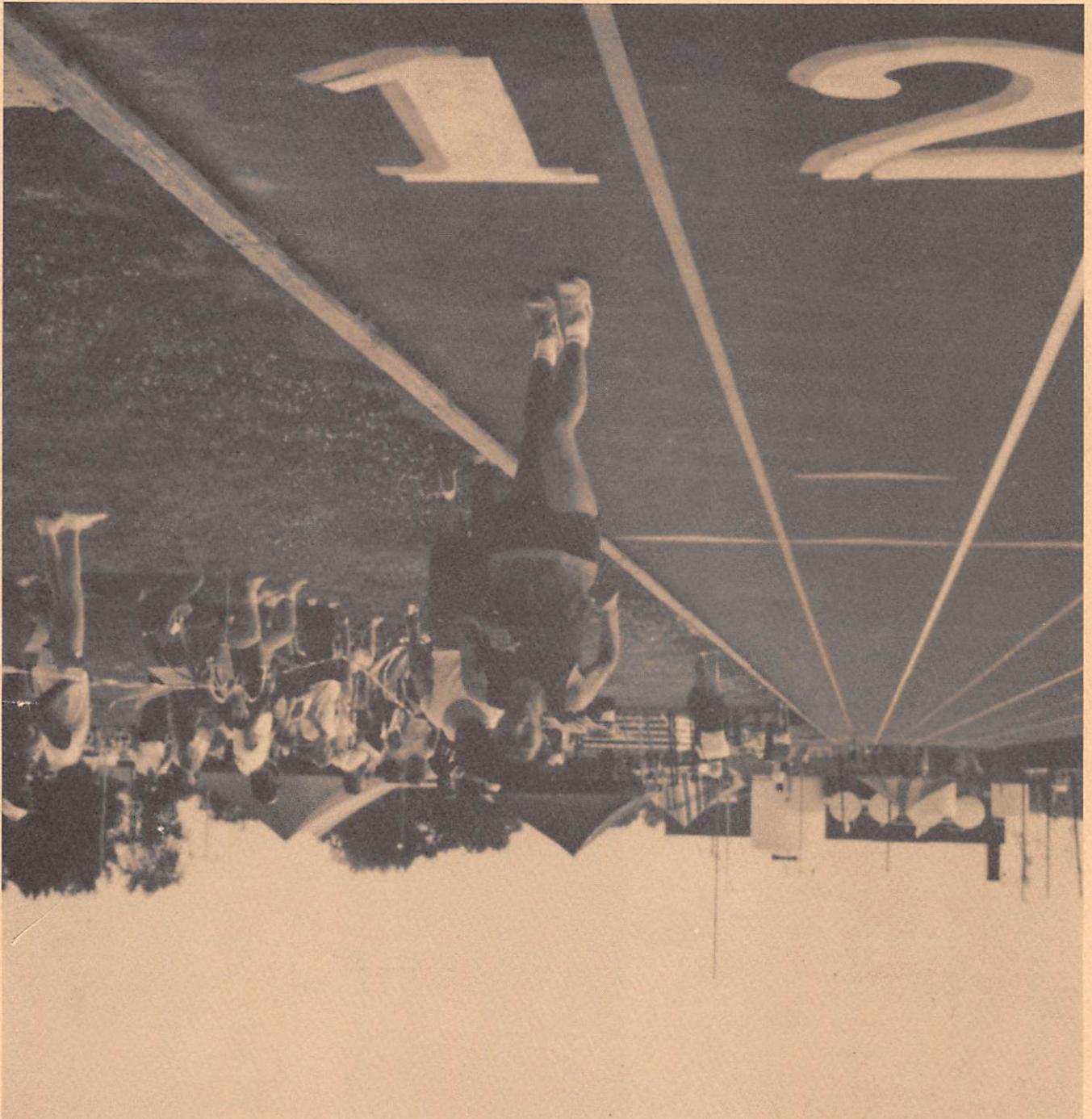


IT'S A LONG WAY FROM SOUTH KOREA TO
THE SPECIAL OLYMPICS IN INDIANA



the inside track
NEWSLETTER OF THE FORT WAYNE TRACK CLUB

AUGUST 1985

FORT WAYNE
TRACK CLUB

FORT WAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS 1985

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- Dan Kaufman-Vice President-485-5241
- Don Lindley-Treasurer-456-8739
- Mike Glasper-Secretary-432-8134
- Jerry Mazock-Editor of INSIDE TRACK
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- Don Goldner-Co-Chairman of race
Scheduling-747-4359
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Scheduling-432-5315
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of equipment for races-
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622-7108
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ADVERTISEMENT RATES FOR THE "INSIDE
TRACK" ARE: $\frac{1}{4}$ PAGE \$ 22.50
 $\frac{1}{2}$ 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!



Congratulations to Betty and Cliff
DeWells who recently were married

INSIDE "THE INSIDE TRACK" THIS MONTH YOU MAY FIND THE FOLLOWING.....
The club's schedule for the rest of the year and the businesses which grant
club members a discount.....Editor Mazock's endless rambling about a very
symbolic fictitious run.....Prez Robbins has some proposals and 'thanks.'
.....Doug Sundling is into 'weather' this month....Betty Nelson writes
about her meanderings at local races.(There's no place like home!).....
Sports Tech has an ad.....Along with Shurtz Unlimited and Carpetland.....
There's race ads for Kent Davis 5K & The M/D Love Run.....In her nutrition
column Ms. Tillapaugh gives us the lowdown on caffeine.....Vern Chovan
wrote an interesting letter....We got an ad for the Roann Covered Bridge
Festival 5 mile and another ad from Tri-Water Meister.....Sharon Pauley
wrote a fine article about a very special olympian.....We got race results
from Monument City and a story along with a whole bunch of White River Games
results of local runners.....And speaking of results,Lindley's marathon
ad station results are in.....We got results from the Chain O'Lakes Bia-
thlon and Turtle Days of 'Busco.....Russ Suever and Ken Miller did a fine
job getting the "points" up to date covering 6 races.(Call Ken Miller for
'points' complaints this year--Russ Suever next year.....).....We got a
letter from a Airman Dave Milner.....And Loucks (Tom) wrote about a race
he recently ran.....We got results from the Lutheran Hospital 5K.....AND
from Sports Tech some info about the Ultimate watch.....AND YES, there
will be a Blueberry Stomp this year--We got a race ad for you in here.....
T. Loucks has a place to run and blow yer lights out for every weekend
remaining this summer.....There's a race ad for the Bryan-Pepsi run too
.....Thanks again to all contributors.....Please feel free to write any-
thing anytime.....A big 'thanks' to Gene 'Canon' Bullshallitt for the
photography and caption work.....There's even more if you know where to
look.....See you at the Chug-A-lug, August 17th 6PM(Give me a call if you
plan to attend.....) Hope you enjoy this stuff.....

"Oh Winter, I BARELY REMEMBER your wrath
T'is NOW Hot Summer
And all I want is
A COLD BATH."

By Jerry Mazock
reprinted copyright granted 1985

ANNOUNCING THE FWTC'S 1985 RACE
SCHEDULE

* 8/2/85	8PM Up to you Never Ending 1 hour Run on the Track	***** ***** **		**
8/17/85	Northrop High School 8AM 5K Kent Davis 5K Georgetown Square	**	DISCOUNTS FOR	**
* 8/24/85	6PM 5 mile Big Brothers/Big Sisters Park Run	**	TRACK CLUB MEMBERS	**
* 8/31/85	Foster Park 5PM 8K M/D Love Run	**		**
* 9/21/85	Canterbury Green 8AM 13.1 miles Parlor City Trot Bluffton In.	***	PLEASE SHOW YOUR FWTC	*
10/6/85	2PM 8 mile/2 man relay Foster Park	*	MEMBERSHIP CARD	*
* 10/27/85	2PM 10K Home Loan 10K Downtown	*		*
* 11/16/85	1PM 25K Challenging 25K Homestead High School (Tentative)	***	DENNY'S BIKE SHOP	***
11/17/85	Bluffton/Oubache State Park Cross Country Run usually 1:30PM 9K Oubache Park	*	10% off reg. price	*
12/7/85	Bluffton, In. 2PM 3 & 10K J.P. Jones 10K (Formerly "Lindley's 10K")	*	of all bikes	*
12/31/85	Foster Park 11:30PM 5 mile New Year's Party Fun Run YMCA Downtown	*	15% off reg. price	*
		***	of all accessories	*
		*	BRENDAMOUR'S	***
		*		*
		*	10% Discount off	*
		*	Regular price	*
		*		*
		*	ASK AT OTHER STORES	*
		*	FOR DISCOUNTS	*
		*		*
		*****		*****



President's News and Views
by: Mike Robbins

—Some Thoughts—

Earlier this year the board passed and published a Purpose Report for the FWIC (see April issue for final report). The Purpose Statement adopted was: "To promote running and provide running opportunities for all members of the community." The goals listed to fulfill this purpose were to provide a comfortable and welcome atmosphere for all runners, increase membership at younger ages, to direct FWIC actions and policies at the majority interests of the membership, maintain a balanced budget and maintain an effective means of communication among members. I am not sure we have been equally successful in achieving each of these goals.

Over the years the FWIC has become an extremely diverse group. There are many people who race each run, many others who participate in each run, many who do one or the other in selective runs and many, many others who run for strictly private purposes. By promoting running and running activities, the FWIC hopes to address each group. This is a tremendous undertaking and depends upon the input and active involvement of many members.

As one might expect, the activities presented generally reflect the interests of those members willing to participate and provide support and help. This may not always allow as complete a range of activities as may be necessary to fully accomplish the purpose. Nevertheless, the goals remain important. The key, of course, is to have maximum input and participation.

With the aim of better supporting a wider range of local races, and providing more running opportunities, I recently presented a couple of proposals to the board. One proposal would

eliminate the "points" system of FWIC races. This system would be replaced by one of "sanctioning" races. Any races which met a series of standards adopted by the FWIC and which applied for sanctioning, would be certified as FWIC "sanctioned" races. This approach would allow any prospective participant to choose a race with increased confidence in the quality of the event. These standards would involve accurate distance, appropriate aid, age groups, cost and the like. The result of the adoption of this proposal would be to upgrade the quality of all local and area running events since the FWIC certification would be the best advertisement for FWIC members and the best indication of the seriousness of the director/sponsor. The FWIC would also continue to sponsor selected races of its own.

A second proposal would establish summer "fun" run schedules. One would be for younger kids and the other for older youth and adults. These fun runs would be patterned after those held a few years ago at North Side High School. They would involve various distances of track runs and running instruction. The program would extend approximately 10 weeks and might involve some small cost (particularly for non-members).

These and others proposals all demand the help of volunteers to coordinate programs. More can be offered if more are willing to help. Please let us know what you think. A lack of response and lack of involvement will surely result in a curtailment of what the FWIC can provide. Let's not let this happen so that new and young members can look forward to belonging to an organization that will always have something to offer a wide array of membership.

—Thanks—

Thanks go to member Al Henkel and the Lutheran Hospital and Kidney Foundation personnel who recently directed a fine (though hot!) 5K race and fun run at Foster Park. I hope these become annual events. Thanks also go to member Larry Shively and all the fine people of Churubusco for another successful Turtle 10K. This is another example of a fine local race with small town friendliness and big city skills.

EDITOR'S RUN (A EUPHONIC ONE)

BY JERRY MAZOCK

The other day, I started a run on the most perfect of afternoons. The descending sun was golden and the breeze was neither hindering or accelerating my pace—yet it was cooling. Mind, body, and environment joined in a very infrequent manner.

The sun was rapidly sinking, the sky blueing, and the heavens began to perform their nightly spectacular. I was loose and the ever-cooling air felt breathtaking.

Time either froze or sped. Yet, my pace was certainly more than a minute faster a mile than it felt.

The full moon appeared from nowhere revealing items that had been cloaked in darkness. I understood my position in the night more clearly than ever before.

I asked questions mired beyond the level of usual controversy. How far or long have I been running this eve? No idea. It doesn't really matter. Yet our great questions still toyed with me:

Why are we here? Why are we hungry? Is humanity a family of feuding children who had better get their act together? Why does my wife chew potato chips so loudly, that I can't read a newspaper in the same room with her?

Not tired yet, I continued my journey deeper into the night

"Where did the sun go?"

My pace quickened as I sensed an approaching revelation.

"Where did the moon come from this eve?"

I went into interval pace, anxiously awaiting the answers to all great questions. Yet they remained aloof—maybe to be answered in my next stride. I was right! Later, during a stride, a new light hinted illumination beyond my hopes.

