Jorge Jimenez (262)	37:16.3	146. Thomas Agness (412)	41:21.4
39. Ronald Eschbach (126)	32:56.9	93. Ed Beckner (264)	37:17.7	147. David Kistler (418)	41:31.7
40. Charles Case (127)	32:57.7	94. Tom Fuelling (265)	37:23.5	148. Carl Fields (419)	41:31.9
41. Jeff Kline (128)	32:57.9	95. Gary Oden (266)	37:26.6	149. Bob Palmer (427)	41:44.6
42. Robert Rinearson (134)	33:09.1	96. Larry Bodkin (267)	37:28.4	* 150. George Omlor (430)	41:53.6
43. Dennis Conner (139)	33:19.2	97. Robert Harris (268)	37:28.9	151. Michael Cole (438)	42:27.6
44. Thomas Rehner (140)	33:23.3	98. Tom Theard (273)	37:30.5	* 152. Joe DeLaRosa (443)	42:42.2
45. Jerry Noble (145)	33:41.8	99. Joe Hilger (274)	37:32.1	153. Michael Hendricks (450)	43:16.9
46. David Smith (146)	33:46.1	100. Don Manger (278)	37:35.6	* 154. Jeffrey Bogema (453)	43:18.7
47. James Seiler (147)	33:47.3	101. Dennis DeMerritt (285)	37:44.9	155. Stephen Gabet (457)	43:25.7
48. Rick Trahin (150)	33:49.1	102. Larry Shirk (284)	37:45.3	156. Jim Sprandel (459)	43:32.7
49. Gary McFarren (151)	33:52.0	* 103. Fred Payne (285)	37:45.7	* 157. Mike McCray (460)	43:33.7
50. Mike Novosad (152)	33:55.4	104. Jim Thomas (288)	37:50.0	158. Lee Cook (463)	43:49.8
51. Lawrence Lee (159)	34:09.2	105. Richard Mason (289)	37:52.0	159. Dave Zimmerman (465)	43:57.2
52. Tom O'Connell (160)	34:12.8	106. Paul Sabrack (296)	38:10.0	160. Jim King (466)	44:13.6
53. Jack Reinking (161)	34:14.5	107. Murtaza Karim (298)	38:10.9	161. Kevin Tilburn (468)	44:15.1
54. Philip Luttman (166)	34:24.4	* 108. Darrell Meabon (301)	38:13.6	* 162. John Bowman (472)	44:15.1

163. Rick Longworth (474)	44:15.8	170. Sam Thorn (511)	46:55.9	177. Mike McEntee (536)	48:14.0
*164. Mike Belschner (476)	44:20.6	*171. Kevin Gould (512)	47:00.7	*178. Richard Barve (538)	48:21.7
165. Jim Bottone (477)	44:21.3	172. Ronald Heimburger (513)	47:01.0	179. Mike McGrady (545)	48:32.0
166. Jame Gighi (482)	44:31.4	*173. Greg Cook (516)	47:14.0	*180. Nathaniel Mitchell (555)	49:13.7
*167. Alfredo Crespo (490)	45:28.1	174. Louie Vismeier (518)	47:27.9	*181. Lee Dobyne (556)	49:15.7
*168. Ted Socha Jr. (494)	45:38.0	*175. Michael McLaughlin (524)	47:43.5	*182. Dave Dooley (591)	55:58.7
*169. Mark McNeal (496)	46:01.0	*176. Dale Owen (526)	47:49.4	183. Tim Musser (593)	56:57.7

