

THE WEDNESDAY NIGHT FUN RUNNERS



the inside track

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

July 1985

FORT WAYNE TRACK CLUB



FORT WAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS 1985

- Mike Robbins-President-485-3068
- Dan Kaufman-Vice President-485-5241
- Don Lindley-Treasurer-456-8739
- Mike Glasper-Secretary-432-8134
- Jerry Mazock-Editor of INSIDE TRACK
747-1064
- Don Goldner-Co-Chairman of race
Scheduling-747-4359
- John Treleaven-Co-Chairman of Race
Scheduling-432-5315
- Tim Fleming-Media Chairman-749-8027
- Russ Suever-Co-Chairman of Points
System-493-2640
- Ken Miller-Co-Chairman of Points
System-749-5847
- Bobby & Sharon Pauley-CO-Chairmen
of equipment for races-
745-0925
- Lyn Schlegel-Co-Chairman-Volunteer
Pool and Special events-
745-4136
- Tom Loucks-Chairman of Race Calendar-
622-7108
- Jim Anderson-Chairman of course
measurement-745-4446
- Mike Kast-Legal Consultant-426-5140
- Randy LaVine-Co-Chairman of Member-
ship-493-2420
- Jim Bushey-Co-Chairman of Member-
ship-747-3770

Denny Zech-Chairman of Advertising
& Publicity-484--3473

Tom Wagner-Board Member-485-0587

Dave Fairchild-Board Member- 744-0424

Angie Severs-Board Member-436-1151

Judy Tillapaugh-Board Member

ADVERTISEMENT RATES FOR THE "INSIDE
TRACK" ARE: 1/4 PAGE \$ 22.50
1/2 PAGE \$ 35.00
1 PAGE \$ 50.00

Don't forget the Wednesday night
Fun Run every Wednesday night at
Foster Park near the volleyball
courts at 6PM Sharp.

Don't forget to tune into "Runner's
Week" with Tim Fleming every Wednesday
Evening at 8PM on Channel 10

I am asking all contributors to type
their columns 2 and 5/8 inches wide.
This saves me a lot of work! If you
don't have a typewriter or if yours
isn't working up to par, send me
your neat handwritten copy and I'll
gladly type it for ya.
This includes all race results from
all race directors. THANKS!

FWTC EVENTS FOR JULY

JULY 20th-8AM-10K-Old Settlers Day
Columbia City

August 2nd-8PM-Never-Ending-1Hour-Run-
on the track at Northrop-

INSIDE "THE INSIDE TRACK" THIS MONTH YOU MAY FIND THE FOLLOWING.....
Editor Mazock rambles on and on about fun running on vacation, on Wednesday
nights and at local races.....Prez Robbins mentions the fine Arlington 5K
and reviews a book and talks about brew.....Shurtz unlimited has an ad.....
Russ Suever and Ken Miller (Call Ken this year concerning 'points' complaints)
.....(You may once again call Russ next January) Anyway, they did a good
job with the 'points.'.....Doug Surling contemplates turning 30 years old.
The 30-34 age group contemplates yet another hot dog in their age group....
The Grabill 10k's results are in here too.Carpetland (Sponsor of Tim Fleming
and Runner's Week) got an ad too.....There's a full page ad for the Bristol
Hills 10,000meter and 25,000meter road races.....We even got results from
the American Cancer Society's 5K.....There's an ad for Watermeister and
the upcoming points race at Columbia city(Old Settler's).....Glasper reports
the times and places of all the finishers from the Circular 5K at Shoaff...
..Our Nutritionist Lewman tells us how to trim away those tons of fat I'm
carrying(I need to know how to gain 3 pounds so I can run in the Cruiser-
weight division at the Old Settler's Columbia City 10K-You should all come
out and see this ridiculous spectacle of Mazock trying to race at 180 lbs.
.....There's an ad for The Elephant Walk 10K and some racey info about
Greg Orman.....We got Loucks race Calendar and Glasper's Bored minutes.....
Rick Hower wrote an article telling of revolutionary changes being made at
the Auburn Classic Road Races.....And a big thankyou to Gene Canon Bull-
shallitt for all the photography and 'caption' work.(Sometime you should
do this job when you're sober).... There may be even more if you know where
to look....Thanks again to all those who contributed this month.....HOPE
YOU ENJOY THIS STUFF.....

ANNOUNCING THE FWTC'S 1985 RACE
SCHEDULE

* = POINTS RACE

DATE	TIME	DISTANCE
* 7/20/85	8AM	10K Old Settlers Day Columbia City
* 8/2/85	8PM	Up to you Never Ending 1 hour Run on the Track Northrop High School
8/17/85	8AM	5K Kent Davis 5K Georgetown Square
* 8/24/85	6PM	5 mile Big Brothers/Big Sisters Park Run Foster Park
* 8/31/85	8AM	8K M/D Love Run Canterbury Green
* 9/21/85	8AM	13.1 miles Parlor City Trot Bluffton In.
10/6/85	2PM	8 mile/2 man relay Foster Park
* 10/27/85	2PM	10K Home Loan 10K Downtown
* 11/16/85	1PM	25K Challenging 25K Homestead High School (Tentative)
11/17/85		Bluffton/Oubache State Park Cross Country Run usually 1:30PM 9K Oubache Park Bluffton, In.
12/7/85	2PM	3 & 10K J.P. Jones 10K (Formerly "Lindley's 10K") Foster Park
12/31/85	11:30PM	5 mile New Year's Party Fun Run YMCA Downtown



Editor's Run

by JERRY MAZOCK

While vacationing at the Wisconsin Dells, I had some time during my runs to ponder the great questions of life and other FWTC matters.

Not only during the vacation but also during the last year or so I have wondered where all the clubs 'oldtimers' have went. I think we all know of a few people we used to see at our events who no longer come out. I wonder why this is? Tired of racing? quit running? moved away? made an enemy in the club? personal life crisis? had too much responsibility or involvement in the club (burnout in general)? Or any combination of the above?

All of the above could provide an adequate reason for curtailing a running program. It still hurts a little not to be able to mingle with some of our 'oldtimer' friends. Personally, I wish they would all come out and run with us more regularly-- We need everyone....regardless of speed or opinion....It makes our club a better one.

It seems to me of all the above reasons mentioned for terminating or reducing one's activity with the FWTC, The major reason seems to be burnout..... Too few doing far too much. This may have been true from our earliest days of club existense when a handful created and carried the club in its infancy. It's understandable that any of these founding fathers 'run and hide.' (At election time)

Concerning running burnout specifically, for most, there seems to be only so many all-out races in your soul. John Schwarze (Who moved to Florida, returning last week for a vacation and a run at Grabil--Personally, I miss seeing John standing at the starting line in mid January only in his "T" shirt.) said that "It seems most competitive runners stay that way for about 7 years." (There are exceptions)"But hopefully, when that phase of your running ends, you'll still remain a runner."

We all know that there is a time and place for all out racing, but there is a time and place to enjoy an easier pace. I think it's this reason that many have enjoyed the Wednesday night fun run at Foster Park for so many years now. Run it slow or fast, you know at the end there will be friendly conversion be it January or July. Many times it is the social highlight of the week for me. There's no pressure to kill yourself (But there always seems to be a group that wants to). But the run's main theme is to have a good time.

In the same light, Don Lindley's

Pre-marathon Prediction run compares your performance against how you predicted you would fare. No pressure to kill yourself here either. Last week's New Haven Canal Days 10K awards medals liberally based on a pre-set time chart. These are fun events!

Racing still has its place, but there are other avenues of lower key which pay huge dividends to individuals and our club as well.



ALL THE WAY FROM THE PLAINS OF SUNDERLAND COMES.....

President's News and Views
by: Mike Robbins

-Update-

At the time of this writing we have had a great, but hot, spring of running. Post-marathon races have included 5K's at Canterbury (American Cancer Society), Shoaff Park, Arlington Park (Runner's Week) and a Countryside 10K at Grabil among others. Thanks go to FWTC members Tom Wagner, Mike Glasper, Tim Fleming and Don Ashton respectively for their efforts in directing these races. There have been very few days when the weather could be used as an excuse not to get out and exercise. The bikers and triathletes have to be as ecstatic as the lawn and garden are depressed.

-Book recommendation-

A straightforward, common-sense, easy-to-read book on the subject of eating is The Fit-or-Fat Target Diet by Covert Bailey. Mr. Bailey presents many principles to follow in establishing a healthy approach to proper diet. Though he presents no diet "formula," no special diet or set of foods to eat, he outlines basic nutritional guidelines and allows the reader to choose what foods to consume. He presents a "target" which is composed of four quadrants representing the four basic food groups. The center of target contains low fat, high fiber foods while the outer edges of the target are populated by higher fat, lower

fiber foods. An overweight ("overfat") person is encouraged to eat mainly from the center of the target while fitter individuals may indulge in some fringe foods.

A point Bailey makes strongly is that one should never concentrate on losing weight but instead lose fat. Loss of "weight" may include muscle loss which decreases the ability to burn fat and ultimately may create a fatter person.

Covert Bailey uses a sense of humor and light touch to present a serious topic. I am hopeful of achieving a greater awareness of what I'm eating since reading this book, though I have no illusions that proper eating habits are easy to come by. I heartily recommend this book to anyone who has ever thought twice about proper nutrition and healthful diet.

-Fluid Replacement-
Light, Dark or Bock

As the weather continues to heat up, fluid replacement becomes increasingly important. For many people, beer serves this purpose very well after a race or hard workout. Though this may be an excellent (or adequate) replacement, it does not give license to consume where alcoholic beverages are not permitted. With many upcoming FWTC races being held at local parks, we should all be conscious of not compromising the position of the FWTC and exercise due care in observing the applicable city regulations.

4220 So. Clinton St.
Ft. Wayne, IN 46806
219-744-5656



Total Screen Printing Service
Shirts - Jackets - Caps
Heat Transfers
P/S Emblems - Posters
WE DO IT ALL



Russ Suever blowin' his lights out at Canal Days (For 'points complaints' call Ken Miller this year)

POINTS

POINT STANDINGS

The results for the first four point races are in. These standings were compiled using the new method of calculating points for this year; each finisher was assigned a percentile for their position in each point race. The percentiles were then averaged to get the final points on the report. Note that men's and women's results were compiled separately. Please contact Ken Miller or Russ Suever concerning any age group corrections or any questions concerning the new system that you have.