"My answers...My answers!"

My legs felt weak. It occurred to me what feat I just performed.

"Where did the sun go? Where did the moon come from? Why so much darkness?"

It finally dawned on me.



THIS HOOSIER WEATHER --
SO FAR THIS YEAR
by Doug Sundling

The weather -- a subject every runner can relate to.

The weather is there on every run. It can bake or bask a runner. It can freeze or refresh a runner. It can swelter a runner with summer sweat or swaddle them in a svelte envelop of comfort. A Hoosier winter day can put icicles on a runner's eyebrows or put a repose of quiet, peacefulness in an anxious soul.

Without the weather, there goes one of the most discussed topics.

"It was just too hot to be running a 10-K race today."

"Could you believe that wind the last 2 miles?"

"That downpour just made things too soggy and slippery for a decent run."

"What could you expect with a wind chill of -25°F ?"

"Wasn't it just miserable out there today?"

The weather is the one constant companion to the runner. It can be as ever-present an adversary as the clock is. Day in and day out, the runner must accept each day's temperament, a very unpredictable one at that.

March of this year acted a lot like May.

April seemed to pretend it was June.

May dressed up in sunny, beautiful summer attire.

And mid-June decided to bring in the March-April weather we had missed.

In March, temperatures would be 30° to 40°F one day, and 50° to 60°F the next. Gray, deary overcast would give way to sunshine and clear skies only to be followed by a day-long drizzle. Each new day's temperament changed with the winds shifting from the northeast to the northwest to the southwest. It all seemed like the typical prologue before the beginning of summer.

From April 11 to the first of May, temperatures started around the 50's in the morning and would rise to the 60's, 70's, and 80's in the afternoon. On April 20, the day of the North American Van Lines 15KM, I actually contemplated, "To wear a T-shirt or not to wear," because the temperature was in the 70's climbing towards the 80's. In April!

I wasn't complaining about this kind of weather, but last year at the same race, I was wondering how I was going to stay warm. And not one day of running in the rain did I record in my running diary during this typically tumultuously rainy season.

Usually people can't get enough sunshine in May as spring-fever infuses everybody with new energies, yet before May was two weeks old, I was hearing people complain that it was just too hot to be outside. People were burnt-out. They had had enough sunshine -- something not usually heard till the July summer heat.

By June, I usually can wake up in the morning, put on shorts, socks, and shoes and take off for a run. But the 40° to 50°F mornings during most of June kept the long sleeve jerseys and T-shirts out of the dresser drawers and on my body.

June 11. Afternoon run. Out on county roads running over some hills. Temperature: 50°F , at best. Downpour. Stiff northwest wind. Wind chill (in June?!!) had to be down around the high 30's or low 40's. Rain felt like it would turn to hail any minute. I just kept reminding myself that this was suppose to be June, not March. A fellow worker tried to remind me that most people don't go out in this kind of weather.

Hey, once I had put that northwest wind and driving rain to my back, the 4-mile run wasn't that bad.

Finally, June 29 at Churubusco's Turtle Days 10KM, the heat and high humidity of Hoosier summer had returned. The weather seemed to be back to normal expectations, just in time to use as an excuse for a less-than-expected performance during the race.

In Indiana, the weather is as predictable as a marathon: you never know for sure what is going to be until it happens. The Hoosier clichè, "If you don't like the weather, stick around for 15 minutes; it'll change," isn't based on myth or rumor.

A running friend told me his parents, on a visit back to Indiana from Florida last year, complained about the inconsistent weather of this area. Florida isn't as lucky as Indiana; it has just mostly sunshine and doesn't get the snow, 20 to 40 degree temperature swings, the sub-zero wind chills, the wide humidity shifts, and other weather variations of the Midwest.

What's life without varitey? Predictable, no? Consistent, no?

With consistently nice weather, there go the excuses for poor running performances, no?

I like the Hoosier weather, although a few more winters of sub-zero temperatures may eventually change my mind.

I like the unpredictability of this weather. Of course, not being one who gets hay fever during the pollen season helps.

I have discovered that I don't melt when running in the rain. Nor do I become an icicle in the winter when running.

I enjoy the challenge of running in the "elements" -- sometimes. True, for a hard workout of intervals or a long run, I would rather do it without an accompanying downpour or gale-force west wind.

But, a run in a rain often cleanses more than the body.

A run into a stiff west wind can strengthen more than the leg muscles.

A run under the cold, gray skies of late autumn or early spring invigorates more than just a sluggish body.

Running in various weather conditions has made for some fun times, but I do like sitting on the porch and watching a thunderstorm, rather than running in one. It seems like I'm one of those last, remain-

ing romantics who can sit and watch a sunrise or sunset without wanting to change the TV station to see what else is on the big screen.

What better show is there than watching, hearing, and feeling a beautifully orchestrated thunderstorm?

Could the networks produce as fine of quality as the crescendoing of clouds, lightning, thunder, rain, and wind that Nature does on an evening following a warm, humid summer day?

Who needs HBO? And besides, younger brother can't switch the channels on this type of show.

The Hoosier weather provides more than just a challenge to me as a runner. It is this type of weather that constantly reminds me that life consists of cycles from sunrise to sunset, from day to night, from season to season. And, it reminds me that Nature is not an antagonist to be struggled with, but that I am as much a product of Nature as the seasons, the storms, the rain, the wind, and the sunshine.

DEAR JERRY ET AL.

ONCE AGAIN IT SEEMS LIKE YOU HAVE TO GO AWAY FROM HOME TO APPRECIATE IT. I JUST COMPLETED THE SUNBURST MARATHON IN SOUTH BEND. FOR THEIR SECOND YEAR, THEY DID A REALLY NICE JOB, BUT THERE ARE THINGS I HAVE COME TO EXPECT THAT WEREN'T PRESENT HERE, OR IN ANY OF THE OTHER OUT-OF-TOWN MARATHONS I'VE RUN. SINCE THE DAY WAS EXTREMELY HOT, THE SIX AM START WAS ESSENTIAL. HERE THE GOOD JUDGEMENT WAS CRUCIAL. OTHER PERKS FOR THE RUNNERS THAT ARE STANDARD IN FORT WAYNE, BUT MISSING IN OTHER, EVEN LARGER, MARATHONS WERE ICE, TO TUCK IN HATS OR OTHER ITEMS OF APPAREL, ORANGE SECTIONS, MUSIC ALONG THE COURSE, AND CROWDS. HOWEVER, THE ONE THING I MISSED MOST IN SOUTH BEND WAS SPONGES. IN FORT WAYNE I WOULD CARRY SPONGES IN MY HANDS FROM ONE AID STATION TO ANOTHER, WIPING MY HANDS AND ARMS PERIODICALLY. THIS PAST SATURDAY, IN 94 DEGREE HEAT, I COULDN'T KEEP MY HANDS, AND LIKEWISE THE REST OF MY BODY COOL. MY HANDS BECAME ENCRUSTED WITH SALT, AND THEY SEEMED TO GET REALLY STIFF.

MY PURPOSE FOR WRITING IS TO LET YOU KNOW SEVERAL WAYS THE FORT WAYNE TRACK CLUB, WKJG-TV, AND HOOKS MAKE THIS MARATHON ONE OF THE BEST QUALITY RUNS IN THE MIDWEST FROM A RUNNER'S POINT OF VIEW. ALSO, THE MESSAGE TENT AT THE END OF TWENTY-SIX MILES IS AN ADDED INCENTIVE TO FINISH!

I REALLY ENJOYED THE SUNBURST MARATHON. IT WAS AN INTERESTING COURSE ALONG THE RIVER, WITH SEVERAL GRADES OF VARIOUS HEIGHTS; THE FINISH IN NOTRE DAME STADIUM WAS APPEALING, AS WERE THE AWARDS. THE SOUTH BEND TRIBUNE AND THE OTHER SPONSORS WORKED VERY HARD TO MAKE THIS A QUALITY EVENT, WHICH IT WAS. I SUPPOSE THAT FORT WAYNE, WITH ITS EARLY HISTORY AS A JULY MARATHON, HAS HAD SOME PREVIOUS EXPERIENCE WITH HEAT.

WITH CONCERNED PEOPLE IN BOTH THESE CITIES INVOLVED WITH RACING, INDIANA WILL DEVELOP A REPUTATION THAT WILL BE HARD TO MATCH.

SINCERELY,

Betty Nelson

BETTY NELSON

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by the ice rink
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JERRY, THOUGHT I'D DROP A POSSIBLE PICTURE FILLER FOR OUR JULY ISSUE. DOUG SUNDLING

UPON CLOSER EXAMINATION OF THIS PHOTOGRAPH FROM THE TV 33/HOOKS MARATHON, ONE WILL NOTE THE REMARKABLE DISCOVERY OF #532. THIS IS A HAL PEARSON-TYPE RUNNER. THIS RARE SPECIES CAN BE FOUND RUNNING THE HILLS



WEST OF ALBION, IN.

Betty Nelson and Don Lirdley at 18 miles. Sorry #532 nobody knows you.

FOURTH ANNUAL
(FWTC POINTS RACE)
MUSCULAR DYSTROPHY
"LOVE RUN"

DATE: Saturday, August 31, 1985

TIME: 5:00 p.m. - 2 mile Fun-Run 6:45 p.m. - Awards
5:30 p.m. - 8K (4.96 mi.) Love-Run

PLACE: Canterbury Green Apartment Complex, Fort Wayne, Indiana

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

ENTRY FEE: Pre-registration: \$7.00 per race, received by Friday, August 23, 1985. Late entries will be accepted thereafter at \$8.00 per race. Sorry, no refunds. (All entry fees to M.D.A. are tax deductible.)

REGISTRATION: Mail tax deductible check payable to:
Canterbury Green Fund to Benefit Muscular Dystrophy Association
2727 Canterbury Blvd.
Fort Wayne, IN 46815
Runner's packets will be distributed on Friday, August 30, 1985 from 12 noon - 8:00 p.m. at the Club House and on August 31, 1985 from 3:45 p.m. to 4:45 p.m. at the large tent between the tennis courts and the Club House.

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

COURSE: The 2-mile Fun-Run & 8K "Love-Run" will include both golf course and the asphalt streets of Canterbury. Aid stations will be at 2 1/2 miles and at the Finish.
Restrooms, showers, and lockers are available in the Club House. The swimming pool is available after the race. (Bathing suits required and furnish own towel.)

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

KENT DAVIS 5K

DATE: AUGUST 17, 1985 SATURDAY

TIME: 7:00 A.M. START FOR THE ONE MILE RUN
7:30 A.M. START FOR THE 5K RUN

FEE: 5K - \$2, one mile - \$1.00

PLACE: GEORGETOWN SQUARE, 6400 EAST STATE BLVD., FORT WAYNE IND

REGISTRATION: DAY OF RUN, STARTING AT 6:30 A.M.

AGE GROUPS:

MEN		WOMEN
14 & Under;	15 to 19	19 & Under
20 to 24;	25 to 29	20 to 29
30 to 34;	35 to 39	30 to 39
40 to 44;	45 to 49	40 & Over
50 to 59;	60 & Over	

AWARDS: 5K RUN - ROGERS GIFT CERTIFICATES FOR 1st 3 PLACES EACH AGE GROUP; RIBBONS
ONE MILE - TROPHIES TO 1st 10 FEMALES & 1st 10 MALES
PROCEEDS: CROSSROAD (AN ORGANIZATION OFFERING SHELTER & HELP TO CHILDREN)
RAFFLE: ALL RUNNERS AUTOMATICALLY ENTERED, OTHERS MAY DONATE AND ENTER. OVER 25 GIFT CERTIFICATES AND ITEMS OF MERCHANDISE TO BE GIVEN AWAY.
SPONSOR: ROGERS, GEORGETOWN MERCHANTS AND FORT WAYNE TRACK CLUB
INFORMATION: BILL SCHMIDT, RACE DIRECTOR 485-1114



HIGH SCHOOL
CROSS
COUNTRY
RUNNERS
ARE
ELIGIBLE TO
RUN ONE MILE
AND 5K RACE



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

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



Canterbury Green's Muscular Dystrophy Love Run

NAME _____ AGE _____ SEX _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE NO. _____

T-SHIRT SIZE: Small Medium Large X-Large FT. W.T.C. Member Yes No

Event: Both _____ 2 mile _____ 8K _____

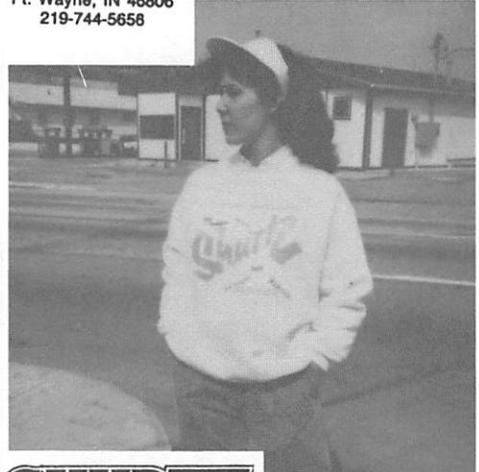
In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Muscular Dystrophy and Canterbury Green for any and all damages which may be sustained and suffered by me in connection with my association with or entry or participation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

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

OFFICIAL USE ONLY

Fee Pd.	Runner's No.