***** MEN 40 - 49 *****

1. Woody Barker (29)	29:01.5	24. Ray DeLong (244)	36:46.5	47. Jim Wine (411)	41:20.0
2. Jack Morris (40)	29:39.8	*25. James Widmeyer (245)	36:47.7	48. L. Ebersole (415)	41:26.9
3. Don Lindley (41)	29:40.8	26. James Babcock (275)	37:33.4	49. Bruce Kotchey (417)	41:29.8
4. Bernie Motycka (67)	30:31.8	27. James Stump (295)	38:09.6	50. Jeff McCann (420)	41:33.7
5. Steve Adkison (71)	30:36.8	28. Tom Hayhurst (310)	38:28.6	51. Jim Griffin (428)	41:46.2
6. Mike Byerley (97)	31:42.1	29. Jay Habig (311)	38:29.0	52. Winston Stewart (431)	41:59.9
7. Craig Miller (122)	32:40.2	*30. Alan Miller (315)	38:35.6	53. Charles Davis (441)	42:37.5
8. Tom Felger (123)	32:41.5	31. Bill Derbyshire (317)	38:36.2	54. Jim Richardson (445)	42:46.1
*9. Jerry Shenfeld (129)	32:58.6	32. Larry Yant (324)	38:48.2	55. Tim Orman (448)	43:03.4
10. Rodger Puckett (130)	32:58.9	33. Joseph L. Brooks (325)	38:51.6	56. Lee Oliver (462)	43:35.5
11. David Waldrop (137)	33:13.1	34. Jim Rick (339)	39:16.6	57. R. Schleinkofer (471)	44:11.3
12. Barrie Peterson (142)	33:24.4	35. Mark Mishler (343)	39:23.3	58. Jim Turk (478)	44:21.9
13. Bob Lovell (154)	33:58.9	36. Merrill Landis (344)	39:24.4	59. Ron Bonar (483)	44:34.3
14. Don Ashton (155)	33:59.3	*37. David Gillette (346)	39:30.7	*60. Charles Eberhard (489)	45:27.0
15. Thomas King (156)	34:03.7	38. Donald Dion (349)	39:33.4	61. Peter Schmeckebur (493)	45:38.0
16. Ken Miller (157)	34:06.7	39. Jay Brower (361)	39:50.6	*62. Don Menze (502)	46:18.2
17. Clay Dunton (175)	34:33.5	40. Mike Farrell (374)	40:15.5	63. Rick Berning (520)	47:32.5
18. Bud Stiffler (187)	34:49.2	41. Bill Cline (379)	40:22.6	64. Jim Suelzer (529)	48:01.9
19. Bernie Burgette (191)	34:56.0	42. Fred Sheets (380)	40:22.9	65. David Jolliff (540)	48:25.7
20. Richard Giese (215)	35:51.0	43. Vaughn Roberts (392)	40:52.1	66. John Ribar (559)	49:55.5
*21. Jim Butcher (224)	36:04.2	44. Russell Shook (397)	41:02.5	67. Dennis Hudson (573)	52:47.2
22. Joe Pyle (227)	36:13.5	45. Terence Doran (404)	41:10.5	68. Burneal Fick (585)	54:59.6
23. Don Jantz (228)	36:15.7	46. David Butler (406)	41:15.4	*69. Dan Deanda (590)	55:58.2

***** MEN 50 - 59 *****

1. Myron Meyer (75)	30:51.9	11. J. P. Jones (290)	37:52.9	21. Roger Phillips (429)	41:48.2
2. George Branam M.D. (111)	32:06.8	12. Gene Gran (293)	38:08.9	22. Alfred Moore (433)	42:11.9
*3. Donald Peaks (112)	32:10.8	13. Chuck DeVault (294)	38:09.2	23. Dan Matter (435)	42:18.1
4. John Hiler (149)	33:48.6	14. Bud Strouse (307)	38:24.7	*24. Richard Longworth (454)	43:20.1
5. James Peppler (153)	33:55.9	15. Curtis Nold (337)	39:15.3	25. Robert Beckman (461)	43:34.9
6. Vern Chovan (180)	34:36.8	16. John Edris Jr. (338)	39:16.1	26. Ross Moyer (479)	44:23.2
7. Terry Gautsch (194)	35:00.7	17. Robert Habig (352)	39:38.5	27. Fred Taube (495)	45:55.8
8. Herbert Chandler (206)	35:25.7	18. Howard Bash (362)	39:51.7	28. Paul Snyder (576)	53:06.7
9. Cliff Ditto (217)	35:53.1	19. Charles Welch (368)	40:01.3	*29. Joe Haney (579)	53:31.9
10. Marvin Jarvis (261)	37:15.7	20. Tom Nuss (393)	40:53.0		