OVERALL STANDINGS

NAME	AVE	#	PTS	RC
LOUCKS, TOM	1.0000	1	M	25
BEAM, JEFF	0.9919	3	M	20
SUNDLING, DOUG	0.9910	3	M	25
GARCIA, VINCE	0.9878	3	M	30
WILLIAMS, JERRY	0.9754	3	M	25
CLENDENEN, CHUCK	0.9695	1	M	20
RUETSCHILLING, DAVE	0.9618	1	M	30
SHEPHARD, BRIAN	0.9559	1	M	15
BERNARD KEVIN	0.9485	1	M	15
GLASPER MIKE	0.9481	2	M	30
KALFMAN, DAN	0.9415	3	M	30
FLOREA, STAN	0.9412	1	M	14
YODER, TOM	0.9404	2	M	30
PEARSON, HAL	0.9364	4	M	30
GARNER, JIM	0.9237	1	M	30

NAME	AVE	#	PTS	RC
NELSON, BETTY	1.0000	2	F	30
CONNOLLY, MARY THERE	1.0000	1	F	20
JAMISON, ANN	0.9763	4	F	40
TILLAPAUGH, JUDY	0.9425	2	F	20
YOUNG, JANET	0.9417	2	F	20
YANKOWIAK, THERESA	0.9200	2	F	20
CARNES, SUE	0.8958	1	F	30
DAWSON, TERI	0.8542	1	F	30
HANDLIN, LYN	0.8421	1	F	19
KOCZERGE, ROSE MARIE	0.8294	2	F	30

CONNOLLY, MARY THERE	1.0000	1	F	20
TILLAPAUGH, JUDY	0.9425	2	F	20
YOUNG, JANET	0.9417	2	F	20
YANKOWIAK, THERESA	0.9200	2	F	20
GETTY, SHARON	0.7796	4	F	20
CONRAD, LINDA	0.6884	3	F	20
SABRACK, CYNTHIA	0.5597	2	F	20
FLORREICH, SABINE	0.4054	1	F	20
BOSSARD, JULIE	0.3750	1	F	20
HOEPPNER, MARTHA	0.3421	1	F	20
JACKSON, BETTY	0.3125	1	F	20
HELTON, SUSAN	0.2895	1	F	20
DEWELLS, BETTY	0.1875	1	F	20

NELSON, BETTY	1.0000	2	F	30
CARNES, SUE	0.8958	1	F	30
DAWSON, TERI	0.8542	1	F	30
KOCZERGE, ROSE MARIE	0.8294	2	F	30
WIEDAU, KATHY	0.7895	1	F	30
FLEMING, PATTY	0.7500	1	F	30
SCHMIDT, MARSHA	0.7468	2	F	30
RICKNER, LIZ	0.7190	2	F	30
SJELZER, PHYLLIS	0.6757	1	F	30
BUTLER, JOYCE	0.6579	1	F	30
FEHMAN, SUSAN	0.5263	1	F	30
PETERSON, SUE	0.5135	1	F	30
YODER, SHERRY	0.5037	2	F	30
MIZE, ANN	0.5000	1	F	30
PLUCKETT, VAL	0.3755	4	F	30
RICHARDSON, SIEGLIND	0.2917	1	F	30
PERRIN, KAREN	0.1109	3	F	30

JAMISON, ANN	0.9763	4	F	40
SIMMONS, ROSEANN	0.8050	3	F	40
ASHTON, CAROL JO	0.5420	3	F	40
FLUZY, JOYCE	0.2843	3	F	40
WILSON, JULIE	0.2500	1	F	40
KLEINKNIGHT, SARAH	0.1622	1	F	40
TAYLOR, BONNIE	0.0927	2	F	40
GENSEHEIMER, MAURINE	0.0526	1	F	40
PAULEY, SHARON	0.0247	3	F	40

NYCUM, GLORIA	0.2396	2	F	50
LEFFERS, JEANNE	0.1842	1	F	50
HYNDMAN, RUTH	0.1579	1	F	50
LONGSWORTH, JEAN	0.1081	1	F	50
BURNS, JOAN	0.1053	1	F	50
SNYDER, DORIS	0.0789	1	F	50

SHEPHARD, BRIAN	0.9559	1	M	15
BERNING, KEVIN	0.9485	1	M	15
MILNER, DAVID	0.9082	2	M	15
EBERSOLE, MATT	0.8235	1	M	15
SWINEHART, BOB	0.7927	3	M	15
MESSMAN, JEFF	0.6377	2	M	15

BEAM, JEFF	0.9919	3	M	20
CLENDENEN, CHUCK	0.9695	1	M	20
WIENING, JOHN	0.8079	1	M	20
GIEGER, DAVE	0.7676	4	M	20
SCHLEMMER, KEN	0.7009	2	M	20
EDINGTON, CHRIS	0.6794	1	M	20
BABCOCK, KEN	0.6606	2	M	20
BEAM, GARY	0.6471	1	M	20
JOHNSON, RANDY	0.6264	2	M	20
CHILDOS, DAN	0.6019	1	M	20
GEIGER, MARK	0.5882	1	M	20
GETTS JR, LARRY	0.1912	1	M	20
VOTAW, KEN	0.0657	2	M	20

LOUCKS, TOM	1.0000	1	M	25
SUNDLING, DOUG	0.9910	3	M	25
WILLIAMS, JERRY	0.9754	3	M	25
DILLER, TERRY	0.9115	4	M	25
JOHNSON, WAYNE	0.8897	1	M	25
WALLEN, RICK	0.8737	2	M	25
SHAFFER, PAUL	0.8630	3	M	25
SCHENDEL, BOB	0.8627	4	M	25
TARDIFF, DON	0.8333	1	M	25
WYLIE, TOM	0.8125	1	M	25
SMITH, STEVE	0.7868	1	M	25
ELLIS, LARRY	0.7635	3	M	25
KING, CALVIN	0.7311	2	M	25
GATTON, TONY	0.7176	1	M	25
KING, KENNETH	0.7000	4	M	25
BALMAN, PAUL	0.6861	4	M	25
BEESON, JAMES	0.6267	2	M	25
STEELE, GARY	0.6152	2	M	25
BRATTOLE, MARK	0.5473	3	M	25
PEREZ, STEPHEN	0.5420	1	M	25
PECK, HARPER	0.3744	1	M	25
NELMANN, GARY	0.3444	2	M	25
HACK, ROGER	0.3270	1	M	25
KUHN, JOE	0.2171	2	M	25
BOBAY, GRAIG	0.2137	1	M	25
HEDGES, KEITH	0.1607	2	M	25

HANDLIN, LYN	0.8421	1	F	19
GORRELL, MICKIE	0.8088	1	F	19
CLAY, AMY	0.7027	1	F	19
VACHON, KAREN	0.4896	2	F	19
GEYER, KARMA	0.4358	2	F	19
PERRIN, CHRIS	0.2632	1	F	19

FLOREA, STAN	0.9412	1	M	14
GORRELL, TIMOTHY	0.6838	1	M	14
CHURCH, RICHIE	0.6489	1	M	14
SQUIRES, RICKY	0.3750	1	M	14
LINDLEY, MIKE	0.0707	2	M	14
LINDLEY, BRIAN	0.0284	1	M	14

GARCIA, VINCE	0.9878	3	M	30
RUETSCHILLING, DAVE	0.9618	1	M	30
GLASPER, MIKE	0.9481	2	M	30
KALFMAN, DAN	0.9415	3	M	30
YODER, TOM	0.9404	2	M	30
PEARSON, HAL	0.9364	4	M	30
GARNER, JIM	0.9237	1	M	30

TRELEAVAN, JOHN	0.9066	2 M 30
WILSON, ROGER	0.8962	4 M 30
PLACENCIA, ARNIE	0.8749	2 M 30
CASWELL, STEVE	0.8613	4 M 30
MINNICH, DAN	0.8130	2 M 30
COONAN, TERRY	0.7592	4 M 30
BARTON, BRUCE	0.7393	1 M 30
MAZOCK, JERRY	0.7265	3 M 30
RIZZO, PHIL	0.7060	3 M 30
ZECK, DENNY	0.6985	1 M 30
AKSAMIT, BILL	0.6450	2 M 30
SHIVELY, LARRY	0.6412	1 M 30
HERMAN, PAT	0.6135	3 M 30
STONEBRAKER, DENNIS	0.6066	1 M 30
CONNER, DENNIS	0.6048	3 M 30
THORN, ERIC	0.5972	1 M 30
DEXHEIMER, GARY	0.5878	1 M 30
ESCEBACK, RONALD	0.5308	1 M 30
EAKIN, JOHN	0.5139	1 M 30
FISCHER, TOM	0.5071	1 M 30
MENDEZ, MIGUEL	0.4926	1 M 30
GILLEY, PAUL	0.4795	3 M 30
WEST, THOMAS	0.4722	1 M 30
DICKEY, JERROLD	0.4645	1 M 30
BECKNER, ED	0.4583	1 M 30
KLINGER, HOWARD	0.4491	1 M 30
KENNERK, PHIL	0.4473	3 M 30
MILLER, BOB	0.4463	2 M 30
BOLIN, TIM	0.4444	1 M 30
MIGLIORI, BRIAN	0.4425	3 M 30
BEUCHEL, PAT	0.4281	4 M 30
DEMERITT, KEITH	0.4122	2 M 30
HOWER, RICK	0.4118	1 M 30
MORRISON, MARK	0.4110	2 M 30
LANE, GARY	0.3456	1 M 30
SHEDRON, JOHN	0.3380	1 M 30
BOSSARD, DAN	0.2685	1 M 30
ROEHLING, THOMAS	0.2269	1 M 30
SULLIVAN, TIM	0.1992	3 M 30
SABRACK, PAUL	0.1983	2 M 30
HARRIS, ROBERT	0.1680	2 M 30
MASON, RICHARD	0.0521	1 M 30