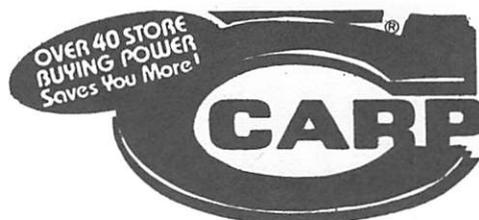
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MON.-FRI.
10-9
SAT. 10-5
SUN. 12-5



MONUMENT CITY CLASSIC

10K RESULTS

* 1. DOYLE HOUSER	31:23.68	69. WARD MOYA	44:27.8
2. BRADY WELLS	32:48.9	70. CRAIG BOBAY	44:29.8
3. KENT MAHNSMITH	33:02.2	71. PATRICK OBIERNE	44:36.4
4. GREGG OSBORN	34:51	72. LAWRENCE KIEFFER	44:42.4
5. KURT TRIBBETT	35:12.2	73. DAVID DOLSON	44:45.3
6. BRIAN WILLIAMS	35:41.5	74. GARY KUHN	45:01.2
7. RITCHIE HAMLIN	35:47.9	75. JOHN SCOTT	45:13.2
8. RANDY HOUSER	35:48.2	76. Tim Sullivan	45:27.3
9. JACK VRANNA	36:19.3	77. CYNTHIA BROWN	45:27.8
10. PAUL FEDOR	36:42	78. MANTHEY	45:30.8
11. KENT BUEHRER	36:56.6	79. BETH BATTELL	45:35
12. WILLIAM ROCKWELL	37:21.8	80. DEAN GERKEN	45:58.5
13. MARVIN RETCHER	37:29.9	81. VIC PAPAI	46:07
14. TOM RHEINHEIMER	37:35.5	82. DENNIS SHEFFIELD	46:08.8
15. KEN SCHLEMMER	37:46	83. JAMES LOWRY	46:13.8
16. RAY WITTORP	37:57.2	84. JOHN LINDSAY	46:20.5
17. PAUL FURNISS	38:13	85. MARK PATTERSON	46:27.5
18. MIQUEL MENDEZ	38:21.5	86. WILMA KYLE	47:02.7
19. DEREK KOZLOWSKI	38:26.8		
20. CHRIS LENHART	38:35.8		
21. RICH BRAUN	38:48.2		
22. RON OBIERNE	38:48.9		
23. BECKY DRESS	39:12.4	87. RICH BARRY	47:04.4
24. TERRY TEEGARDIN	39:13.2	88. JOHN WANNEMACHER	47:23
25. JAMES YOUNG	39:18.1	89. ELLEN BARNES	47:29.4
26. TONY BREWER	39:19.1	90. KAREN VACHON	47:51.4
27. TOM WAGNER	39:45.5	91. DAVE BAKER	48:02.1
28. JOHN BONTRAGER	39:47	92. STEPHAN WHITE	48:04.7
29. TERRY OSBORN	39:47.8	93. JEFFREY MCCANN	48:12.2
30. JIM ELLERT	39:56.2	94. BOB WEAVER	48:15.9
31. BRAD KARST	40:01.9	95. JOHN MILLISER	48:42.4
32. JEFF GRAHAM	40:12.1	96. JAMES CROWL	48:49.7
33. JOHN FRIBLEY	40:21.6	97. JIM SANDERSON, JR	48:58.7
34. JAMES SCOTT	40:28.2	98. TAMMY PARKER	48:59.3
35. MARK MORRISON	40:29.6	99. STEPHEN BATTELL	48:59.8
36. BILL ROMES	40:33.3	00. CHUCK DYGERT	49:22.4
37. TRENT BUEHRER	40:34.5	01. BECKY STUTZMAN	49:34.7
38. JON SPRAGUE	40:35.5	02. JUDY WANNEMACHER	49:36.7
39. PAT HERMAN	40:38.1	03. LORI WOTTA	50:13.5
40. PAT BEUCHEL	40:46	04. DAVE ZIMMERMAN	50:16.1
41. CHRIS KOLKMAN	40:49.7	05. DOUGLAS TORRANCE	50:20.6
42. Chris EASH	40:50.9	06. TIM MCALHANY	51:19.3
43. THOMAS BOX	40:57.7	07. PETE WILLIAMS	51:39.1
44. KEVIN DARR	41:01.9	08. JOHN RIBAR	51:39.4
45. SUE CARNES	41:30.3	09. BRIAN STEELE	51:42.2
46. HARTZEL	41:35.8	10. CYRUS JOHNSON	51:46.5
47. LARRY POLK	41:43.4	11. ELAINE DREES	51:51.1
48. DOUG APT	41:53.2	12. BRUCE DREES	51:53.3
49. KARNES	41:54.7	13. LARRY BOTT	52:13.9
50. STEVE LOSHE	41:56.3	14. SHERRIE REINIG	52:27.2
51. CHUCK DOWE	41:57.7	15. JAMES HANNA	52:28.6
52. JOHN MILLER	42:07.4	16. ROBERT KEGERREIS	53:03.5
53. DAVE WOLFF	42:08.6	17. JEAN BEST	53:04.8
54. KYLE JOHNSON	42:16.2	18. KIM SHOUP	53:15.1
55. DONALD MILLER	42:24.9	19. KIRK MURI	53:16.4
56. VAN DICK	42:25.2	20. HEIDI STRASSER	53:37.4
57. PHIL LUTTMAN	42:33.6	21. JIM ZIMMERMAN	54:04.3
58. RICHARD SAMMONS	42:34.7	22. DEB BARRY	54:16.7
59. JEFF GANGLOFF	42:37.7	23. DIANA BOX	54:24.1
60. SCOTT POOR	42:48.7	24. GREG JENNINGS	54:29
61. RAY CHRYSLER	42:48.9	25. DAVE SWANSON	54:32.3
62. SCOTT SHAMU	42:52.6	26. FRAN VANWAGNER	54:46.4
63. WAYNE MORTORFF	42:53.4	27. SARAH HERLINY	54:50.7
64. JOHN BEST	43:11.1	28. WILMA SAMMONS	55:12.8
65. BILL BOYER	43:15.8	29. MIKE PATTERSON	55:23
66. TOM CANNON, JR.	43:18.2	30. BILL PATTERSON	55:25.1
67. GILES THOMLINSON	43:36.8	31. JEFF CROOKS	55:25.4
68. JAMES HEYMANN	44:13.8	32. GLORIA RIBAR	55:35.2

SEE

RELATED

STORY

IN

BACK

PAGES

133. MARJORIE STODINGER	56:06.4
134. WANDA MYERS	56:20
135.	56:38
136.	56:51.7
137. JUDY HULBERT	58:20
138.	58:20.6
139.	58:28.6
140. JENI STUELPE	58:30.6
141.	60:01.8
142. HAL STILSON	60:12.4

1985 2 Mile Run Results

1. Steve Moats	10:25
2. Marlin Howe	11:20
3. Allison Titcomb	11:41
4. Dick Furnish	11:54
5. Mike Beals	12:25
6. Rudy Gonzales	12:32
7. Theresa Padilla	12:52
8. Kris Kegerreis	12:59
9. Paul Moore	13:00
10. Michael Linville	13:11
11. Chris Papai	13:12
12. Scott Klosinski	13:23
13. Tom Box	13:24
14. Missy Wahnesmith	13:33
15. Mike Hostetler	13:34
16. Rodney Obergon	13:38
17. Larry Getts	13:40
18. Renita Graber	13:52
19. Carl Burroughs	13:56
20. Darin Kelly	14:05
21. Walter Pascal	14:05
22. Joan Gary	15:29
23. Herb Stuelpe	15:30
24. Kami Kegerreis	15:30
25. Terry Pampel	15:44
26. Kristen Krone	15:47
27. Julie Cogan	16:21
28. David Box	16:22
29. Nancy Pampel	16:24
30. Brook King	16:25
31. Ron Clouse	16:26
32. Maria Padilla	16:28
33. Richard Pressler	16:29
34. Melissa Wannemach	16:34
35. Tina Hensel	16:42
36. Karen Gerbers	16:52
37. Hal Stilson	17:56
38. Carol Woollweever	18:15
39. Heidi Berlses	18:32
40. Cindy Hess	18:44
41. Jeff Hess	18:44
42. Virginia Church	18:58
43. Kat Sims	18:59
44. Chandra Adamsons	19:46
45. Mike Murphy	19:46
46. Tyler Murphy	20:01
47. Mike Butler	20:13
48. Sara Butler	20:15
49. Arlene Butler	20:16
50. Gretchen Strasser	21:50
51. Pat Strasser	21:50

STAY TUNED FOR
JUDY TILLAPPAUGH
ON "CAFFEINE"



The Caffeine Choice
by Judy Tillapaugh R.D.
St. Joseph Hospital

Coffee, Tea, Coke/Diet Coke, Pepsi/Diet Pepsi? The choice is your's. If your like me the days not complete without a cup of coffee or glass of pop. They're a part of our society. Browse through any home, restaurant, vending area, or work place chances are they're available. A morning cup of coffee or tea may prime you for the day ahead. A Coke or Pepsi at break may surely shake off fatigue. They taste good, quench thirst, and stimulate energy. Beware there's more behind that colored water than you realize. All these beverages contain caffeine, considered by many as the most popular over the counter drug.

Caffeine is best known as a stimulant to the central nervous system. Depending on the dosage and individual response, caffeine can increase the following: heart rate, metabolic rate, urine production, stomach acid production, alertness, perception, + energy from fat stores.

Like other drugs it can be used effectively or abused. Each person is responsible to determine what amount enhances mental and/or physical abilities and not harm their health.

A "moderate" amount of caffeine for an average adult is defined as about 200 mg per day. That's the amount in 2 cups of coffee. Thirty minutes after intake caffeine reaches peak levels in the blood. It passes into all body fluids and stays in your system ranging from a few hours

to many days. Age, sex, body size, medication, smoking, and pregnancy are factors which effect caffeine retention in the body.

For an occasional or non caffeine user 50 to 100 mg of caffeine might be enough for a caffeine pick-up without causing over nervousness. To an addicted caffeine user (5 to 10 or more cups of coffee per day) 200 mg may not effect them. they develop a tolerance to caffeine. But the over user may feel withdrawel symptoms after 12 to 16 hours of no caffeine. If your're an over user and are attempting to reduce your caffeine intake do it slowly. If you cut back too fast keep the aspirin(caffeine free) bottle handy.

Caffeine is a safe stimulant if used wisely. Know your limits. Before your next coffee, tea, Coke, or Pepsi keep in mind these caffeine traits.

- 1- Low amounts of caffeine can relieve fatigue but over use may cause coffee nerves(anxiety, restlessness, sleep problems, diarrhea, and headache). Over use of caffeine may limit work or sports performance.
- 2- Caffeine may cause irregular heart beats in people pron to heart disease.
- 3- Caffeine in very high doses has been linked to birth defects in animal studies. Although, this has not been proven in adult studies, physicians usually suggest pregnant/lactating women to limit caffeine intake.
- 4- Children are more sensitive to caffeine intake than adults. A sm. can of Coke to a child is like 2 cups of coffee to an adult.
- 5- Coffee and tea can interfere with the body's usage of Thiamin (B1) and iron.

Athletes try anything to improve performance. Caffeine usage is one practice that's proven helpful, especially for endurance athletes. Studies have shown that caffeine intake can delay exercise fatigue by sparing glycogen energy stores. It does this by making fat more available for energy production. This is good for endurance athletes since about 50 to 70% of their energy during their event is drawn from fat stores. The right dosage of caffeine is not known. All athletes are effected by caffeine differently. An intake of 2 to 5 mg caffeine per kilogram(kg) body weight is usually enough to spare glycogen stores. Ex: a 150 lb. (68 kg) man needs about 136 to 340 mg caffeine Tolerance to

caffeine depends on body size and if you're used to having it. The smaller the body size the less caffeine needed as a stimulant. Excess caffeine may cause poor performance due to excess fluid loss, increased heart beat, and nervousness. Be careful not to let caffeine take away the best of you.