***** MEN OVER 60 *****

1. Phil Burns (401)	41:06.4	3. Rick Shovlin (508)	46:44.4	4. Harold Fricke (551)	49:04.5
2. C. Fleetwood (432)	42:08.4				

***** WOMEN UNDER 20 *****

1. Karma Geyer (164)	34:23.1	10. Angie Balser (356)	39:45.9	19. Mara Fick (500)	46:07.0
2. Virginia Graham (202)	35:19.1	11. Chris Graham (371)	40:10.6	20. Cheryl Click (501)	46:11.7
3. Heidi Owens (219)	35:54.4	12. Lori Waters (372)	40:13.2	21. Jennifer Coulson (514)	47:08.4
4. Dianne White (241)	36:35.5	13. Lynn Beery (409)	41:18.4	22. Cara Lance (522)	47:33.4
5. Karen Vachan (242)	36:38.9	14. Jennifer Pancrer (410)	41:19.3	23. Brenda Diss (523)	47:37.7
6. Marnie Gautsch (279)	37:36.2	15. Caroline Moellering (439)	42:30.0	24. Karen Neal (539)	48:25.3
7. Lynn Roovers (300)	38:13.0	16. Andrea Aungst (470)	44:02.3	25. Tammy Neubauer (564)	50:58.5
8. Sally Riley (348)	39:33.0	17. Patricia Byerley (497)	46:02.7	26. Jill Hudson (571)	52:29.2
9. Ellen Crago (350)	39:33.7	18. Megan Prough (499)	46:06.4		

***** WOMEN 20 - 29 *****

1. Karen McQuilkin (33)	29:21.9	14. Susan Peterson (299)	38:11.6	27. Karen Daisy (486)	44:44.6
2. Mary T. Connolly (50)	29:54.5	15. Eunice Weis (318)	38:37.0	28. Patty Henry (498)	46:04.0
3. Judy Tillapaugh (80)	31:08.5	16. Lyn Handlin (321)	38:40.4	29. Tara Hosier (505)	46:43.1
4. Nancy Einterz (102)	31:48.0	17. Sue Grigg (322)	38:41.6	30. Deanne Westerland (509)	46:47.2
5. Theresa Yankowiak (115)	32:17.6	18. Denise Conrad (335)	39:12.0	31. Lalene Kay (519)	47:28.8
6. Gail Miloch (118)	32:21.2	19. Julie Striggle (340)	39:18.9	*32. Bev Griggs (532)	48:05.3
7. Sharon Getty (174)	34:32.1	20. Kathy McGrady (366)	39:59.6	33. Cheryl Adkins (549)	49:03.2
8. Beth Rehner (181)	34:37.5	21. Sue Johnson (390)	40:44.5	*34. Dovie Otis (550)	49:03.4
9. Kim Klopfenstein (196)	35:07.3	22. Martha Hoepfner (423)	41:42.3	*35. Mary Trabel (562)	50:00.3
10. Jill Thiele (229)	36:17.2	23. Janet Hanley (464)	43:54.5	*36. Mildred Golden (574)	52:47.8
11. Cynthia Sabrack (247)	36:48.5	24. Mary Tilbury (467)	43:59.2	37. Cathy Fisher (581)	54:35.4
12. Marilyn Peterson (276)	37:35.1	25. Sue Keller (469)	44:01.1	*38. Jo Ann Toupalik (583)	54:38.0
13. Linda Conrad (281)	37:38.5	26. Jennifer Mueller (481)	44:30.5	39. Twyla Gross (596)	58:16.1
				40. Barbara Curry (598)	1:00:16.4