ARMSTRONG, LYNN	0.5554	2 M 35
WISNEWSKI, PHILL	0.5514	4 M 35
SHIPLEY, TERRY	0.5394	1 M 35
HASLER, ED	0.5308	2 M 35
ZURZULO, MIKE	0.5231	1 M 35
SMITH, WALLY	0.4604	2 M 35
O'CONNELL, TOM	0.4496	4 M 35
ADAMS, CHARLES	0.4485	1 M 35
GOLDTHWAITE, STEVE	0.4289	3 M 35
CULBERTSON, DEWEY	0.4191	1 M 35
HENKEL, AL	0.4173	2 M 35
PAINTER, IVAN	0.4117	3 M 35
MATHER, TOM	0.4005	4 M 35
GRAUWOCK, BOB	0.3886	1 M 35
KIRBY, GEORGE	0.3840	4 M 35
PETERSON, JOHN	0.3817	1 M 35
PEARSON, LEE	0.3809	3 M 35
BUTLER, STEVE	0.3684	3 M 35
GORRELL, CLIFTON	0.3676	1 M 35
HILGER, JOE	0.3516	2 M 35
LIPKEY, JIM	0.3445	3 M 35
LAW, JOE	0.3223	1 M 35
NOTTINGHAM, DON	0.2986	1 M 35
JAMISON, JAN	0.2721	1 M 35
WEAVER, MICHAEL	0.2477	1 M 35
SMITH, DAVE	0.2454	1 M 35
HENDRICKS, KEN	0.2322	1 M 35
RAFF, JEFFREY	0.1947	4 M 35
WIERSMA, ROBERT	0.1289	2 M 35
LINK, JOHN	0.1137	1 M 35
BURNS, STEVE	0.1103	1 M 35
COLE, MICHAEL	0.0926	1 M 35
YATES, MIKE	0.0758	1 M 35
HEIMBURGER, RON	0.0648	3 M 35
MORTENSEN, PHIL	0.0532	1 M 35
REISING, PAUL	0.0074	1 M 35

CLAY, ROBERT	0.2601	2 M 40
CLARK, KEN40	0.2595	1 M 40
LEE, LAWRENCE	0.2471	4 M 40
HAYHURST, TOM	0.2255	2 M 40
BAKER, DAVID	0.2206	1 M 40
RODGERS, JOHN	0.1985	1 M 40
KRIDER, BILL	0.1982	2 M 40
SMITH, J MICHAEL	0.1690	1 M 40
FARRELL, MIKE	0.1659	1 M 40
YANT, LARRY	0.1344	2 M 40
BERNING, RICHARD	0.0882	1 M 40

PERKINS, JERRY	0.8467	2 M 45
BARKER, WOODY	0.7492	2 M 45
LAUTZENHEISER, RICHARD	0.7431	1 M 45
ROMAIN, LOUIS	0.6690	1 M 45
MORRIS, JACK	0.6682	1 M 45
SIBREL, RAY	0.6677	3 M 45
BRANDT, CHARLES	0.6320	3 M 45
MILLER, CRAIG	0.5735	1 M 45
FELGER, TOM	0.5280	2 M 45
FELLER, TOM	0.5115	1 M 45
LAIRD, TOM	0.5029	3 M 45
ZIEGLER, JOE	0.4044	1 M 45
CLARK, KEN	0.3894	2 M 45
JANTZ, DON	0.3529	1 M 45
GRENSHEIMER, BOB	0.3235	1 M 45
LIEBRICH, TOM	0.3206	1 M 45
HOLLE, KARL	0.2891	1 M 45
DEEL, BRAD	0.2824	2 M 45
JARVIS, MARVIN	0.2541	3 M 45
GILBERT, ALLEN	0.2091	2 M 45
SILVE, DICK	0.2085	1 M 45
BROOKS, JOE	0.2084	3 M 45
RIBAR, JOHN	0.1592	2 M 45
RICHARDSON, JAMES	0.1296	1 M 45
SHOOK, RUSS	0.0616	1 M 45



They're off at Canal Days



The start of Canal Days 10K

ROBBINS, MIKE	0.8935	3 M 35
DENDINGER, TOM	0.8843	4 M 35
BYERS, ROBERT	0.8321	1 M 35
OBREGON, ART	0.8199	1 M 35
RIGELMAN, TODD	0.8088	1 M 35
KROELLS, DENNIS	0.8044	4 M 35
FLEMING, TIM	0.7794	1 M 35
MILTON, BOB	0.7500	1 M 35
WILLIAMS, RANDY	0.6898	1 M 35
RICKNER, GARY	0.6833	2 M 35
HENKEL, AL	0.6574	1 M 35
HAMILTON, JOHN	0.6266	2 M 35
WINTERS, DAVE	0.6175	3 M 35
ARCHBOLD, TOM	0.6087	3 M 35
REINKING, JACK	0.5972	1 M 35
REICHMAGE, DAVE	0.5915	2 M 35
GERFERT, ROBERT	0.5856	2 M 35

KUNKEL, JERI	0.8681	1 M 40
AVERBECK, LARRY	0.8652	3 M 40
LINDLEY, DON	0.8084	4 M 40
MOTYCKA, BERNIE	0.7836	2 M 40
HUDSON, DENNIS	0.7770	4 M 40
ROBERTS, RANDY	0.7685	1 M 40
ADKINSON, STEVE	0.7343	3 M 40
MOTYKA, RON	0.6808	3 M 40
PUCKETT, ROGER	0.6645	4 M 40
MCGOWIN, JIM	0.6644	1 M 40
BOYLAN, DAVE	0.6553	2 M 40
ASHTON, DON	0.6074	3 M 40
WALDROP, DAVE	0.5191	1 M 40
WURST, RONALD	0.5183	2 M 40
WOLFF, DAVE	0.4775	2 M 40
BURGETTE, BERNIE	0.4670	3 M 40
HEYMANN, JAMES	0.4668	2 M 40
OKOROW, CHUCK	0.4548	2 M 40
LEE, LARRY	0.4440	2 M 40
KLIENKNIGHT, RUDY	0.4383	4 M 40
LOVELL, ROBERT	0.3969	1 M 40
BYERLEY, MIKE	0.3932	2 M 40
WATERFIELD, RICHARD	0.3768	3 M 40
CALLICOTTE, JOHN	0.3507	1 M 40
RASMUSSEN, JOHN	0.3330	3 M 40
CUTSHALL, DEAN	0.2976	4 M 40

SCHMIDT, BILL	0.8313	2 M 50
MEYER, MYRON	0.7333	2 M 50
KAST, MIKE	0.7121	2 M 50
GETTY, CLEM	0.4731	3 M 50
GRAN, GENE	0.4636	2 M 50
TOMLINSON, GILES	0.4559	1 M 50
HILKER, JOHN	0.4530	3 M 50
GAUTSCH, TERRY	0.3811	2 M 50
SOHASKI, BILL	0.3634	1 M 50
HUESING, BERNIE	0.3511	1 M 50

ADAMS, WENDEL	0.3218	2 M 50
CHANDLER, HERB	0.2940	2 M 50
DITTO, CLIFF	0.2870	3 M 50
WILSON, DAVE	0.2731	1 M 50
WHISLER, NORM	0.2647	1 M 50
GILBERT, C RAY	0.2580	2 M 50
NOLD, CURTIS	0.2147	2 M 50
DEVAULT, CHUCK	0.2133	1 M 50
MYERS, DONNIE	0.2130	1 M 50
JONES, J P	0.2118	2 M 50
BECKMAN, R B	0.1982	2 M 50
BASH, HOWARD	0.1852	1 M 50
FLORREICH, RUDY	0.1838	1 M 50
GOBLE, JACK	0.1604	2 M 50
SNYDER, PAUL	0.1056	4 M 50
MOORE, AL	0.0799	4 M 50
HOUSE, RODDA	0.0718	1 M 50
SULLIVAN, KING	0.0569	1 M 50
BIDDLE, ELDEN	0.0515	1 M 50
LONGSWORTH, RICHARD	0.0294	1 M 50
COODING, LARRY	0.0255	1 M 50
JEDINAK, JOHN	0.0221	1 M 50
PHILLIPS, ROGER	0.0161	3 M 50

BURNS, PHIL	0.1693	4 M 60
HARRIS, WALT	0.0735	1 M 60
FLEETWOOD, CHET	0.0676	2 M 60



THE BIG THREE-O
by Doug Sundling

As of the July newsletter, I should have reached somewhat of a milestone in my life.

I will have made it up the hill and will be ready to go over it. Or so sang the anthem of youth that surrounded me in my early years in the 60's.

I will have finished three decades of experiencing existence.

I'll be 30!

The big THREE - O.

Over-the-hill.

(Three decades sounds like a long time, doesn't it?)

Gad -- when will it hit that I'm no longer in my twenties? No longer a young whipper-snapper? That I shouldn't be foot-loose-&-fancy-free? That I should be settling down?

That I should be worrying about career advancement, college funds for non-existent kids, improving my golf score (but not improving enough so as to beat my boss), or retirement possibilities away from this wonderfully unpredictable, inconsistent Hoosier weather?

That I should be worrying about whether I have made a smooth transition from being one of the last blossoms of the flower children of the yuppies to metaphorizing into one of the newly sprouted yuppies?

That I should be worrying about if extra-martial sex is really the tantalizing sensation it is hyped to be . . .

That I should be disciplining myself to all these newfangled diet delights of Lite breads, Lite TV dinners, Lite pre-prepared frozen dinners dishes, Lite beer, Lite soda pops, and lite-headedness in order to reduce what should be my growing middle-aged pouch?

I don't know ... maybe someday ... at least, that has been what I have heard for the last ten years or so: "Enjoy it while you can, because someday you'll have to settle down."

Or, "Just what till you get older and then . . ."

So what? If I am suppose to feel different with each new birthday, especially the big THREE - O, I have discovered you don't. Who does? Life goes on, and why should I let-up with the pace I'm going at, either with life or running.

But, what about age 30 as a runner?

In the past couple years or so, I have been listening to fellow runners say repeatedly: "Next year when I turn 30, and I'll finally be out of the 20-29 age division, and I can start to kick some booty."

Okay . . . now I'm 30.

What's the big deal?