One last point to ponder. What's coffee, tea, Coke, +Pepsi got? Caffeine and alot of sugar if sweetened. What are they lacking? Nutrients like vitamin C and calcium. A little caffeine high feels good but don't forget the orange juice and milk. It's your choice! Happy Eating.

SOME WHITE RIVER GAMES RESULTS

EVENT DESCRIPTION: M 50-59 5000 M Run		
NAME	DIST/TIME/HGT	HOMETOWN
Schmidt, R	18:31	FT Wayne

EVENT DESCRIPTION: M 50-59 1500 M Run		
NAME	DIST/TIME/HGT	HOMETOWN
Schmidt, R	5:14.23	Fort Wayne
Kast, Mike	5:14.23	Fort Wayne

July 6, 1985

Hi Jerry,

I did some mind-rambling during and after the hilly four run at Foster Park and thought it might look good in the inside track.

"RUNNING OFF AT THE MIND."

Running off at the mouth and running off at the mind are alike. Except that one comes before the other. Hopefully the latter will come before the former.

I thought I'd run off at the pen as a result of running off at the mind and at the mouth to a friend about this article. Since I didn't do any racing at the hilly four at Foster Park this year, I'll do some racing off at the mouth a little--patience please!

In the field of psychology, a racing mind is known as obsessive thinking. We addicted runners are usually obsessive in ways other than running. You can probably think of many examples. But for my example, I think that we think a lot about running both when we are running and when we are not running.

This is what I was thinking about when I was running (walking?) the hilly four....

"Vern, Why are you running?" And, "Vern, Why do you run?" Perhaps you, dear reader, might want to think about why you run as you read this article--or better still--when you run. Some will say they run to stay thin, to get thin, to stay young, to get young, to stay sexy, to get sexy, to be able to eat a lot, to look good, to feel good, to show off, to stay healthy, to solve problems, to deal with feelings of anger, etc., to beat the other runner, to keep up with the other guy (gal), to catch that gal(guy), to socialize (which means meeting others, and etc, blah,blah...). Psychiatrist Kostrubala in his book, "The Joy of Running" says that running will make you less dependent. Oh Well! so much for that thought.

As I was running June 22nd, I realized that I was running to LEARN SOMETHING ABOUT MYSELF as a person. I learned this: I am a very COMPETITIVE-TYPE person. Now, I could deny this, but I would only be kidding myself--not you. Let's face it! Anyone who looks ahead at the people running and thinks, "Vern, you must BEAT ALL the guys (and gals) who have white, gray (or salt and pepper) hair." A N D "You must KEEP UP WITH ALL the younger guys (and gals)"--this person, at least in my log, is a very competitive person. Yes, even though he is wounded. Now I know that none of you--all think like this -- or do you.

Anyway, the above paragraph contains some of what I learned about myself as I ran the hilly four at Foster Park on June 22, 1985. By the by, Why do you run? What do you LEARN ABOUT YOURSELF when you run. If you'd like, share with me your thoughts the next time I see you.

HAPPY THINKING!

Vern Chovan
(Condensed from his "Incomplete Wounded Runner's Log"--Part II).

Don't forget
to run in
"The Never Ending
1 Hour" at Northrop
High 8-2-85
8 PM

Average caffeine levels:

6 oz. coffee, brewed	100-150mg
6 oz. coffee, instant	60-100mg
6 oz. coffee, decaff.	2-5mg
6 oz. tea, 5 min. brew	40-110mg
6 oz. tea, 1 min. brew	15-30mg
6 oz. cocoa	5-20mg
12 oz. colas	30-70mg
12 oz. mountain dew	50mg
1 oz. milk chocolate	5-10mg
chocolate cake	20-30mg
2 Anacin, Empirin, Midol	64mg
2 Excedrin	130mg
2 plain aspirins	0mg
2 No Doz	200mg
Diuretics	100-200mg
1 weight control aid	200-280mg

Recipe of the month:

Crustless Zucchini Quiche

Recipe of the month:

Crustless Zucchini Quiche

1 Tbsp. oleo, melted
2 cups zucchini shredded or cubed
1 onion, chopped
3 to 4 eggs or 3/4 cup liquid egg substitute
2 cups grated swiss cheese
oregano, basil, salt (optional) and pepper to taste
Method: Saute vegetables in oleo till tender crisp. Add remaining ingredients to them and pour into a greased 1 1/2 qt. baking dish. Bake in 325° F oven for about 30 mins. or until a knife comes out clean. (can add meat to dish or substitute other vegetables instead of zucchini)

Roann Covered Bridge Festival Run and Fun Run

P.O. Box 111
Roann, Indiana 46974

Saturday, Sept. 14, 1985

Location: Roann School (east end of town)

Time: 9:00 A.M. - 5 Mile Marathon & 1 Mile Fun Run

Late registration from 7:30 A.M. till 8:45 A.M.

Course: 5 Mile Marathon begins at the school, to 550N, west to the County Line, then north past Stockdale Mill, River Road to the Covered Bridge.

Fun Run starts at the School, goes through the streets of Roann, and ends at the Covered Bridge. Walkers welcome.

Facilities: Refreshments during and after the race. Restrooms available at the School and Jaycees Club House.

Awards: 5 Mile Marathon: T-shirts for the first 100 registrants. All division winners and runners-up, and the oldest and youngest finishers will receive a trophy.

Fun Run: Ribbons for all finishers. Trophies for the oldest and youngest finishers.

Entry Fee: Fun Run is free. No T-shirt.
Make checks payable to the Roann Covered Bridge Festival: \$5.00 for the Marathon; \$6.00 after Sept. 10, 1985.
No refund. Mail to Valerie Doud, P.O. Box 111, Roann, IN 46974; Phone: 317-833-6122.

Divisions: Men: 12-under; 13-15; 16-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-54; 55-over.
Women: 13-under; 14-18; 19-29; 30-39; 40-over.

TRI-WATER MEISTER

3211 COVINGTON ROAD 432-0011

CYCLES GITANE 10TH CENTURON

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Little River
MARINE
Exercise Rowing Shells
Spenco JANSPORT Skid-Lid
THULE SYSTEM 1050
MAHAWK Canoes

KARHU
SPECIALIZED BICYCLE COMPONENTS
WIGWAM
Cookinaid E.R.G.
VIGORELLI
Eureka! Tents
3 MORE!







1985 Roann Covered Bridge Festival Run and Fun Run, 9/14/85

Name _____ Sex _____ Age on 9/14/85 _____

Address _____ Phone _____

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

Date _____ Signature _____ For Marathon Runners:

Signature of runner or parent/guardian required.

S M L XL

*Come on! Sk
out and Dance
the Kent Georgetown
Run 8:30 AM
8-17-85
See you!*

A Very Special Olympian

By Sharon Pauley

July 5, 1985

Twenty three years ago today a very little girl was found in the streets of Korea. She was partially crippled, probably from polio, and seriously malnourished. She was taken to Seoul City Baby Court. She appeared to be about 2 yrs. old, so she was given July 5, 1960 as her birth date and the name Im, Mai Choon.

The Holt Adoption Program took custody of her as it did with all homeless children coming into that Court which, of course, badly strained its human and physical resources. Holt's goal was to get a child well enough for adoption and find an adoptive home for the child. Unfortunately, Mai Choon waited 8 yrs. for a home of her own. Most of those eight years were spent in a very large room with many other little girls and only 1 or 2 mothering ladies. Her diet consisted mainly of either rice or spaghetti with soy sauce and hot sauce. When she was old enough to go to school, she was spanked because she couldn't learn to read as the other children did. After she was bitten by a dog on the way to school, she was no longer required to attend. Holt is to be credited with saving Mai Choon's life. She and hundreds of others would have died of starvation without Holt, but keeping her alive is all Holt had the resources to do for her.

On June 1, 1970 Mai Choon, 2 infants, a toddler and their escort boarded airplane in Seoul to begin a journey that would ultimately end in Ft. Wayne for Mai Choon. However, she didn't know this. She wasn't told where she was going or that she was being adopted. She wasn't allowed

to take anything with her except her own body and the lice in her long, black hair. Even the clothes on her back had been sent by her adoptive parents. Over the Pacific the plane developed an oil-leak that necessitated its return to Japan. The next flight available was the next morning. The Holt group slept on the floor of United's hospitality room in Toyko until they could try again. When they eventually reached Chicago's O'hare Field, Mai Choon was vomiting from exhaustion. It had been 45 hrs. since they had left Korea. Although she was only one month away from her tenth birthday, she weighed only 34 pounds as she limped off the plane. She had the bloated belly and barely skin covering her bones which, fortunately, most of us only see in pictures advertising hunger relief programs. After a brief introduction and some paper signing, Mai Choon's adoptive mother picked her up rather than ask her to walk roughly a mile to their parked truck. Through that whole mile Mai Choon kept her body as stiff as a board. Deprivation scars not only the body and mind but the emotions as well. She hadn't been loved and comforted enough in her whole life to be able to accept compassionate care even in her sick, utterly exhausted condition.

With her new home and new family Mai Choon also got a new name. Her father named her Dorinda- beautiful gift- because that's how he saw her. Certainly he was a visionary not a realist.

The vomiting stopped for about a week then started again. A pediatrician diagnosed the problem as badly inflamed tonsils. Less than a month after her arrival, speaking no English so things could be explained to her, Dorinda entered Caylor-Nickel Hospital for a tonsilectomy.

On her tenth birthday she had her first birthday party. Surely, it was a joyous occasion for now

she had all the blessings she'd lacked all these years- a good home, a family who wanted her, more nutritious food than she could eat and all the opportunities of any middle class American.--But opportunities ain't what they're cracked up to be when one comes to those opportunities physically handicapped, mentally handicapped and severely institutionalized. With a whole room full of toys she sat in a small rocking chair and rocked for hours on end as she undoubtedly had been trained to do by the mothering ladies who had too many children to care for. Having a beautiful room one's own is a terrible adjustment when one has spent all of one's life crowded together with other children. In Sept. she was entered in the third grade of a very good school where all she could do was color and draw pictures. The next year her mother wasn't successful in getting her in kindergarten, but did get her in a small first grade. She began to learn a few letters and words with much repetition. In second grade she had an excellent teacher whom she shared with 32 other students. She learned very little that year so her family moved 20 miles to get her in a school system with a Special Education program. She did better, but life in the Special Ed. program was no bed of roses either. When a child has problems he/she usually passes them on to those around them. Nearly as bad as her learning difficulties were her behavior problems. There's also a lot of stress involved in pushing yourself to do your best when your best is a failure to nearly everyone else. In spite of the stress and the problems, Dorinda worked herself up to about a fourth grade level in math and a second grade level in reading. Fortunately, her performance ability is nearly twice as good as her language ability. In high school,



she was able to attend "normal" home ec. and art classes. In 1981 she graduated from New Haven High School.

After high school there were a good many things she needed to learn about self-discipline, good work habits and just plain growing up much as her classmates did. Last fall she finally got into an excellent rehabilitation program she was willing to work at and learn from. In the spring she was chosen to participate in the McJobs program at McDonald's. This is a program to train handicapped persons to work in the McDonald's restaurants. Locally, it's run by wonderful people who are incredibly talented at bringing out the best in the trainees. Dorinda has blossomed beyond anyone's dreams in this program learning to bake biscuits do breakfast cooking, and tear down, sanitize and refill the ice cream machine which no one else in the program has done. At her last evaluation meeting, she was asked to start coming to work at

5 A.M. so she can be trained to tear down, sanitize and calibrate every machine in the restaurant. In August McDonald's is having a graduation ceremony and dinner for Dorinda and 3 others at the Grand Wayne Center. In a matter of speaking, that night Dorinda will be the valedictorian of a class of retarded persons. I don't think I could have mustered the courage and personal resources necessary for such an achievement.