***** WOMEN 30 - 39 *****

1. Betty Nelson (49)	29:52.5	18. Joie Motycka (424)	41:43.8	35. Cindy Gerke (548)	48:55.8
2. Sue Carnes (110)	32:02.7	19. Val Packett (436)	42:18.3	36. Shirley Kelly (552)	49:04.8
3. Sue Ward (198)	35:09.3	20. S. Richardson (444)	42:43.1	37. Jane Hahn (553)	49:08.7
4. Deb Glasper (200)	35:11.8	*21. Carol Sprandel (451)	43:17.3	38. Sylvia Warriner (560)	49:58.4
5. Kathy Widaw (210)	35:27.7	22. Beverly Richard (475)	44:15.8	39. Jeanne Payne (563)	50:57.2
6. Marsha Schmidt (213)	35:31.5	23. Maureen Reidenbach (488)	45:19.5	40. Gail Schlatter (566)	51:05.7
7. Sherry Yoder (259)	37:13.8	24. Suzanne K. Todoran (492)	45:30.5	41. Cheryl Silvers (567)	51:21.9
8. Jean Weller (269)	37:29.1	25. Deb Friedrich (504)	46:42.2	42. Judith Hudson (572)	52:36.4
9. Julie Manger (277)	37:35.3	26. Janet Hoepfner (506)	46:43.8	43. Sandra Richards (578)	53:24.6
10. Joyce Butler (282)	37:42.9	27. Susan Manos (528)	47:57.9	44. Susan Young (582)	54:37.5
11. Christa Beach (286)	37:46.0	28. Sue Cole (530)	48:03.9	*45. Delinda Daniels (584)	54:38.5
12. Victoria Harvey (305)	38:23.7	29. Ann Fumarolo (533)	48:05.6	*46. Marilyn Rus (587)	55:15.0
13. Cindy Lonergan (342)	39:23.1	30. Becky Byerley (534)	48:08.7	*47. Chloe Montgomery (588)	55:16.3
14. Brenda Wolfe (351)	39:37.9	31. Jacque Linder (542)	48:30.4	48. Jo Butler (589)	55:52.4
15. Barb Feasby (394)	40:56.8	32. Jane Brechbill (543)	48:31.3	*49. Kathy Musser (594)	56:57.7
16. Katy Briel (408)	41:17.6	33. Kathi Weiss (546)	48:34.4	*50. Bernice Chambers (597)	59:15.8
17. Cherie Belschner (416)	41:28.4	34. Sylvia Bieghler (547)	48:41.3		

***** WOMEN 40 - 49 *****

1. Ann Jamison (99)	31:45.9	6. Joyce Fuzy (446)	42:48.9	11. Virginia Chapman (527)	47:56.4
2. Roseann Simmons (251)	36:53.4	7. Barbara Orman (452)	43:18.4	12. Sandy Moliere (541)	48:30.1
3. Janis Greene (377)	40:17.3	8. Julia Wilson (484)	44:37.3	13. Sarah Kleinknight (544)	49:09.0
4. Jo Ashton (402)	41:06.6	9. Pat Kruse (503)	46:27.8	14. Nancy Volmerding (577)	53:12.1
5. Gloria Nycum (403)	41:08.7	10. Jean DeVault (525)	47:48.5	*15. Joyce Coats (586)	55:00.5
				*16. Marilyn Gross (595)	57:10.7

***** WOMEN 50 - 59 *****

1. Jean Longworth (510)	46:54.6	3. Tess Machlin (568)	51:33.2	4. Doris Snyder (575)	52:48.0
2. Jeanne Leffers (557)	49:19.0				

***** WOMEN OVER 60 *****

1. Martha Foelker (580)	54:10.9
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