I look around and the toughest competition is concentrated in the 25 - 35 age bracket. Many of the competitive runners who catapulted running up to its present plateau are in a 5 year age (plus & minus) range around me.

A look at the results of the TV 33/Hooks Marathon and most other races reflect this.

Turning thirty only means that the rest of the same bunch of competitive runners I have known over the past ten years are still right there with me.

So much for kicking booty when I turn 30.

As I begin the initial summer of my fortieth decade, do I feel the age in my legs or body?

I'm not sure. I'm not sure what I am suppose to be feeling since I have never been any older than what I am.

If I am suppose to have lost some speed, it doesn't show. Last July, I ran my fastest 5 KM ever. Last August, I ran the farthest I ever had for a one hour run. Last October, I ran my second fastest 10 KM while in questionable shape. This past May, I ran a PR for a marathon.

I train with the purpose of trying to improve every standard I have set so far, and I see no reason with I can't continue to be a faster runner.

During my interval workouts, I sometimes don't feel the same raw speed I felt before in younger days when I tended to run interval workouts with reckless abandon as I continually hit my limits.

But, with age and a reflective mind and soul comes wisdom, and I now feel a different kind of speed in my legs and body while running various workouts and road races. It is a speed of strength and knowing how to push my limits, a strength and knowledge I didn't have in youth.

As a younger runner, I constantly pushed youthful frustration with my seemingly pointless limitations against what mother nature would comfortably allow me to do. I was young -- dreams abounded -- and so should my speed and racing ability I fancied.

But reality reshaped those dreams and my fancies, and with age came a keener awareness of my abilities.

I can still recall the elated feeling of the raw, unimpeded speed of running as a youth, but I gain a satisfaction second to none from the feeling of controlled strength and speed working together as I cruise along at the edges of my limits of maintaining my speed in a race or a workout.

At 30, I am faster than I have ever been because I am smarter. And stronger. (No sooner will this have been printed, and odds are that I will have some of the slowest races of my life this summer . . .)

There are still times when I often wonder if the running is worthwhile, if I shouldn't be pursuing something else, especially when I look at my non-running friends after I have been struggling through one of the many valleys a runner journeys through. But, then I run a marathon like I did this past May, and the running provides a most gratifying reward.

Although the race accomplishments are nice, it is the daily running that continually reassures running is indeed worthwhile.

It is the run at dawn that energizes my sleepy self with an awakening no cup of coffee could ever match.

It is the run in the drizzling rain which cleanses a weary soul and provides the unexpected ray of sunlight on what may have been an otherwise gray day.

It is the run on the trails of a State Park or along a river bank which re-tunes my body to the rhythms of nature.

It is often the long, quiet run during which troubled

thoughts toss and tumble till they settle into a more clearer, proper perspective.

I owe a lot to running. I am stronger and healthier now than I have ever been. The envy of many a friend boxed into a "traditional" Amercian way-of-life readily reinforces that. One of the more noticable observations, unfortunately, evident during my recent graduate work at Ball State University was that I seemed healthier than most of the students, who were 4 - 11 years younger.

As for the list of worries I posed at the beginning --

I still enjoy whole, healthy foods without worrying about calories. I can't have the eating binges I would have in my youth, but I can still enjoy a well prepared meal on a regular basis and not have to worry about the caloric input.

Lite beer is for the light-weights; I still prefer a good, cold bottle of stout.

Life, so far for me, has been moderately comfortable without the stress of worrying about career advancement.

Golf is still too boring -- for me -- even though I appreciate the mental challenge it poses. When I see a lush, rolling golf course, my first impulse yearns to go jog over that marvelous terrain; different strokes for different folks, I've been told a lot of times.

For me, the humanistic valves of the 60's and 70's seem more intertwined with what it means to be a runner than do the ecogocentri-nomic valves of the 80's.

As for "settling down" -- one of the many things nature has taught me in these first thirty years of living is that if something stops growing, it starts dying. A tranquil pond in life is a nice place to pause and reflect, an aid station in the marathon of life, but I prefer the challenge of experiencing the marathon, of flowing with the rivers of life.

What the future will bring is uncertain, and I can just keep running along. It seems that with the proliferation of 30+ year-old runners making their marks on the world running scene, age only limits those who are content to talk about it. Who knows -- if I think long enough about it, the big THREE - 0 might start to settle

in, especially when I have to check off my age bracket on the rest of the race entry forms from now on.

Which brings up probably the biggest problem for me as a thirty-year-old: I was born at the mid-point of the year, and I'm curious to see where the FWTC puts me for the age bracket points competition.

If nothing else because I'm now 30, at least I'm out of Tom Loucks's age bracket now -- and into Jerry Mazock's.

Results of Grabill Countryside 10k

June 1, 1985

Overall male winner: Tom Loucks 31:06
Overall female winner Betty Nelson 36:55

Women

Name	Time
<u>14 and Under</u>	
Amy Clay	47:39
Heidi Strasser	50:55
Judy Hulbert	55:11
Jen Stuelpe	58:34
<u>15 to 19</u>	
Paula Smead	50:20
Jenni Richards	57:05
Amy McDaniel	59:57
Lesia Lewis	1:02:25
Kelly Ohlwine	1:03:06
Linda Bowers	1:03:40
Peggy Henderson	1:13:48
<u>20 to 24</u>	
Karen Vachon	46:14
Linda Conrad	47:04
Betty Ann Dewells	50:12
Marianne Rodriguez	52:49
Kathy Klingshirn	1:00:38
Ellen McKinley	1:11:18
<u>25 to 29</u>	
Judy Tillapaugh	40:08
Sharon Getty	44:54
Lyn Handlin	45:38
Elizabeth Wladeck	48:29
Mary Jo Ardington	49:53
Julie Brown	50:23
Martha Hoepfner	56:22
Maureen Scheiner	58:53
Darlene Miller	1:18:20
<u>30 to 39</u>	
Betty Nelson	36:55
Kathy Widau	44:35
Julie Manger	45:45
Joyce Butler	49:39
Mary Cook	51:14
Barb Scrogam	52:30
Sharon Downey	52:47
Brenda Wolfe	53:17
Kathleen Scheumann	53:27

Name	Time
Nancy Gebfert	53:30
Cathy Ballet	55:03
Sherry Mosher	56:35
Karen Perrin	1:01:36
Jeanne Payne	1:12:02

40 to 49

Ann Jamison	38:33
Roseann Simmons	47:48
Joyce Fuzy	54:18
Gloria Ribar	58:28
Bonnie Taylor	1:02:00
Sharon Pauley	1:15:25

50 to 59

Virginia Chapman	1:01:30
Jeanne Leffers	1:04:27

Men

14 and Under

Stan Florea	34:35
Tim Gorrell	38:45
Brian Durlin	39:51
Curt Johnson	44:34
John Marquardt	44:49
Chad Wolff	49:36
Clayton Schnelker	56:49

15 to 19

Kevin Berning	35:29
Bob Swainhart	37:19
Matt Hess	38:50
Cliff Meeks	39:33
Jeff Smead	42:56
Mark Stauffer	43:10
Geoff Stratton	43:20
Soren Hansen	44:09
Rob Poinsette	45:10
Brad Beard	45:41
Rod Gerberts	47:51
Cortney Schwartz	53:14

20 to 24

Jeff Beam	31:43
David Geiger	36:09
Terry Teegardin	36:14
Paul Cearns	36:45
Steve McNulty	36:50
Gary Beam	38:56
Brian Childs	39:17
Ward Moya	41:58
Alan Bell	45:18
Bruce Young	45:40
David Butler	46:22
Rex Simm	50:11
Kenneth Votaw	52:00
Kirk Muri	55:12
Robert Leeper	56:04

25 to 29

Tom Loucks	31:06
John Olszewski	33:21
James Bushey	36:13
Steven Perez	37:10
Robert Schendell	37:19
Robert Smith	38:01
Todd Nichols	38:19
Pat Beuchell	39:02
William Wagoner	39:37



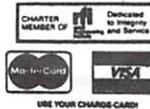
Nobody Beats CARPETLAND for Value, Selection or Price!

CARPETLAND USA

"Serving Ft. Wayne Since 1932"

1111 W. Washington Center Rd.

MON.-FRI.
10-9
SAT. 10-5
SUN. 12-5



SEVENTH ANNUAL TURTLE 10,000 RACE
SATURDAY, JUNE 29, 1985

Name	Time
Don Cunningham	40:09
Jim Ellert	40:43
Greg Scheffel	40:46
Larry Miller	41:07
Roger Smith	43:42
Gary Neumann	43:43
James Beeson	43:44
David Renoh	45:23
Kevin Baller	45:32
Craig Bobay	45:40
Rick Burks	45:46
Richard Key	46:16
Ron Klopfenstein	46:25
Craig Buckley	46:39
Kerry Ames	46:45
Tom McCord	46:50
Jerry Nahrwold	47:33
Daniel Hathaway	47:43
Gregory Zern	47:45
Kerry Leffel	48:01
Geoffrey Wladicki	48:30
Dean Leeper	50:57
Bruce Bickley	52:21
Jim Amstutz	55:08
Rick Borkowski	57:13

30 to 34

Dan Kaufman	34:08
David Ruetschilling	34:47
Arni Placencia	35:38
John Treleaven	35:42
Tom Yoder	36:16
Terry Coonan	36:52
Voyle Hartleroad	37:51
Pat Hermann	38:06
Randy Sordelet	39:01
Tim Zumbaugh	40:00
Gary Noll	40:31
Dennis Stonebraker	41:13
John Heath	41:44
Tommy Evans	41:45
Rick Trabel	42:33
Bob Miller	43:02
Robert Rinearson	43:19
Charles Smith	43:24
David Smith	54:35
Dave Bartle	46:21
Tom Fuelling	47:03
Tom Roehling	47:47
Tim Stauffer	47:56
David Corner	48:06
Tim Sullivan	48:15
Bruce Hamilton	48:32
Bill Townsend	48:34
Steve Felger	49:14
Craig Hartman	49:24
Michael Downey	49:59
Robert Hessie	50:00
Dana Budd	50:00
Dave Zimmerman	50:13
Dave McComb	50:25
Jim Ashley	50:36
Mike Chelf	51:05
Bobby Jones	52:25