Dorinda has been a FWTC member off and on as part of her family. She participates in a few short races each year. Her left leg still bears the evidence of her early polio. She runs basically on one leg with the other functioning as a living crutch. Because of this she prefers to run 3-4 miles but has done a few 10ks. She became more dedicated to her running this spring as she trained for her first Special Olympics. At the Area 3 meet in Leo, May 4, she earned 2 blue ribbons. This encouraged her so much she started running 2-5 miles nearly every day in spite of the strain on her good leg. June 27-28 she participated in the Indiana State Special Olympics at Terre Haute. Her first was a 200 meter run that was neck and neck down to the tape. Her opponent was nearly a foot taller with no physical handicaps, but Dorinda managed a kick that earned her a gold medal for that heat. In the 25 meter freestyle swim, she didn't get into the water fast enough to do any better than fourth in her heat. Her last race was the 1600 meter or metric mile. Dorinda



was the only one in her team—the ARC Raiders—who could run that far. There were 2,600 Special Olympians in Terre Haute. Among the women, only 5 could run a mile. She was last going around the first curve, but she passed the fourth place runner in less than 200 meters. She kept up her steady 8:38 pace to pass everyone but the winner of the race and she was gaining on her. If it had been a 5k, she would have taken the gold.

At the Special Olympics parents are permitted to present their children's awards. Hanging a silver medal around her neck was a tremendous privilege for me. Mothering Mai Dorinda Pauley has been the most depressing, exasperating, demanding task of my life. It has also been one of my greatest joys—and, surely, more of an educational experience than all my college degrees put together. Loving her, disciplining her and struggling with her through the challenges of her life has taught me a great deal about courage, endurance and what it takes to do one's absolute best even if that's a failure to most people. Perhaps we've even learned together how to become the last place winner in the race of Life.

Sharon Pauley

P.S. "...huddled masses yearning to breathe free" is poetic but it's also nonsense. The deprived, malnourished, starving persons in this world are unique individuals just as Mai was 15 yrs. ago—crippled, scared and gifted with incredible potential. Right now there are



millions of possible gold medalists abandoned in the streets, dying in the deserts and going hungry here in Ft. Wayne. They won't make it without help anymore than any of us ever make it to the finish line alone. If one of them showed up at a race, we'd probably fight over feeding, clothing and caring for him/her. But they won't show up at a race. If we're to be partners in becoming all that we each can be, we must have the vision to reach out to them. When Mai started having an income of her own, she decided that she would use God's share of it to feed hungry people through various Christian programs. Mai has contributed \$20 to Starve Trek-the cross country run for hungry people. Can you make a contribution or is there some other way you need to help the hungry of this world?

8-24-85
 Big Brothers/
 Big Sisters at
 Foster Park
 (5 mile)
 6 PM
 Don't
 Miss
 It!

MONUMENT CITY 10K

By Rick Hower

After a six year absence from running in the X Classic Monument City 10K, ex Hamilton H.S. trackster Doyle Houser returned with one purpose---To Win! In the inaugural 1979 Classic Houser had finished 2nd to four-time -champ Dexter Lehman. But 2nd would not be good enough for this the 7th Classic. By mile 1, he already forged a 20 yard lead over defending Champ Brady Wells and IHSAA state track and Cross Country finalist Kent Mahnesmith with a record pace. However, a strong southwesternly wind slowed the Champ's final 2 miles as he settled for the fifth fastest clocking (31:23) on the tough hilly Classic route.

Wells who has never missed the Monument city race, finished 2nd for the 4th time(32:48) while Mahnesmith held onto 3rd recording a age record in 33:02. In the Women's division Becky Drees and Chris Kolkman (Both of Ft. Wayne) battled for the lead approximately 2 1/4 miles before Drees established her dominance going on to victory in 39:12 finishing 21st overall. Kolkman faded over the last miles but managed to stave off the late surge of 3rd place Sue Carnes.

In the 2Mile, Steve Moates of Bryan Ohio, raced home in 10:25 to Dethrone defending Champ Marlin Howe who finished 2nd while Allison Titcomb (11:41) defeated reigning champ Theresa Padilla by over a minute for her first woman's crown

AGE DIVISION WINNERS AT Monument City

AGE DIVISION	NAME	TIME
OVERALL	DOYLE HOUSER	31:23.6
	BECKY DREES	39:12.4
17 under	TOM RHEINHEIMER	37:35.5
	ELAINE DREES	51:51.1
18-24 M	BRADY WELLS	32:48.9
25-29 M	JACK VRANNA	36:19.3
18-29 F	CHRIS KOLKMAN	40:49.7
30-34 M	MIQUEL MENDEZ	38:21.5
35-39 M	JAMES SCOTT	40:28.2
30-39 F	SUE CARNES	41:30.3
40-49 M	PAUL FEDOR	36:42
40 & up F	WILMA KYLE	47:02.7
50 & up M	RON OBIERNE	38:48.9

SOME MORE LOCAL WHITE RIVER GAMES RESULTS

(can you believe it?)

EVENT DESCRIPTION	NAME	DIST/TIME/HGT	HOMETOWN
93 M 60 and 0 3000 m Run	Electwood, Chet	16:54.6	Ft Wayne
M 60 and 0 1500 m Run	Electwood, Chet	7:16	Ft Wayne

DON LINDLEY'S AID STATION Results

"He's a runnin' man,
And a 'Bud' man"
Holy Cow!
Here are the.....

AID STATION RESULTS

1. Lincoln National Corp 761
2. YMCA 724
3. Waterfield Mortgage 719
American Red Cross 719
5. American Fitness Ctr 713
6. Canterbury Green Apts 701
7. Jim Delaney & Family 677

On behalf of my family, I want to thank everybody involved with all of the aid stations in making the 1985 TV-33 Hook's marathon a success.

According to the aid station surveys and from all of the comments, it was another successful year. Lincoln Nat'l Corp volunteers accumulated 761 points out of a possible 810 points evaluated by the runners. Spearheaded by Karen Perrin and managed by Diana McCullough, Carmen and Geoff, LoVerde, the Rudisill and Calhoun Street at the five and twenty-one mile aid station were superb. They had adequate supply of water, gatorade, and defizzed pepsi. They were informative, provided advertising and entertainment. You could count on this aid station not only for their cheerfulness and encouragement but also for their personal attention.

The YMCA was excellent and well organized by Lynn Schlegel. I don't know where he got all of the volunteers, but they were there by the numbers to help every runner at the eleven and fifteen mile mark. In fact they went beyond their duties and provided assistance to the nine mile aid station.

Waterfield Mortgage at the seven and nineteen mile was a new sponsor this year. Headed by Tom Humbrecht, he did an excellent job in providing the upmost service to every runner. His crew efforts were awarded by finishing a tie for third place and being on TV's RUNNERS WEEK.

American Red Cross's Tess Machlan and her volunteers were located at the thirteen mile mark received excellent ratings to tie for third place but they should have received more points for setting up an extra aid station at the twenty four mile mark. Thanks to Dick Bennett, he was able to manage both stations.

The American Fitness Center and Canterbury Green Apts. were rated low, mainly because the other aid stations gave the best possible care to each runners.

The Jim Delaney family came in last again. They have been last every year since the runners were able to vote for the best aid station. It seems an aid station with one mile to go is not as important as the other ones. Jim and his wife and nine children should be commended for their efforts, especially since they are not FWTC members and they managed an aid station for the last eleven years.

The only aid station that is not included in the evaluation is the finish line. Since it is difficult to rate all of the aid stations, the finish line is in a division by itself. My assistant, Cliff DeWells and my brother, Delbert Lindley and along with the rest of my family did another fine job. Without their help and support, we would not have one of the finest finish line in the country.

As contrary to the facts, not all of the aid stations evaluated by the runners were excellent. One runner expressed his needs and did not receive the enthusiasm expected by saying, "On way back after 23 miles, they started to lose enthusiasm (but so did I)" or "One of the people running the station asked me if I was quitting. To me that was not a very good thing to say to a tired runner." or "Not enough ice", or "Closed on the way back".

The information given that race assistance will be removed from the course at 12:30 PM, Next year, I will have to worked on several aid stations not to closed before 12:30. In any respect, remember that most of these volunteers started their

day before 6:00 AM and by the end of the day, they felt like they just ran a marathon.

Not everything was so bad, some of the aid stations were described as the "best in the country", "great", "just great", and "fantastic". Another runner said, "After I finished I wanted to go back and personally thank each person who supported me and encouraged me the entire way" Other comments: "You sure made a great one" "It is races like yours that sure make me glad I took up running 3 years ago." "Once again, great race and don't change a thing next year." "Much better than last year." and "All the aid station workers seemed their intent on giving the best possible care to the runners. I was impressed and humble by everyone's concern." "The Fort Wayne marathon may have been my first, but it won't be my last marathon". "The post race T.L.C. was very much appreciated, also, the EMT's were super, I felt like I was at the Ritz". "The crowds picked me up and you aid crews were just great. I can't believe that a race of this size can be managed."

"This was my first time to run at Fort Wayne. I was so pleased with the overall organization, community spirit and participation. The whole experience was one of the greatest. I think this has a major influence in making this my best marathon, so far. Can you believe I trimmed 26 minutes off my time from last year."

I recruited Cliff DeWells this year to assist me and relieve some of the responsibilities of putting together the aid stations. If you have read Karen Perrin article in June "Inside Track", you can make my job much more easier if you can volunteer your group or yourself now. My plans next year is go to Frankfurt, Germany to run a marathon in late May. With your help I keep up my training, be with my family and job and still coordinate the marathon here.

As I crossed the finish line 33rd place (34th last year) of the 11th annual TV33/Hooks Marathon, I had a vision that maybe in 33 years from now I might be able to come in first. But afterwards, I thought of Johnny Kelley, 77, finishes for the 51st time during the Boston Marathon, now, I thank God for letting me finish and giving me the strength to run well and that he continues on giving me guidance.

Don Lindley

CHAIN O' LAKES BIATHLON

DATE) JUNE 15, 1985

ALBION, IN

WEATHER) RAINING

TEMPERATURE) 60

DISTANCE) 25K BIKE & 10K RUN

STARTING TIME) 8:00 AM

RACING RESULTS BY ACTION STATS, INC.

OVERALL	DIV PLACE	NAME	TIME	OVERALL	DIV PLACE	NAME	TIME
1	1	ROGER HAWKS	1:22:56.41	41	12	TOM HAMMOND	1:52:58.67
2	1	GARY PAINTER	1:23:48.15	42	2	BUD STIFFLER	1:53:40.97
3	1	ROCK REITZUG	1:24:31.55	43	9	DENNIS ROWLAND	1:54:20.19
4	1	MARK GEIGER	1:25:55.17	44	3	JIM FLECK	1:55:20.55
5	2	DAVID GEIGER	1:26:30.97	45	2	JOHN STURTEVANY	1:57:42.33
6	3	KENNETH BABCOCK	1:26:59.88	46	3	RONALD HEIMBURGER	1:57:47.95
7	4	TIMOTHY LAURENT	1:27:26.11	47	10	TROY COZAD	1:58:49.24
8	5	TIMOTHY BROWN	1:28:11.31	48	1	DARLA PARKER	2:07:21.72
9	2	HAL PEARSON	1:28:19.24	49	8	ROSS HOWEY	2:11:05.00
10	3	STEVEN CASMELL	1:28:44.73	50	1	JOHN CRAIG	2:15:02.00
11	4	JON BYLER	1:29:46.02	51	8	BRUCE CRAIG	2:15:03.00
12	2	RYAN POLK	1:30:43.30	52	1	SUSAN PETERSON	2:21:06.00
13	3	BOB SWINEHART	1:32:39.05				
14	6	TODD EASAN	1:32:39.99				
15	7	DAVID PEDERSEN	1:33:11.92				
16	2	PAUL ROSEBROCK	1:33:13.47				
17	1	RODGER PUCKETT	1:33:18.08				
18	3	PHIL HOSTETLER	1:36:12.99				
19	2	DON LINDLEY	1:36:31.19				
20	8	CHRISTOPHER EDINGTON	1:37:13.36				
21	4	JEFF THOMPSON	1:37:52.59				
22	5	PAT HERMANN	1:37:57.77				
23	1	BARON WHATELEY	1:38:47.78				
24	4	RICHARD KEY	1:38:51.79				
25	6	ROBIN HARTZELL	1:39:23.26				
26	9	KENNETH CARLSON	1:39:37.50				
27	10	PETER ROLFSEN	1:39:38.12				
28	1	BETTY NELSON	1:39:39.92				
29	5	GEOFFREY STRATTON	1:40:10.55				
30	6	STEVE WILKINSON	1:40:27.16				
31	5	JAMES BEESON	1:42:46.59				
32	7	BRENT EDWARDS	1:42:52.19				
33	7	DENNIS STONEBRAKER	1:43:05.58				
34	11	KEITH MULLETT	1:44:01.20				
35	6	JOHN BOGER	1:44:03.20				
36	7	GARY RHOTON	1:44:59.26				
37	8	DANIEL HANSON	1:45:52.11				
38	1	LELAND STIBREL	1:48:23.40				
39	1	CLEM BETTY	1:48:26.85				
40	2	TERRY SHIPLEY	1:49:02.00				



The start of Turtle Days 10K



Some of the Front runners at Turtle Days.



Denny Hudson at Turtle Days



This is Larry Averback's beck (Also at Turtle Days)

SEVENTH ANNUAL TURTLE 10,000 RACE

DATE) 6/29/85

CHURUBUSCO, IN

WEATHER) SUNNY

TEMPERATURE) 76

DISTANCE) 10K

STARTING TIME) 8:30 a.m.

RACING RESULTS BY ACTION STATS, INC.

OVERALL	DIV	PLACE	NAME	TIME	OVERALL	DIV	PLACE	NAME	TIME
1	1		BRIAN ZELLNER	0:33:04.44	64	5		RUSSELL SUEVER	0:39:59.04
2	1		JERRY WILLIAMS	0:33:16.74	65	2		GARY MULLENDORE	0:40:00.16
3	1		BRIAN SHEPHERD	0:33:35.65	66	1		THERSSA YANKOWIAK	0:40:03.90
4	1		DOUG SUNDLING	0:33:49.46	67	3		CRAIG MILLER	0:40:05.09
5	2		KEITH HORTON	0:34:11.45	68	6		JACK REINKING	0:40:15.97
6	2		RICK MALLIN	0:34:49.33	69	7		DAVID WINTERS	0:40:16.69
7	3		JEFF PETERSEN	0:35:06.26	70	11		TODD EAGAN	0:40:18.50
8	2		ARNI PLACENCIA	0:35:15.51	71	14		MARK KUHN	0:40:23.51
9	3		DAVID RUETSCHILLING	0:35:20.87	72	13		DENNIS CONNER	0:40:33.27
10	4		BRENT MUNRO	0:35:27.72	73	15		ERIC KELLEY	0:40:36.32
11	5		ROD BAUERMEISTER	0:35:28.40	74	8		PHILLIP WISNIEWSKI	0:40:49.01
12	1		DENNIS HOOLEY	0:35:45.16	75	7		DAVID BOYLAN	0:40:51.28
13	2		KEVIN BERNING	0:35:50.19	76	14		GARY NOLL	0:40:51.87
14	3		WAYNE JOHNSON	0:35:50.79	77	15		DENNIS STONEBRAKER	0:40:56.57
15	4		ROGR WILSON	0:35:56.18	78	16		RAY BALL	0:41:06.66
16	1		STAN FLOREA	0:36:02.29	79	2		TAMMY MCCARTY	0:41:10.72
17	3		SCOTT FIRESTONE	0:36:15.57	80	16		JED PEARSON	0:41:12.71
18	5		TOM RENZ	0:36:18.05	81	3		MARNIE GAUTSCH	0:41:25.17
19	6		DANIEL GREEN	0:36:26.98	82	17		GARY LANE	0:41:32.16
20	6		DAVID GEIGER	0:36:28.17	83	18		PAUL GILLEY	0:41:32.73
21	4		TERRY DILLER	0:36:32.47	84	4		SHERRY HOOVER	0:41:40.90
22	4		DOUG NERN	0:36:37.32	85	17		BRIAN KLENDER	0:41:47.11
23	5		PAUL SHAFFER	0:36:41.01	86	9		MIKE ZUROLO	0:41:55.47
24	7		TERRY COONAN	0:36:45.24	87	18		STEVE LOSHE	0:41:59.59
25	6		STEPHEN PEREZ	0:36:47.02	88	10		ROBERT GEBFERT	0:42:03.15
26	7		RANDY HISNER	0:36:53.98	89	19		ANTHONY BOWERS	0:42:10.33
27	8		KENNETH KING	0:37:11.06	90	19		RICK TRABEL	0:42:13.17
28	9		BOB SCENDEL	0:37:23.14	91	20		ED HIAR	0:42:15.12
29	1		R.W. SCHMIDT	0:37:29.66	92	4		JOE ZIEGLER	0:42:23.30
30	5		BOB SWINEHART	0:37:39.28	93	8		BERNIE BURGETTE	0:42:25.61
31	1		FRED ROSS	0:37:43.37	94	11		IVAN PAINTER	0:42:30.60
32	6		JEFF VICTORSON	0:37:52.97	95	3		GENE GRAN	0:42:33.29
33	2		DENNIS KROELLS	0:37:55.00	96	12		PHILLIP LUTTMAN	0:42:34.90
34	7		GREG KRIDER	0:38:03.91	97	5		KEN CLARK	0:42:36.89
35	8		ROGER BROWN	0:38:07.24	98	20		WILLIAM FOGLE	0:42:43.46
36	9		JOHN WILENSKI	0:38:10.15	99	14		JAMES BEESON	0:42:44.13
37	10		JOEL WISE	0:38:19.12	100	13		AL HENKEL	0:42:46.93
38	2		BOB WILTON	0:38:22.18	101	2		TIM GORRELL	0:42:51.83
39	8		TIM ZUMBAUGH	0:38:22.68	102	21		DON KAWIECKI	0:43:01.23
40	10		PAUL BAUMAN	0:38:25.00	103	14		TOM O'CONNELL	0:43:04.32
41	7		TERRY TEEGARDIN	0:38:28.28	104	15		TOM FISHER	0:43:08.44
42	3		DENNIS HUDSON	0:38:34.81	105	22		HAL ATKINSON	0:43:15.96
43	1		BECKY DREES	0:38:40.32	106	9		DON ASHTON	0:43:28.41
44	4		LARRY AVERBECK	0:38:54.48	107	4		JOHN HILKER	0:43:30.51
45	3		TODD RIGELMAN	0:39:04.83	108	23		JOHN SHEDRON	0:43:31.14
46	11		STEVEN SMITH	0:39:06.64	109	21		MARK DEWITT	0:43:33.61
47	9		BILL AKSAMIT	0:39:10.64	110	5		NORMAN WHISLER	0:43:35.76
48	10		JIM KRUSE	0:39:12.91	111	16		CLIFTON GORRELL	0:43:38.27
49	8		CHRISTOPHER WELSH	0:39:18.41	112	24		BOB MILLER	0:43:38.92
50	9		BART CARPENTER	0:39:19.45	113	17		STEVEN GOLDTHWAITE	0:43:39.61
51	11		NATHAN DANKINS	0:39:20.52	114	6		ROBERT GENSHEIMER	0:43:47.35
52	10		MARK GEIGER	0:39:31.24	115	18		DEWEY CULBERTSON	0:43:49.60
53	12		DENNIS KLOPFENSTEIN	0:39:35.48	116	25		LENNY YEARLING	0:43:52.20
54	2		MYRON MEYER	0:39:37.04	117	22		KENT LAWSON	0:43:52.63
55	1		LELAND SIBREL	0:39:38.02	118	7		TOM FELGER	0:43:53.09
56	12		BRANDT DOUGLAS	0:39:41.04	119	12		JOSEPH SHARP	0:43:54.96
57	5		BRAD YODER	0:39:42.51	120	1		JOYCE WOLTERS	0:44:05.43
58	11		RANDY SORDELET	0:39:44.67	121	19		KENNETH MARLIN	0:44:07.71
59	12		PAT HERMANN	0:39:50.70	122	15		DENNIS SHUTWAY	0:44:21.98
60	13		JOHN SCHWARZ JR.	0:39:55.43	123	2		LYN HANDLIN	0:44:23.66
61	13		TONY GATTON	0:39:56.56	124	26		STEVEN SHERBURNE	0:44:25.75
62	4		MICHAEL WEAVER	0:39:57.55	125	16		HARPER PECK	0:44:26.78
63	6		STEVE ADKISON	0:39:58.54	126	20		JOSEPH HILGER	0:44:27.56



Becky Drees winning Turtle Days

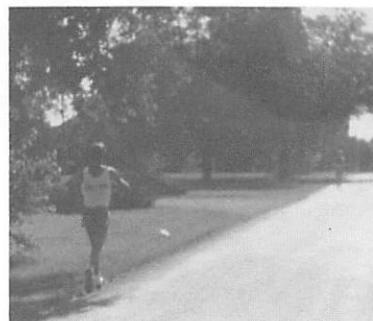


Brian Zellner closing in on the finish and winning Men's overall at Turtle Days.