Name	Time
Gail Hoffman	52:34
Skip Brant	57:23
Daniel Patton	59:26

35 to 39

Mike Robbins	34:49
Dennie Kroells	37:08
John Schwarze	37:23
Greg Fahl	37:46
Lynn Armstrong	38:36
Phil McCartney	41:03
John Gaier	41:19
Al Henkel	41:31
Tom O'Connell	41:36
Tom Mather	41:41
Larry Shively	41:54
Steve Goldthwaite	42:01
Phillip Luttmann	42:09
Clifton Gorrel	42:44
Darrell Ordway	42:53
George Kirby	42:57
Wallace Smith	43:33
Joel Schartzner	44:24
Perry Young	45:52
Fred Payne	46:03
Bob Klitzman	46:18
Bruce Heine	46:24
Laverne Weaver	46:38
Gary Adkison	46:42
Jeff Raff	46:58
Charlie Knepple	47:30
William Jones	47:32
John Link	48:10
David Murray	48:11
Ken Hendricks	48:18
James Simpson	48:20
Thomas Cameron	48:26
Greg Johnson	49:07
Tom Fisher	49:15
Don Jimanger	49:57
Steve Neumann	52:09
Bruce Montgomery	54:12
Phillip Kurtz	54:36
Steve Schnellker	56:50
Mike Hendricks	57:28

40 to 44

Don Lindley	36:55
Tom Brygider	37:16
Larry Averbeck	39:09
Steve Adkison	39:32
Dave Waldrop	41:30
Dave Wolff	41:46
Bernie Burgette	42:15
Erik Chickedantz	42:26
Dean Cutshall	42:26
Fred Brokaw	43:05
Lowell Johnson	43:20
James Haymann	43:58
Richard Zink	45:28
William Krider	46:10
Robert Clay	46:20
Mike Byerley	46:35

Name	Time
Mike Hey	47:00
James Widmeyer	47:01
Ron Geabler	47:41
Duane Voirol	47:59
Mark Mishled	48:16
Jeff McCann	48:27
Larry Bott	53:24
Don Rogers	54:37
Dave Swanson	57:10

45 to 49

Craig Miller	39:39
Ken Clark	42:39
Thomas King	43:32
Brad Deel	44:55
Tom Haley	45:58
Dick Sive	47:13
Karl Holle	47:45
John Ribar	49:04
Vaughn Roberts	50:19

50 to 59

Clem Getty	41:12
John Hilker	42:47
Gene Gran	42:58
Hal Lewis	43:29
Norman Whisler	44:26
Howard Bash	47:15
Donnie Myers	48:14
J. P. Jones	48:15
Rudi Florreich	48:21
Wilfred Buck	48:33
Eugene Striggle	48:52
George Dykhuizen	50:53
King Sullivan	51:27
Robert Leeper	52:41
Alfred Moore	52:42
Bill McKinley	52:13
Melvin Day	54:16
Roger Phillips	59:04
Jack O'Neil	59:46
John Jedinak	1:00:49

60 and Over

Chet Fleetwood	51:35
Walt Harris	53:45
Robert Beckman	54:35



Steve Adkison at Canal Days

RACE INFORMATION

DATE: July 13, 1985

TIME: Indiana Time
CHECK-IN / LATE REGISTRATION 7:00 a.m. to Race Start

25K 8:00 a.m.
10K 9:00 a.m.
1 Mile Fun Run 9:05 a.m.
Awards 11:00 a.m.

LOCATION: Both races will start and finish in front of the Midwest Commerce Bank at 308 Division in Bristol, Indiana.

AWARDS

- T-shirts guaranteed on race day to all entries received by July 6. Entries received after July 6 will receive their T-shirt by mail, or be notified where it can be picked up.
- Over 150 unique custom designed lithograph awards to overall and age group winners. Age group awards proportioned to the number of entrants in each age group. Overall winners not eligible for age group awards.
- The top 100 finishers in the 25K will receive a special "Century Club" T-shirt. This will be in lieu of the regular race T-shirt.

COURSE INFORMATION

10K race through the beautiful farm area of Bristol. 25K is an exhilarating run through the challenging fruithills of Bristol.



SPECIAL FEATURES

- Post race fruit loading party. There will be a free (to runners) post race party featuring fruit. We will also be serving cookies, cheese, ice cream and soft drinks.
- Blue grass band in finish area.
- Random drawing for special prizes.
- Race results mailed to all entrants.

REGISTRATION

COST: \$8.00 if received by July 6.
\$10.00 after July 6 and on day of race.

MAKE ALL CHECKS PAYABLE TO: Bristol Fruithills Classic

MAIL ENTRY TO: Bristol Fruithills Classic
125 Alfred
Elkhart, IN 46516

PACKET PICKUP: Friday Evening 5:00-8:00 and Day of Race
Midwest Commerce Bank
308 Division, Bristol

FOR FURTHER INFORMATION: Call - (219) 294-7043

AGE DIVISIONS

10K	30-34
Younger-12	35-39
13-15	40-44
16-18	45-49
19-24	50-59
25-29	60+
25K	
Younger-14	35-39
15-17	40-45
18-24	46-49
25-29	50+
30-34	

MILE FUN RUN

A 1 mile fun run will begin immediately after the start of the 10K race. All participants will receive a T-shirt and finisher ribbon. Entry fee will be \$8.00 if received by July 6. \$10.00 after July 6 and on day of race.

BRISTOL FRUITHILLS CLASSIC

LAST NAME										FIRST NAME										FW		OFFICIAL USE ONLY		CHECK ONE		RACE		25K		10K		MILE FUN RUN									
STREET ADDRESS																				APT. OR UNIT		BIRTH DATE		MONTH		DAY		YEAR		TOWN OR CITY		STATE		ZIP CODE		AREA		WORK PHONE		EXT.	
AGE ON 7/13/85		T-SHIRT SIZE		AREA		HOME PHONE		SEX		RECEIVED BY 7/6		\$8		\$10		LATE ENTRY		NO REFUNDS																							

Waiver of Liability: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and administrators waive and release all rights and claims for damages, illnesses and injuries I may have against the Bristol Fruithills Classic, its officials, sponsors, agents, representatives or any and all other persons connected with this event, while traveling to, participating in, and returning from this event. I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Runner's Signature _____ If under 18, Parent's Signature _____

MAIL TO: Bristol Fruithills Classic
125 Alfred
Elkhart, Indiana 46516

MAKE CHECK PAYABLE TO:
Bristol Fruithills Classic

UNSIGNED ENTRIES
WILL NOT BE ACCEPTED

AMERICAN CANCER SOCIETY
 "WE ARE WINNING" 5K
 MAY 18, 1985

PLACE	NAME	AGE/	DIV. PL	TIME
1	TOM LOUCKS	25/1		15:05
2	CHRIS NORRICK	19/1		16:03
3	RON GALLOGLY	23/2		16:13
4	MICHAEL GLASPER	31/1		16:24
5	TERRY TEEGARDIN	22/3		16:46
6	PHIL SUELZER	33/2		16:54
7	JOEL WISE	16/2		17:03
8	ROD BAUERMEISTER	24/4		17:04
9	JOE LISIUS	32/3		17:05
10	LYNN ARMSTRONG	37/4		17:38
11	SEAN COLLENTINE	35/5		17:53
12	DON LINDLEY	41/1		18:00
13	STEVEN SMITH	27/5		18:10
14	GARY STEELE	26/6		18:27
15	BILL JENKINS	31/6		18:44
16	TOM O'CONNELL	38/7		19:08
17	MICHEAL RAY	24/7		19:09
18	PAT BEVCHEL	26/8		19:16
19	BERNIE BURGETTE	41/2		19:57
20	JO ELLEN KARST	21/1		19:59
21	GEORGE KIRBY	36/8		20:07
22	BOB FRISBY	45/3		20:21
23	DEAN CUTSHALL	41/4		20:26
24	JAMES HEYMANN	42/5		20:34
25	ED BARRETT	40/6		20:59
26	KATHY MIDAU	32/1		21:00
27	LYN HANDLIN	28/2		21:07
28	HOWARD BASH	52/1		21:13
29	DEB GLASPER	32/2		21:23
30	IAN ROLLAND	51/2		21:26
31	JOHN SCHNEIDER	28/9		21:28
32	DAN BREHM	26/10		22:10
33	DON MYERS	51/3		22:23
34	BRUCE HEINE	35/9		22:41
35	MIKE THOMPSON	14/3		22:43
36	ERIC BAKER	13/4		22:44
37	PHYLLIS SUELZER	32/3		22:50
38	CRAIG HAUFMAN	30/10		23:07
39	MARK SIEMER	25/11		23:14
40	LARRY GETTS, JR.	24/12		23:15
41	JOHN RIBAR	49/7		23:16
42	WALT HESSLER	31/11		23:39
43	JIM RICK	40/8		23:55
44	RICK BORKOWSKI	26/13		24:01
45	DEDE McMANUS	45/1		24:22
46	ALFRED MOORE	55/4		24:25
47	GERALD DAVIS	32/12		24:43
48	KENT HORMANN	31/13		24:53
49	MIKE KEEFER	37/14		25:04
50	UNKNOWN			25:07
51	MATT SHOTTS	13/5		25:15
52	BEN WIRKNER	38/15		25:23
53	JOYCE FUZY	47/2		25:41
54	CATHY SMITH	37/4		25:44
55	MARTHA HOEPPNER	29/3		25:49
56	JODY LONG	30/5		26:11
57	GLENN ABELS	27/14		26:16
58	JULIE COBURN	26/4		26:17
59	KIRSTEN KRONE	26/5		26:18
60	MELANIE KIMBROUGH	29/6		26:26
61	JIM AMSTUTZ	26/15		26:30
62	BOBBI PUTMAN	40/3		26:34
63	DAVID TARR	35/16		26:35
64	JANIS GREENE	42/4		26:55
65	BARB SCROGHAM	38/6		27:09
66	GLORIA RIBAR	44/5		27:10
67	DEBORA LAWVER	20/7		27:20
68	H.W. MYER	41/9		27:26