Turtle Days Runner

127	17 GARY HOOTEN	0:44:38.23	203	2 BETTY DEMELLS	0:49:03.34	278	30 RICK BORKOMSKI	0:58:29.06
128	10 RUDY KLEINKNIGHT	0:44:34.03	204	38 JAMES SIMPSON	0:49:07.72	279	7 JUTTA S.G. KING	0:58:42.09
129	18 LARRY DELEON	0:44:35.82	205	9 JOSEPH BROOKS	0:49:12.11	280	16 MES ADAMS	0:58:59.64
130	19 JAMES BUCHANAN	0:44:36.28	206	10 DON C MYERS	0:49:12.64	281	15 FRED TAUBE	0:59:10.86
131	11 LAWRENCE LEE	0:44:36.79	207	5 BILL STIENBARGER	0:49:24.63	282	16 ROGER PHILLIPS	0:59:24.95
132	21 GEORGE KIRBY	0:44:37.36	208	28 DON DOWTY	0:49:31.19	283	17 JOHN JEDINAK	0:59:28.88
133	20 KEVIN BALLER	0:44:46.84	209	1 PHIL BURNS	0:49:31.71	284	45 DAVID TARR	0:59:36.47
134	6 TERRY GAUTSCH	0:44:49.88	210	29 TAKESHI MINAMI	0:49:33.91	285	5 JODY LONG	0:59:47.40
135	21 GARY KUHN	0:44:55.27	211	18 JEFFREY McCANN	0:49:34.36	286	14 ANNE MEEBAN	1:00:17.31
136	3 TERESA JOHNSON	0:44:58.31	212	38 DAVID JUDKINS	0:49:35.49	287	8 BR ENT KLENDER	1:00:17.78
137	22 BOB KLITZMAN	0:45:19.16	213	19 MIKE FARRELL	0:49:44.68	288	15 CHRIS LEWIS	1:00:41.09
138	22 TOM MCCORD	0:45:27.64	214	10 ELAINE DREES	0:49:49.54	289	16 KELLY GAFF	1:00:41.60
139	13 ALAN BELL	0:45:32.25	215	39 WALT HESSLER	0:49:54.34	290	18 DON RHOADES	1:00:51.97
140	5 JACQUELINE MELOTIK	0:45:34.06	216	3 ELIZABETH STRUCKHOLZ	0:50:01.59	291	9 ANNA HODLEY	1:01:00.91
141	23 CRAIG BOBAY	0:45:36.67	217	40 DAVID FRENCH	0:50:06.01	292	19 ROBERT HOCKENSMITH	1:01:15.44
142	12 WILLIAM KRIDER	0:45:37.31	218	3 RHONDA GOLDEN	0:50:08.64	293	40 GREG BLACKBURN	1:01:19.03
143	1 MARSHA SCHMIDT	0:45:37.95	219	3 JOYCE BUTLER	0:50:17.91	294	10 KAREN PERRIN	1:01:42.96
144	13 JOE PYLE	0:45:40.27	220	41 BRUCE CRAIG	0:50:22.41	295	8 MARJORIE CLAXTON	1:03:34.38
145	8 BRAD DEEL	0:45:42.75	221	4 VALERIE PUCKETT	0:50:26.52	296	3 CATHERINE MENZE	1:03:37.68
146	27 JAMES CLAXTON	0:45:45.47	222	10 JIM HARBRIDGE	0:50:28.13	297	9 COLLEEN JACOBSON	1:03:40.76
147	23 RON WELSH	0:45:49.69	223	25 DAVID VISTI	0:50:30.99	298	17 HOLLY LIGGETT	1:04:32.31
148	28 TIM SULLIVAN	0:45:51.29	224	42 DANA ALAN BUDD	0:50:50.22	299	9 JOSH KUGLER	1:05:15.14
149	1 KAREN VACHON	0:45:52.26	225	26 DOUG BOWMAN	0:50:51.84	300	18 KAREN GERBERS	1:05:53.04
150	24 SCOTT NIEVEEN	0:45:52.83	226	11 KRISTA ROSS	0:50:58.46	301	4 WILADENE SHIVELY	1:07:21.04
151	14 JOHN STACHERA	0:45:53.29	227	39 JOHN NOLL	0:51:05.51	302	19 KIM SCROGHAM	1:10:01.00
152	25 MARK STAUFFER	0:45:53.70	228	40 CARDEN HENN	0:51:06.17	303	11 BARB SCROGHAM	1:10:02.00
153	3 JEFF GONGWER	0:45:55.23	229	11 JAY BROWER	0:51:06.77	304	6 CHRIS PERRIN	1:10:46.00
154	23 WALLACE SMITH	0:45:56.87	230	43 CRAIG HARTMAN	0:51:07.33	305	5 DORIS SNYDER	1:12:43.00
155	29 STEVE FELGER	0:45:57.41	231	6 DAVID MARTIN	0:51:14.19	306	17 JOSEPH BROOKS	1:17:09.00
156	14 LARRY GETTS	0:46:01.10	232	4 JODI ZIEGLER	0:51:25.20	307	6 THERESA MACHLAN	1:17:10.00
157	30 BILL TOWNSEND	0:46:03.79	233	4 KIM STAIRS	0:51:33.58			
158	15 ROBERT CLAY	0:46:04.70	234	12 JOHN RIBAR	0:51:37.40			
159	2 DEB GLASPER	0:46:05.22	235	12 KRIS HOOVER	0:51:40.15			
160	31 MICHAEL GLASPER	0:46:17.02	236	11 EUGENE STRIGGLE	0:51:46.99			
161	24 GARY ADKISON	0:46:19.32	237	5 ALICIA CEARBAUGH	0:51:51.77			
162	26 ROBB BALLER	0:46:24.30	238	5 CINDY MYERS	0:51:52.42			
163	7 HOWARD BASH	0:46:36.88	239	27 BRET HALL	0:51:55.15			
164	27 DOUG TONKEL	0:46:37.41	240	4 WENDY SCHUMAN	0:52:12.73			
165	32 TOM ROEHLING	0:46:41.37	241	12 BUD STROUSE	0:52:24.13			
166	1 KARMA BEYER	0:46:42.48	242	13 LISA HEYERLY	0:52:24.90			
167	25 DON NOTTINGHAM	0:46:43.35	243	13 BRUCE DREES	0:52:31.03			
168	26 TOM MATHER	0:46:45.74	244	7 MIKE ANDERSON	0:52:43.11			
169	27 ROBERT GRAMCOCK	0:46:46.23	245	2 KING SULLIVAN	0:52:46.97			
170	28 DONALD SHADNAGLE	0:46:49.89	246	13 PAUL SNYDER	0:52:50.09			
171	2 TERI DAWSON	0:47:03.50	247	5 DIANE MCCOMB	0:52:56.81			
172	2 AMY CLAY	0:47:04.54	248	19 BRIAN PELKINSTON	0:52:57.33			
173	8 JACK GOBLE	0:47:08.94	249	14 DAN DANIEL	0:53:00.39			
174	29 JOHN BLOOM	0:47:09.86	250	44 DENNIS WARNICK	0:53:06.55			
175	33 TIM OGLE	0:47:16.07	251	6 LORRAINE FOX	0:53:07.20			
176	9 JAMES PEPPER	0:47:21.83	252	14 HARLAN DILLER	0:53:16.39			
177	34 BRUCE HAMILTON	0:47:23.48	253	6 MARYJO ARDINGTON	0:53:24.40			
178	15 DAVID TAUBE	0:47:23.94	254	20 KREGG JONES	0:53:25.29			
179	6 RENEE SINGER	0:47:30.18	255	7 SABINE FLORREICH	0:53:31.29			
180	1 ROSEANN SIMMONS	0:47:33.19	256	5 SIEGLINDE RICHARDSON	0:53:32.93			
181	24 JERRY NAHMOLD	0:47:34.85	257	15 JAMES RICHARDSON	0:53:34.23			
182	30 KEN HENDRICKS	0:47:42.65	258	6 SUSAN FEHMAN	0:53:41.61			
183	7 MISSY MANKEY	0:47:43.39	259	28 RAY STEWART	0:53:51.12			
184	16 RONALD GERBLER	0:47:44.52	260	41 MICHAEL HENDRICKS	0:54:15.92			
185	4 KRIS KLEEBERG	0:47:52.60	261	4 CATHY BARNETT	0:54:18.11			
186	3 RENITA GRABER	0:47:55.09	262	45 JOHN FAYLOR	0:54:25.97			
187	31 JEFF RUFF	0:47:55.59	263	29 DAVID WARNER	0:54:38.15			
188	17 MARK NISHLER	0:47:57.07	264	46 STEVEN BROWN	0:54:43.89			
189	32 CHARLEY KNEPPLE	0:47:58.27	265	20 DAVE SWANSON	0:54:49.10			
190	33 DAVID MURRAY	0:48:00.49	266	3 WALT HARRIS	0:54:50.33			
191	35 GREG FAHL	0:48:05.98	267	7 NANCY GEBFERT	0:55:01.28			
192	8 TONJA SCHENKEL	0:48:15.60	268	8 NAN BAKER	0:55:19.65			
193	36 ROBERT DAHL	0:48:16.63	269	2 GLORIA RIBAR	0:55:24.95			
194	16 PERRY SINN	0:48:17.07	270	47 STEVEN BUCHER	0:55:39.93			
195	17 MARK SMITH	0:48:23.44	271	21 CARL R. FIELDS	0:55:53.19			
196	34 JOEL WEAVER	0:48:31.25	272	42 DON WAGONER	0:56:28.36			
197	35 JIM DEITL	0:48:32.00	273	22 LARRY BOTT	0:56:43.62			
198	37 DAVE McCOMB	0:48:37.75	274	43 GEOFF BAKER	0:56:56.24			
199	9 KATHLEEN WALLER	0:48:40.11	275	30 ROBERT RADFORD	0:57:58.18			
200	18 RICK MCGILLIVRAY	0:48:47.00	276	44 JOHN LEAKEY	0:58:09.48			
201	36 PETE WILLIAMS	0:48:53.66	277	4 ROBERT BECKMON	0:58:25.87			
202	37 NORBERT PLOETZ	0:48:56.33						



Jerry Williams chasing the eventual winner at Turtle Days.



A runner at Turtle Days 10K

Jerry--This is the 'Points Standings' after 6 points races up thru the "Turtle 10K." As always, if there are age groups questions about the 'Points,' contact Ken Miller. (Of course, you must contact Russ Suever after 1/1/86---Editor's note.)

Also a special note of thanks to Doug Sundling; Because of his article in the last newsletter, we now have him in the '30-34 age group. (June 30th was the cutoff).

*Thanks,
Russ Suever
(Thanks a lot! Russ.....
Ken Miller)*

OVERALL STANDINGS

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	0.9413	3 F	20
CARNES, SUE	0.8958	1 F	30
HANDLIN, LYN	0.8727	2 F	20
WIEDAU, KATHY	0.8519	2 F	30
KOCZERGE, ROSE MARIE	0.8294	2 F	30
DAWSON, TERI	0.8223	2 F	30
GLASPER, DEB	0.8113	2 F	30
GETTY, SHARON	0.7951	5 F	20
SCHMIDT, MARSHA	0.7943	4 F	30
SIMMONS, ROSEANN	0.7742	5 F	40

STANDINGS

NAME	TOT # PTS RC		
CLAY, AMY	0.7494	3 F	19
GEYER, KARMA	0.5594	3 F	19
ZIEGLER, JODIE	0.5484	1 F	19
GORRELL, MICKIE	0.5473	2 F	19
PERRIN, CHRIS	0.1705	3 F	19

CONNOLLY, MARY THERE	1.0000	1 F	20
TILLAPAUGH, JUDY	0.9425	2 F	20
YOUNG, JANET	0.9417	2 F	20
YANKOWIAK, THERESA	0.9413	3 F	20
HANDLIN, LYN	0.8727	2 F	20
GETTY, SHARON	0.7951	5 F	20
CONRAD, LINDA	0.6884	3 F	20
VACHON, KAREN	0.6060	3 F	20
SABRACK, CYNTHIA	0.5597	2 F	20
STAIRS, KIM	0.5323	1 F	20
DEWELLS, BETTY	0.4618	4 F	20
FLORREICH, SABINE	0.4451	3 F	20
BOSSARD, JULIE	0.3750	1 F	20
HOEPPNER, MARTHA	0.3421	1 F	20
KING, JUTTA	0.3371	2 F	20
HELTON, SUSAN	0.2895	1 F	20

NELSON, BETTY	1.0000	2 F	30
CARNES, SUE	0.8958	1 F	30
WIEDAU, KATHY	0.8519	2 F	30
KOCZERGE, ROSE MARIE	0.8294	2 F	30
DAWSON, TERI	0.8223	2 F	30
GLASPER, DEB	0.8113	2 F	30
SCHMIDT, MARSHA	0.7943	4 F	30
FLEMING, PATTY	0.7500	1 F	30

RICKNER, LIZ	0.7190	2 F	30
SUELZER, PHYLLIS	0.6757	1 F	30
SMITH, CATHY	0.6286	1 F	30
BUTLER, JOYCE	0.6274	2 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	0.4566	6 F	30
FEHMAN, SUSAN	0.4406	2 F	30
RICHARDSON, SIEGLIND	0.4209	3 F	30
PERRIN, KAREN	0.1649	5 F	30

JAMISON, ANN	0.9763	4 F	40
SIMMONS, ROSEANN	0.7742	5 F	40
ASHTON, CAROL JO	0.5420	3 F	40
FUZY, JOYCE	0.3204	4 F	40
WILSON, JULIE	0.2500	1 F	40
KLEINKNIGHT, SARAH	0.1622	1 F	40
TAYLOR, BONNIE	0.1380	3 F	40
GENSHEIMER, MAURINE	0.0835	2 F	40
SHIVELY, WILADENE	0.0806	1 F	40
PALLEY, SHARON	0.0257	4 F	40

NYCLM, 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	0.0942	3 F	50
MACHLAN, THERESA	0.0366	2 F	50

OVERALL STANDINGS

NAME	AVE # PTS RC		
LOUCKS, TOM	1.0000	1 M	25
SUNDLING, DOUG	0.9971	5 M	30
BEAM, JEFF	0.9919	3 M	20
GARCIA, VINCE	0.9878	3 M	30
WILLIAMS, JERRY	0.9811	5 M	25
SHEPARD, BRIAN	0.9798	3 M	15
CLENDENEN, CHUCK	0.9695	1 M	20
RUETSCHILLING, DAVE	0.9646	2 M	30
BERNING, KEVIN	0.9498	2 M	15
KAUFMAN, DAN	0.9415	3 M	30
YODER, TOM	0.9404	2 M	30
FLOREA, STAN	0.9400	2 M	14
PEARSON, HAL	0.9364	4 M	30
JOHNSON, WAYNE	0.9283	2 M	25
GARNER, JIM	0.9237	1 M	30
TRELEAVAN, JOHN	0.9212	3 M	30
DILLER, TERRY	0.9164	6 M	25
MILNER, DAVID	0.9140	3 M	15
WALLEN, RICK	0.9090	3 M	25
WILSON, ROGER	0.9075	6 M	30

FLOREA, STAN	0.9400	2 M	14
CHURCH, RICHIE	0.6489	1 M	14
GORRELL, TIMOTHY	0.6414	3 M	14
GONGWER, JEFF	0.3817	2 M	14
SQUIRES, RICKY	0.3750	1 M	14
LINDLEY, BRIAN	0.1134	2 M	14
LINDLEY, MIKE	0.0802	3 M	14
GENSHEIMER, PATT	0.0165	1 M	14

SHEPARD, BRIAN	0.9798	3 M	15
BERNING, KEVIN	0.9498	2 M	15
MILNER, DAVID	0.9140	3 M	15
EBERSOLF, MATT	0.8235	1 M	15
SWINEHART, BOB	0.8073	5 M	15
MESSMAN, JEFF	0.6377	2 M	15
NIEVEEN, SCOTT	0.4085	2 M	15

BEAM, JEFF	0.9919	3 M	20
CLENDENEN, CHUCK	0.9695	1 M	20
GIEGER, DAVE	0.8143	6 M	20
WIENING, JOHN	0.8079	1 M	20
EAGIN, TODD	0.7806	2 M	20
SCHLEMMER, KEN	0.7009	2 M	20
GEIGER, MARK	0.6971	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	0.6764	2 M	20
CHILDS, DAN	0.6019	1 M	20
GETTS JR, LARRY	0.3017	2 M	20
VOTAW, KEN	0.0658	3 M	20