69	JAMES BOYD	27/16		27:39
70	JACK O'NEIL	59/5		27:54
71	TRICIA FUHRMANN	15/1		27:55
72	RUTH BOTTOMS	35/7		28:09
73	JAMES LEE	59/6		28:30
74	ROBERT HACKENSMITH	56/7		28:34
75	JO-ANNE YUROSKO	38/8		28:35
76	CINDY LUEBBERT	25/8		28:37
77	HOLLY BIGGS	29/9		29:02
78	JOHN JEDINAK	51/8		29:04
79	MIMI ROLLAND	51/1		29:08
80	KATHI WEISS	37/9		29:11
81	UNKNOWN			30:02
82	CELESTE WHALEN	23/10		30:03
83	UNKNOWN			30:04
84	DAVE BEERY	32/17		30:05
85	SHEILA SIEMER	26/11		30:11
86	SUE TEUBNER	25/12		30:12
87	BEVERLY CORNER	28/13		30:26
88	LISA ASHLEY	32/10		30:27
89	RUTH HYNDMAN	51/2		31:18
90	CHARLOTTE LYTLE	29/14		31:30
91	SALLY ZLATOS	33/11		32:14
92	PAT BAIL	35/12		33:07
93	LOIS FUHRMANN	35/13		34:03
94	SHARON PAULEY	45/6		34:07
95	UNKNOWN			34:17
96	UNKNOWN			36:05
97	DIANA WENDEL	42/7		43:02

July 27 - Auburn Classic City Road Races

1 Mile Fun Run 8:00 AM
 5K and 10K 8:30 AM

Rick Hower - (219) 925-4112

August 10 - Butler Days Road Races

1 Mile Fun Run 8:00 AM
 5K and 10K 8:30 AM

Rick Hower (219) 925-4112

Jogging might give you blisters and shin splints, but it won't cause arthritis, say two new studies.

Findings even suggest that runners' bones might be stronger and thicker than non-runners. People with strong bones and joints are less likely to develop osteoarthritis — loss of cartilage which inhibits movement and causes pain.

"We looked at people who had run a lot of miles for a lot of years and there's no information to suggest that running hurts the joints," says Dr. Richard Panush, immunology and rheumatology chief at the University of Florida Veteran's Administration Medical Center in Gainesville.

He studied 22 men — average age 53 — who ran an average of 28 miles a week for more than 11 years. He compared the runners to 18 non-runners — average age 60.

Key findings:

■ On a 0-3 scale, with 3 the most severe, average knee degeneration was 0.06 for runners and 0.33 for non-runners.

■ Runners' hip cartilage thickness was an average of 4.65 millimeters; non-runners, 4.35. Loss of cartilage accompanies bone degeneration.

In a study at Stanford (Calif.) University, Dr. Nancy Lane surveyed 41 runners and 41 non-runners, all 50 or older.

X-rays showed "no significant difference in loss of cartilage between the two groups," Lane says. Both studies are to be presented this week at the American Rheumatism Association's 20th annual meeting in Anaheim, Calif.

By
 Sally Ann
 Stewart;
 USA TODAY

```

*****
#
# FORT WAYNE TRACK CLUB MERCHANDISE
#
#
# FWTCC RUNNING OUTFIT $25.00 RUNNERS LOG $2.00
# These are quality Dolphin shorts and singlet. They are red with the white club logo on the front with your name on the back. They are a 50%-50% blend of cotton and polyester. Shorts have red color with white logo and are lined. Sizes are small, medium and large.
#
# LICENSE PLATE $5.00
# White plate with red club logo and FT. WAYNE TRACK CLUB
#
# FOR MORE INFORMATION CALL TIM FLEMING OR DENNY ZECH
# 749-8027 484-3473
#
*****

```

```

*****
# SEND CHECK TO:
# RUNNERS WEEK
# 3120 Country Park Lane Ft. Wayne, In. 46815
# Name _____
# Add. _____
# City _____ St. _____ Zip _____
# Phone _____ M _____ F _____
# Ft. Wayne Track Club T'S a $6.00
# Running outfit @ $25.00
# Runners log @ 2.00
# License plate @ 5.00
# Plate frame @ 7.50
# Bumper sticker @ 2.00
# Subtotal
# Handling 1.00
# TOTAL
*****

```



SIXTH ANNUAL 10,000 METER RACE and ONE MILE FUN RUN

Columbia City, Saturday, July 20, 1985
Fun Run 7:30 a.m., 10K 8:00 a.m.

REGISTRATION starts at 6:30 a.m., south side of Court House, Columbia City
ENTRY FEES - Received by July 12, 1985, 10K - \$7.00 non-members, \$5.00 Ft. Wayne Track Club members; Fun Run \$3.00 all runners. Late registration: 10K - \$9.00 all runners, Fun Run - \$4.00.
COURSE - The 6.2 mile course is routed through the city and the country, with challenging hills at the five-mile mark to the finish. Splits at each mile mark and water at the one, three, and the finish.
AGE CATEGORIES - Men: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-over. Women: 19-under, 20-29, 30-39, 40-49, 50-over.
SPECIAL CATEGORIES: Cruiser Weights: 180 lbs.-200 lbs., 200 lbs.-over.
AWARDS: Award for the best time overall for male and female winners. Awards to top 20% in each age group or a minimum of two awards each age group. Overall winners do not qualify for age group awards. Long sleeved training shirts to all entrants in 10K and painter's hats to entrants in the Fun Run. Awards to first 20 finishes in the Fun Run. Awards to top 20% in each weight class in Cruiser Weights.
FINISH LINE - Action Stats, Inc. with computerized results and fast, reliable times for every runner, and no finish line backup. No showers or lockers, but rest rooms will be furnished. Refreshments served after the race. Race results will be mailed to all runners.
PRESENTED BY - Old Settlers Day Celebration and American Legion Festival.
FOR ENTRY AND FURTHER INFORMATION - CALL (219) 244-5500 or (219) 244-7726.

OLD SETTLERS 10K ENTRY FORM

Name _____ Sex: M _____ F _____ Age: _____
 Address _____ Fort Wayne Track Club
 City _____ Member: Yes _____ No _____
 State _____ Zip _____ Race (check one) 10K _____ 1 mi. _____
 Cruiser Weights: 180-200 lbs. _____
 200 lbs. & over _____
 T-Shirt Size (circle one): S M L XL

WAIVER
 In consideration of acceptance of this entry, I waive myself, my heirs, and assigns, any and all claims for damage against the Old Settlers Day Association, Inc., and their representatives, for any and all injuries received during, and after this event. I attest and verify that I am sufficiently conditioned to participate in this event.
 Signature _____ Date _____
 (Parents signature required if under 18 years of age.)

TRI-WATER MEISTER



3211 COVINGTON ROAD 432-0011

CYCLES GITANE

Little River
MARINE
Exercise Rowing Shells

Spenco

THULE
SWEDEN
SYSTEM 1050

Mohawk Canoes

CENTURION

THE INTELLIGENT CHOICE

KARHU
Gookinaid E.R.G.

SPECIALIZED
BICYCLE COMPONENTS

Skid-Lid

SAWYER
CANOE

We-no-nah Canoe

VIGORELLI

Wigwam

blackburn

PEAK
Coleman INNOVATIVE OUTDOOR EQUIPMENT

Eureka! Tents

& MORE!

I'd like to thank everyone who ran the Circular 5K and hope you had a fun (and possibly a good) time. I enjoyed the event and hope to be able to do it again next year.

I'd be remiss if I didn't give credit for the success of the race to those who were responsible: Deb, Cliff, and Rob Glasper, Chris Schortgen, John Hill, Bob and Sharon Pauley, Roseann and Don Lindley, Kathy (she's not allowed to complain) Robbins, Dick Florea, and anyone I might have overlooked.

When I screw up I usually do it good and this time was no exception. I forgot the women's 50 and over category. I apologize for the error and will get awards for the first 3 women.

CIRCULAR 5K
May 19, 1985

OVERALL WINNERS

Tom Loucks 15:19
Mary Theresa Connolly 18:34

WOMEN

19 & Under

1 (86) *Marnie Gautsch 20:40
2 (112) Amy Clay 22:09
3 (150) *Kelly Kruells 25:54
4 (152) *Kelly Ohlwin 26:08
5 (155) *Karen Gerbers 26:45
6 (157) Mickie Gorrell 27:11
7 (162) Chris Perrin 29:01

20 - 29

1 (73) Judy Tillapaugh 19:50
2 (75) Theresa Yankowiak 20:06
3 (76) *JoEllen Karst 20:12
4 (105) Lynn Handlin 21:34
5 (106) Sharon Getty 21:35
6 (128) *Elizabeth Struckholz 23:30
7 (133) *Cindie Rossworm 24:01
8 (136) Cynthia Sabrack 24:22
9 (156) Martha Hoepfner 26:48
10 (159) Susan Helton 27:36
11 (165) *Bernice King 30:58
12 (168) *Ruby Swincher 32:21

30 - 39

1 (109) Kathy Widau 21:44
2 (116) Marsh Schmidt 22:27
3 (132) Joyce Butler 23:58
4 (140) Valerie Puckett 24:55
5 (146) Susan Fehman 25:30
6 (151) *Cathy Smith 26:07
7 (153) *Nancy Gebfert 26:17
8 (163) Karen Perrin 29:22

40 - 49

1 (56) Ann Jamison 19:03
2 (122) Roseann Simmons 23:06
3 (134) Jo Ashton 24:02
4 (154) Joyce Fuzy 26:24
5 (173) Maurine Gensheimer 37:33
6 (174) Sharon Pauley 37:35

50 & Over

1 (166) Jeanne Leffers* 31:28
2 (167) Ruth Hyndman 32:08
3 (169) Joan Burns 32:27
4 (172) Doris Snyder 34:10

MEN

14 & Under

1 (9) Stan Florea 16:34
2 (45) Tim Gorrell 18:35
3 (51) *Randy Gonser 18:52
4 (92) Rick Squires 20:58
5 (119) *Chad Wolff 22:40
6 (120) *Josh Howe 22:47
7 (138) Mike Lindley 24:50
8 (142) *Jarrod Whitaker 25:03
9 (170) *Nathan Reising 32:33

15 - 19

1 (7) Brian Shephard 16:26
2 (8) Kevin Berning 16:32
3 (25) Matt Ebersole 17:47
4 (41) *Kevin Heller 18:30

20 - 24

1 (2) *Chuck Clendenon 15:31
2 (3) Jeff Beam 15:35
3 (5) *Tom Schach 16:09
4 (12) *Brent Munro 16:59
5 (22) David Geiger 17:38
6 (24) *Doug Crawford 17:41
7 (40) *Todd Anderson 18:26
8 (50) Gary Beam 18:52
9 (54) Randy Johnson 18:58
10 (59) Mark Geiger 19:11
11 (63) *Jim Snyder 19:21
12 (79) *John Fribley 20:24
13 (100) *Guy Cammott 21:21
14 (117) *Joe Chandler 22:34
15 (123) Larry Getts, Jr. 23:08
16 (141) Kenneth Votaw 24:56

() Overall Place
* Non-member FWTC

35 - 39 (Continued)

10 (78) Wally Smith 20:19
11 (80) *Mike Zurzolo 20:25
12 (81) Charles Adams 20:26
13 (84) George Kirby 20:33
14 (85) Dewey Culbertson 20:38
15 (91) Tom Mather 20:55
16 (93) Clifton Gorrel 21:05
17 (94) Lee Pearson 21:07
18 (101) Steve Butler 21:22
19 (107) Jeff Raff 21:37
20 (108) Jay Jamison 21:40
21 (139) Steve Burns 24:51
22 (171) Paul Reising 32:54

40 - 44

1 (36) Bernie Motycka 18:12
2 (38) Dennis Hudson 18:25
3 (43) Don Lindley 18:33
4 (48) Rodger Puckett 18:47
5 (53) R. Motycka 18:58
6 (66) Don Ashton 19:24
7 (71) Dave Wolff 19:46
8 (74) Dean Cutshall 20:05
9 (90) Bernie Burgette 20:55
10 (97) Rudy Kleinknight 21:16
11 (103) Lawrence Lee 21:28
12 (104) Chuck Okorowski 21:32
13 (113) Robert Clay 22:11
14 (114) Tom Hayhurst 22:15
15 (115) William Krider 22:18
16 (118) David Baker 22:39
17 (127) Larry Yant 23:30
18 (143) Richard Berning 25:10

45 - 49

1 (37) Woody Barker 18:17
2 (61) Craig Miller 19:14
3 (67) Ray Sibrel 19:27
4 (77) *Bob Frisby 20:13
5 (88) Joe Zeigler 20:51
6 (95) Don Jantz 21:13
7 (99) Robert Gensheimer 21:20
8 (125) Alan Gilbert 23:20
9 (147) *Leon Aguilana 25:32

MEN (Continued)

50 - 59

1 (34) Bill Schmidt 18:08
2 (52) Mike Kast 18:53
3 (70) Clem Getty 19:40
4 (82) Giles Tomlinson 20:27
5 (83) Gene Gran 20:31
6 (98) Terry Gautsch 21:19
7 (110) Norm Whisler 22:03
8 (111) Cliff Ditto 22:05
9 (124) Rudi Florreich 23:19
10 (130) Paul Snyder 23:55
11 (131) *Richard Reising 23:57
12 (137) *Charles Welch 24:32
13 (144) A. Moore 25:12
14 (149) Elden Biddle 25:46
15 (160) Roger Phillips 28:12
16 (161) Richard Longsworth 28:59
17 (164) John Jedinak 29:27

60 & Over

1 (135) *Phil Burns 24:13
2 (145) Walt Harris 25:21
3 (148) Chet Fleetwood 25:43

MEN (Continued)

25 - 29

1 (6) Jerry Williams, Jr. 16:12
2 (16) Wayne Johnson 17:16
3 (17) Terry Diller 17:18
4 (20) Paul Shaffer 17:28
5 (23) Ken King, 17:38
6 (30) Steve Smith 18:01
7 (32) Bob Schendel 18:05
8 (33) Gary Steele 18:07
9 (58) Paul Bauman 19:06
10 (60) *Jonathan Schlatter 19:12
11 (62) Pat Beuchel 19:20
12 (69) *Jim Ellert 19:39
13 (89) Gary Neumann 20:53
14 (129) *Jerry Nahrwold 23:44

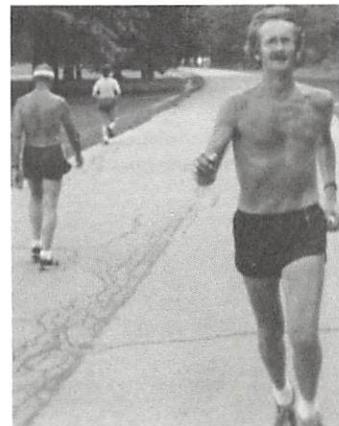
30 - 34

1 (4) Vince Garcia 15:57
2 (10) Dave Ruetschilling 16:37
3 (11) Dan Kaufman 16:52
4 (14) Hal Pearson 17:07
5 (15) John Treleaven 17:15
6 (18) Roger Wilson 17:21
7 (21) Steve Caswell 17:35
8 (26) Terry Coonan 17:51
9 (28) Dan Minnich 17:54
10 (39) Jerry Mazock 18:25
11 (42) Denny Zech 18:32
12 (46) *John McPherson 18:41
13 (47) Phil Rizzo 18:44
14 (55) Pat Herman 18:59
15 (57) Bill Aksamit 19:03
16 (65) Paul Gilley 19:23
17 (72) Miguel Mendez 19:50
18 (87) Rick Hower 20:41
19 (96) Gary Lane 21:13
20 (102) Tim Sullivan 21:23
21 (121) Bob Harris 23:05
22 (126) Paul Sabrock 23:29
23 (158) *Mark Lese 27:15

35 - 39

1 (13) Mike Robbins 17:01
2 (19) Tom Dendinger 17:24
3 (27) Todd Rigelman 17:54
4 (29) Dennis Kroells 17:55
5 (31) Tim Fleming 18:04
6 (35) Bob Milton 18:11
7 (49) Dave Winters 18:48
8 (64) Phil Wisniewski 19:22
9 (68) Tom O'Connell 19:30

() Overall Place
* Non-member FWTC



Ray Sibrel finishing up his run with the group at Foster Park on Wednesday night.



Trimming Techniques
by Judy Newman, R.D.
St. Joseph Hospital

For some people weight control is a losing battle, for others the body's remarkable regulatory system balances caloric intake with energy expenditure. It is only when energy intake in food exceeds energy expenditure that excess calories are stored as fat. An effective program of weight control must establish a balance between energy input and energy output. The most effective program will then combine a decrease in energy intake (calories in food) and an increase in energy output (calories burned in activity). It is not necessary to begin a drastic weight reduction diet to accomplish this. People can modify existing food and exercise behavior patterns using behavior modification.

Behavior modification helps identify, control and modify behaviors that may be contributing to unbalancing the energy balance equation. The following are some techniques that have been used to replace patterns of behavior with more desirable behaviors. There are also many ways to increase energy expenditure within our daily routine.

Techniques to adjust the eating environment

1. Make the act of eating a ritual that is limited to only one place-do this for meals and snacks.
2. Make getting seconds or a special food inconvenient. For instance, take out one serving and put the rest away before eating. Buy or make only cookies that need to be baked before eating rather than prepared ones and bake only what will be eaten at that meal.
3. Use smaller dishes.
4. Eat slowly making sure each meal lasts at least 20 minutes. Cut food into smaller pieces, chew more slowly, place the utensil down between bites, drink more water with meals and pause to talk if you find yourself eating too fast.
5. Are you a member of the "clean plate club"? Learn to leave some food on your plate even if it's only a green bean or a half bite of steak. Saving food is little consolation when you pay the consequences later.
6. Leave the table immediately after eating, you will eat less if you remove yourself from the food. If your family is agreeable, have someone else clear food from the table and put it away.
7. Plan grocery shopping. Shop from a list after you've eaten at home and avoid buying things that are not on the list.
8. When eating out, know what you want to eat, ask how dishes are prepared before ordering, ask for salad dressing and other condiments "on the side" so you can control portions and order fresh fruits etc. from the appetizer list instead of rich desserts.
9. Set short-term goals rather than long term goals. Slow and gradual changes are more likely to last forever.
10. Reward yourself when a short term goal is reached with a non-food reward.
11. Replace the cocktail at cocktail hour with club soda and a twist or tomato juice.

Ways to increase energy expenditure

1. When you have time, park a half mile from your destination and walk the remaining distance. (do this 5 days a week and burn the calories in 7 pounds of fat in one year).
2. When going short distances, walk or ride a bike instead of drive.
3. Wake up a half hour earlier and begin the day with walking, jogging, bike riding, or swimming.
4. Replace coffee breaks with exercise breaks-take a walk or stretch.
5. Use the stairs instead of the elevator.
6. When driving on trips, plan in exercise breaks every hour-good for the whole family.
7. At sport events, replace intermission food breaks with a walk around the field or stadium.
8. During television commercials, jog in place, jump rope or do sit ups.
9. Bailey states there are three forms of exercise aerobic, anaerobic and golf. (if you do play golf, play without a golf cart or a caddy.)
10. Walk or jog on the beach while sunbathing.
11. Replace the cocktail hour with 30 minutes of exercise.

The following recipe for Chicken and Rice Curry Salad is a quick and easy meal for summer dining-and low in calories. Enjoy!

Chicken and Rice Salad

(Less than 250 calories per serving) Serves 6

chicken or turkey, cooked	3 cups
chopped celery	3/4 cup
red halved grapes, seeded	3/4 cup
pineapple chunks in natural juice, drain	20 oz can
green onion, slice	3
rice, cooked, chilled	3 cups

LOCATION:

The Beautiful Peru Fire Department
Main and Miami Streets

REGISTRATION FEES:

Pre-Registered \$7.00
Race Day \$8.00

PACKET PICKUP:

7:00-8:30 A.M. Race Day
Both Races Start 9:00 A.M.

COURSE INFORMATION:

Start and Finish in Downtown Peru in
Front of Large Parade Crowds.

10K - Moderately Hilly, Challenging
Out and Back Course through City
Streets and Scenic Park Area.

3K - Flat City Streets.



JULY 20, 1985
OFFICIAL ENTRY FORM

PERU LIONS CLUB ELEPHANT WALK 10K & 3K FUN RUN

NAME _____ AGE _____ SEX _____ T-SHIRT SIZE S M L XL
ADDRESS _____ PHONE _____ CIRCLE RACE 10K 3K
CITY _____ STATE _____ ZIP _____
FASTEST 10K TIME IN PAST YEAR _____

I waive and release all claims against the organizers and sponsors of this race for any damages or injuries suffered by me due to my participation in this running race. I attest and verify that I am physically fit and sufficiently trained to compete in this event.

SIGNATURE (parent or guardian if under 18) _____
Please make checks payable to PERU LIONS CLUB Date _____

MAIL TO — PERU LIONS CLUB - Phil Siple — 174 East 6th - Peru, IN 46970

RACE PROVISIONS:

- Course Measured By Wheel
- Mile Markers Every Mile
- Split Times 1, 2, 3, 4, 5, 6 and 5K
- Vehicle Traffic Control
- 4 Aid Stations
- Medical Team By Miami County EMS
- Restroom Facilities
- 3K and 10K Start at Same Time

- Race T-Shirts To All Entrants
- Official Results Will Be Mailed To You By The Indiana Runner

RACE MANAGEMENT:

Irish Striders Racing Team

SPECIAL THANKS TO:

- Peru City Police Department
- Peru City Fire Department
- Miami County Sheriff Department
- Miami County EMS
- Civil Defense
- Peru High School Football Team
- Circus City Festival

ELEPHANT
WALK
3K + 10K

July 20 9AM.

Overall male &
Female
1ST \$100
2ND 50
3rd 25

Age Group
Award (2 deep)

14 & under

- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

3K:
Overall
male &
Female
AWARD
Ribbons
to
Finishers

MUGS TO
ALL
FINISHERS
IN
3K + 10K

Greg Orman was voted Indiana Runner Magazine's Runner of the Year recently. Greg also posted a new PR for 10,000 at the Dogwood Relays with a 28:36 for 4th place. Danny Henderson won with a 28.25 effort.

Greg Orman was blasted back to reality April 21st in Chicago's Michael Reese 8K. A 2nd place finish coupled with a slow time (24:37) made Greg's BIG HEAD diminish somewhat

Greg: this is not my quote. - Jerry

Greg Orman just returned from running the Boulder Boulder and placed 12th in a world class field with a time of 30:11. He was very pleased with his time considering the altitude and hills. He reports that Frank Shorter's jersey sold for \$300+ which was donated to charity. Greg's shirt went for \$5.00 (he bought it himself to save face)

Dressing

- plain low-fat yogurt 8 oz
- curry powder 2 tsp
- sugar substitute equal to 2 tsp sugar

METHOD

1. Toss chicken, celery, grapes, rice, pineapple and onion together.
2. Combine dressing ingredients: yogurt, curry powder, and sugar substitute.
3. Mix dressing with chicken mixture. Chill. Serve on lettuce leaf.

by Rick Hower

CALENDAR
CONTINUEDRACE
CALENDARby
TOM LOUCKS

JULY

- 4 FIRECRACKER 6 - Twelve Mile
6:00 p.m. - Dale Sullivan
219-664-5221
- 4 TOPEKA JAYCEES 9 & 5 mi -
Topeka Town Park - 8:00 a.m.
463-7088 or 593-2074
- 4 FESTIVAL 5 Mile - Howard PK
South Bend 8:00 a.m. - Larry
Morningstar 284-9328
- 4 4TH OF JULY CLASSIC 10K -
Danville - 8:00 a.m. -
Anthony Peyton 317-745-6642
- 4 MUSEUM RACES 2m & 5m - New
Richmond 8:00 a.m. - Al
Boone 317-339-4289
- 4 TODD'S TROT 5K & 10K - Mc
Allister Pk, Lafayette 8:00
a.m. - David Norman 317-463-
0293
- 5 SERTOMA FREEDOM RUN 5mi -
Carmel Clay JHS - 8:00 a.m.
Bob Poppleton 317-877-2112
- 6 SALOMONIE FESTIVAL 10K -
Warren - 8:15 a.m. - Dave
Conrad 317-375-3729
- 6 MAIL-JOURNAL FLOTILLA ROAD
RACE - Syracuse City Pk - 3.3
mi & 8 mi - Ron Baumgartner
658-4111
- 6 FIRECRACKER FIVE MILE - City
Park - Argos, IN - 5:00 p.m.,
892-5569
- 6 MADISON COURIER 10K - Madison
HS - 8:30 a.m.
- 7 LAKESHORE RUN 10K - Marguerite
Pk - Gary - 9:00 a.m.
938-6878
- 13 IRON HORSE FESTIVAL 4 mi -
Logansport - 9:15 a.m. -
Brian Morrill 753-5141
- 13 BRISTOL FRUITHILLS CLASSIC
25K & 10K - Bristol, IN
9:00 a.m. - 294-7043
- 13 SWAYZEE 5 mi --Swayzee, IN
Norris Insurance - 8:15
a.m. - Sam Owen 922-4449
- 13 NEW LISBON DAYS 4 mi - New
Castle Comm. Bldg. - 8:30
a.m. - Ed Miller
317-529-2617
- 13 VAN WERT SESQUICENTENNIAL 10K
Hiestand Woods Pk - 8:30
a.m. - Connie Hoverman
419-238-6415

After directing races for the past 6 years in Auburn and Butler, and running in several more in the area, I have noticed one phenomenon - the lack of younger people participating. I do not believe children need to participate in longer races, but even in the fun runs there seems to be less children participating.

I believe part of the problem is 1) the lack of incentive for younger people and 2) the vast age group offered for the children. 14 and under is a large age group, especially when a 10 year old is participating against a 14 year old. The physical development between a 10 year old and a 14 year old is too great. It is with this in mind, the Auburn Classic City Road Races will provide more age groups for the younger runners. The race will also provide age groupings for the fun run.

For the 1 mile fun run, medals will be awarded to first place finishers in these age categories: Boys & girls 8 and under, 9-10, 11-12 and 13-14. For the 5 kilometer race, 1st place trophies and 2nd and 3rd place medals will be awarded in the following age categories: Male 8 and under, 9-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59 and 60 & over. Female 8 & under, 9-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-49 and 50 & over. The 10 kilometer race will have 1st place trophies and 2nd and 3rd place medals for the following age groups: Male - 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59 and 60 & over. Female - 14 & under, 15-19, 20-24, 25-29, 30-39, 40-49 and 50 & over.

I am writing this article not only to publicize the changes for the Auburn Race but also to challenge other race directors and the FWTC to take a serious look at age categories for younger runners in shorter races. We, race directors and runners, have to encourage the younger runners or we may find ourselves as a group of old runners with no one to carry on the sport of running.

How many of us runners take our children to races when we go to participate? Not as many as you may believe, otherwise fun runs would have more participants than the main event. Too many times, we runners are too concerned about our own times and setting PR's to help our own children. Next time you go to a race, take the kids. Encourage them and enjoy them, they don't stay kids forever.

- 14 SHELBYVILLE TRIATHLON SERIES
1/2M, 15M, 4M - Fairland
Recreational PK - 9:00 a.m.
deadline 7/8
- 14 WICKER PARK RUN 4 mile -
Wicker Park - Highland 8:00
a.m. - 932-2530
- 20* OLD SETTLERS 10K - Whitley
County courthouse- 8:00 a.m.
Carl Fields - 244-5500 or
244-7726
- 20 ELEPHANT WALK 10K - Peru, IN
9:00 a.m.

AUGUST 17th 4PM Chug-A-Lug 10K
More info next month. (A little anyway)

FWTC BOARD MEETING MINUTES

The Fort Wayne Track Club held a board meeting at the downtown YMCA building on May 12, 1985 at 7 PM.

Present were Mike Robbins, president, Dan Kaufman, Don Lindley, Jerry Mazock, Bob and Sharon Pauley, Judy Tillapaugh, Tim Fleming, and Mike Glasper.

Don Lindley presented the treasurer's report. Income for the month of April was \$1444.85, which included prepayment for some race equipment rentals. Expenses were \$927.84.

Dan Kaufman announced he has agreed to be race director for the Home Loan 10K and has had a preliminary meeting with the Home Loan people.

Tim Fleming reported the FWTC merchandise was at a break even point. Tim also reported that Cable Channel 25 has changed it's format to one for profit and as a result RUNNER'S WEEK will not appear on Channel 25.

Sharon Pauley reported that she and Bob need volunteers for delivering the race equipment for the month of June.

The Board voted not to hold a June meeting, the next board meeting will be in July.

Respectfully submitted,

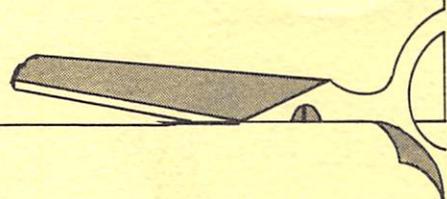
Mike Glasper

CONTINUED TOP RIGHT

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB



M A
E P
M P
B L
E I
R C
S A
H T
I I
P O
N

NAME _____ SEX ____ BIRTHDATE _____
ADDRESS _____ PHONE _____
CITY _____ STATE ____ ZIP _____

ALL MEMBERSHIPS GOOD THRU 1-1-86 (ANNUAL BASIS)
IF YOU RENEW BEFORE 5-30-85 A FEE OF \$10.00 _____
IF YOU RENEW AFTER 6-1-85 A FEE OF \$5.00 _____
EA. ADD'L. FAMILY MEMBER, \$5.00 EA. _____
(\$20.00 MAX. PER FAMILY) _____

TOTAL \$ _____
MAKE CHECKS PAYABLE TO FORT WAYNE TRACK CLUB AND MAIL TO:
FORT WAYNE TRACK CLUB, P.O. BOX 11703 FT. WAYNE, IN 46860
NEW _____ RENEWAL # _____

FORT WAYNE TRACK CLUB APPLICATION:
(LIST NAME, BIRTHDATES AND SEX OF EACH MEMBER)



**FORT WAYNE
TRACK CLUB**

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

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

RETURN
POSTAGE
GUARANTEED