LOUCKS, TOM	1.0000	1 M	25
WILLIAMS, JERRY	0.9811	5 M	25
JOHNSON, WAYNE	0.9283	2 M	25
DILLER, TERRY	0.9164	6 M	25
WALLEN, RICK	0.9090	3 M	25
HISNER, RANDY	0.9036	2 M	25
SHAFFER, PAUL	0.8887	5 M	25
SCHENDEL, BOB	0.8667	6 M	25
TARDIFF, DON	0.8333	1 M	25
HUDSON, DENNIS	0.8327	1 M	25
WYLIE, TOM	0.8125	1 M	25
SMITH, STEVE	0.8036	2 M	25
ELLIS, LARRY	0.7635	3 M	25
KING, KENNETH	0.7617	6 M	25
GATTON, TONY	0.7384	2 M	25
KING, CALVIN	0.7311	2 M	25
BAUMAN, PAUL	0.7243	6 M	25
PEREZ, STEPHEN	0.7220	2 M	25

*Hey you!
Why don't you
run the
M/D Love Run
8K at Canterbury
Green
8-31-85
(check last
newsletter
for time
on inside
cover)*

STEELE, GARY	0.6152	2 M	25
BEFSON, JAMES	0.5913	3 M	25
BRATTOLE, MARK	0.5473	3 M	25
HOOTEN, GARY	0.5143	1 M	25
WAGNER, THOMAS	0.4711	1 M	25
PECK, HARPER	0.4484	2 M	25
NELMANN, GARY	0.4142	3 M	25
BOBAY, GRAIG	0.3395	2 M	25
HACK, ROGER	0.3270	1 M	25
BEAVER, DOUG	0.2810	1 M	25
SCOTT, MATT	0.2562	1 M	25
SIEMER, MARK	0.2231	1 M	25
KUHN, JOE	0.2171	2 M	25
HEDGES, KEITH	0.1607	2 M	25
DEWELLS, CLIFF	0.0248	1 M	25
GENSHEIMER, DAVID	0.0083	1 M	25

SUNDLING, DOUG	0.9921	5 M 30
GARCIA, VINCE	0.9878	3 M 30
RUEFSCHILLING, DAVE	0.9744	2 M 30
KALFMAN, DAN	0.9415	3 M 30
YODER, TOM	0.9404	2 M 30
PEARSON, HAL	0.9344	4 M 30
GARNER, JIM	0.9237	1 M 30
TRELEAVAN, JOHN	0.9212	3 M 30
WILSON, ROGER	0.9075	6 M 30
PLACENCIA, ARNJE	0.9070	3 M 30
CASWELL, STEVE	0.8613	4 M 30
MINNICH, DAN	0.8130	2 M 30
COONAN, TERRY	0.8073	6 M 30
GLASPER, MIKE	0.7454	3 M 30
MAZOCK, JERRY	0.7474	4 M 30
BARTON, BRUCE	0.7393	1 M 30
AKSAMIT, BILL	0.7125	4 M 30
RIZZO, PHIL	0.7060	3 M 30
ZECK, DENNY	0.6985	1 M 30
SCHMIDT, GREGG	0.6777	1 M 30
STONEBRAKER, DENNIS	0.6523	2 M 30
HERMAN, PAT	0.6520	4 M 30
CONNOR, DENNIS	0.6332	4 M 30
THORN, ERIC	0.5972	1 M 30
DEHEIMER, GARY	0.5878	1 M 30
ESCHBACK, RONALD	0.5308	3 M 30
MILLER, BOB	0.5303	4 M 30
GUILLEY, PAUL	0.5248	5 M 30
LANE, GARY	0.5157	2 M 30
FAKIN, JOHN	0.5139	1 M 30
MENDEZ, MIGUEL	0.4926	1 M 30
WEST, THOMAS	0.4772	1 M 30
DICKEY, JERROLD	0.4645	1 M 30
BECKNER, ED	0.4583	1 M 30
SHEPHERD, JOHN	0.4505	3 M 30
ROLIN, TIM	0.4444	1 M 30
MIGLORIS, BRIAN	0.4425	3 M 30
REUCHEL, PAT	0.4281	4 M 30
KLINGER, HOWARD	0.4271	2 M 30
DEMERTIT, KEITH	0.4122	2 M 30
HOWER, RICK	0.4118	1 M 30
MORRISON, MARK	0.4110	2 M 30
TOWNSEND, BILL	0.4102	1 M 30
KENNERK, PHIL	0.4016	4 M 30
ROHLING, THOMAS	0.3033	2 M 30
FAH, GREG	0.3020	1 M 30
ROSSARD, DAN	0.2495	1 M 30
SULLIVAN, TIM	0.2594	4 M 30
SARRACK, PAUL	0.1983	2 M 30
HARRIS, ROBERT	0.1834	3 M 30
MARLETT, JACK	0.1653	1 M 30
BROWN, STEVE	0.0980	1 M 30
MASON, RICHARD	0.0521	1 M 30

ROBBINS, MIKE	0.8935	3 M 35
DENDINGER, TOM	0.8843	4 M 35
BYERS, ROBERT	0.8321	1 M 35
ORREGON, ART	0.8199	1 M 35
KROFFELS, DENNIS	0.8174	5 M 35
RIGELMAN, TODD	0.8167	2 M 35
FLEMING, TIM	0.7794	1 M 35
SIEVER, RIESS	0.7145	2 M 35
WILLIAMS, RANDY	0.6898	1 M 35
RICKNER, GARY	0.6833	2 M 35
WINTERS, DAVE	0.6621	5 M 35
REINKING, JACK	0.6616	3 M 35
HENKEL, AL	0.6574	1 M 35
SHIPLEY, LARRY	0.6388	2 M 35
LUTTMAN, PHILLIP	0.6327	1 M 35
HAMILTON, JOHN	0.6266	2 M 35
ZERFELLO, MIKE	0.6100	3 M 35
REICHWAGE, DAVE	0.5915	2 M 35
WISNEWCKI, PHILL	0.5852	6 M 35
ARMSTRONG, LYNN	0.5554	2 M 35
FISCHER, TOM	0.5536	2 M 35
ARCHBOLD, TOM	0.5454	4 M 35

SHIPLEY, TERRY	0.5394	1 M 35
GEBFERT, ROBERT	0.5356	4 M 35
HASLER, ED	0.5308	2 M 35
HENKEL, AL	0.5073	4 M 35
WEAVER, MICHAEL	0.5014	2 M 35
PAINTER, IVAN	0.4975	5 M 35
CLIBERTSON, DEWEY	0.4871	2 M 35
O'CONNELL, TOM	0.4665	6 M 35
GOLDTHWAITE, STEVE	0.4625	4 M 35
GORRELL, CLIFTON	0.4507	3 M 35
ADAMS, CHARLES	0.4485	1 M 35
SMITH, WAJLY	0.4471	3 M 35
KIRBY, GEORGE	0.4086	6 M 35
HULGER, JOE	0.4072	3 M 35
MATHER, TOM	0.3946	5 M 35
BUTLER, STEVE	0.3879	4 M 35
PETERSON, JOHN	0.3817	1 M 35
PEARSON, LEE	0.3809	3 M 35
GRAUCCOCK, BOB	0.3780	2 M 35

LIPKEY, JIM	0.3445	3 M 35
NOTTINGHAM, DON	0.3371	2 M 35
LAW, JOE	0.3223	1 M 35
JAMISON, JAN	0.2721	1 M 35
SMITH, DAVE	0.2454	1 M 35
HENDRICKS, KEN	0.2327	1 M 35
RAFF, JEFFREY	0.2103	5 M 35
WIERSMA, ROBERT	0.1789	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
REISLING, PAUL	0.0074	1 M 35

ROSS, FRED	0.8776	1 M 40
KUNKEL, JERI	0.8681	1 M 40
DYER, JACK	0.8430	1 M 40
AVERRECK, LARRY	0.8386	5 M 40
LINDLEY, DON	0.8170	5 M 40
MILTON, BOB	0.7995	2 M 40
HUDSON, DENNIS	0.7904	6 M 40
MOTYCKA, BERNIE	0.7836	2 M 40
ROBERTS, RANDY	0.7685	1 M 40
ADKINSON, STEVE	0.7329	5 M 40
MOTYKA, RON	0.7069	4 M 40
HUCKETT, ROGER	0.6754	5 M 40
BOYLAN, DAVE	0.6653	4 M 40
MCGOWAN, JIM	0.6644	1 M 40
ASHTON, DON	0.5952	5 M 40
WALDROP, DAVE	0.5191	1 M 40
WURST, RONALD	0.5183	2 M 40
BURGETTE, BERNIE	0.5115	4 M 40
OKOROWSKI, CHUCK	0.4795	3 M 40
WOLFF, DAVE	0.4775	2 M 40
HEYMANN, JAMES	0.4668	2 M 40
KILLENKIGHT, RUDY	0.4527	5 M 40
LEE, LARRY	0.4440	2 M 40
STACHERA, JOHN	0.4327	1 M 40
LOVELL, ROBERT	0.3969	1 M 40
BYERLEY, MIKE	0.3932	2 M 40
MILLER, KEN	0.3884	1 M 40
WATERFIELD, RICHARD	0.3768	3 M 40
CALLICOTTE, JOHN	0.3607	1 M 40
CLUTSHALL, DEAN	0.3373	5 M 40
RASMUSSEN, JOHN	0.3330	3 M 40
GEASLER, RON	0.3265	1 M 40
MISHLER, MARK	0.3143	1 M 40
CLAY, ROBERT	0.3137	4 M 40
KRIDER, BILL	0.3012	4 M 40
LEE, LAWRENCE	0.2973	5 M 40
CLARK, KENAD	0.2595	1 M 40
GARRETT, ED	0.2479	1 M 40
HAYHURST, TOM	0.2255	2 M 40
BAKER, DAVID	0.2206	1 M 40

RODGERS, JOHN	0.1985	1 M 40
FARRELL, MIKE	0.1952	2 M 40
SMITH, J MICHAEL	0.1690	1 M 40
YANT, LARRY	0.1474	3 M 40
SWANSON, DAVE	0.0939	1 M 40
BERNING, RICHARD	0.0882	1 M 40

"THE 'POINTS' AND YOU: ARE YOU A WIMP?"

By Russ Suever & Ken
Miller

AT ALL BOOKSTORES
\$ 29.95

PERKINS, JERRY	0.8592	3 M 45
BARKER, WOODY	0.7492	2 M 45
LAUTZENHEISER, RICH	0.7431	1 M 45
MULLENDORE, GARY	0.7429	1 M 45
SIBREL, RAY	0.6979	5 M 45
MILLER, CRAIG	0.6826	3 M 45
ROMAIN, LOUIS	0.6690	1 M 45
MORRIS, JACK	0.6682	1 M 45
BRANDT, CHARLES	0.6320	3 M 45
ZIEGLER, JOE	0.5467	3 M 45
FELGER, TOM	0.5154	4 M 45
FELLER, TOM	0.5115	1 M 45
LAIRD, TOM	0.5029	3 M 45
CLARK, KEN	0.4691	3 M 45
GENSHEIMER, BOB	0.4402	3 M 45
FRISBY, BOB	0.3719	1 M 45
JANTZ, DON	0.3529	1 M 45
DEEL, BRAD	0.3393	3 M 45
LIEBRICH, TOM	0.3206	1 M 45
HOLJE, KARL	0.2891	1 M 45
JARVIS, MARVIN	0.2541	3 M 45
GILBERT, ALLEN	0.2091	2 M 45
SJVE, DICK	0.2085	1 M 45
BROOKS, JOE	0.1639	5 M 45
RIBAR, JOHN	0.1632	3 M 45
RICHARDSON, JAMES	0.1240	2 M 45
SWIFT, WILLIAM	0.0744	1 M 45
SHOOK, RUSS	0.0616	1 M 45

SCHMIDT, BILL	0.8494	3 M 50
MEYER, MYRON	0.7516	4 M 50
KAST, MIKE	0.7121	2 M 50
GRAN, GENE	0.5274	4 M 50
HILKER, JOHN	0.4867	4 M 50
GETTY, CLEM	0.4731	3 M 50
TOMLINSON, GILES	0.4559	1 M 50
WHISLER, NORM	0.4201	2 M 50
GAUTSCH, TERRY	0.4160	3 M 50
SOHASKI, BILL	0.3634	1 M 50
HUESING, BERNIE	0.3511	1 M 50
PEPLER, JAMES	0.3469	1 M 50
ADAMS, WENDEL	0.3218	2 M 50
CHANDLER, HERB	0.2940	2 M 50
DITTO, CLIFF	0.2870	3 M 50
BASH, HOWARD	0.2865	2 M 50
WILSON, DAVE	0.2731	1 M 50
GILBERT, C RAY	0.2580	2 M 50
GOBLE, JACK	0.2266	3 M 50
NOLD, CURTIS	0.2147	2 M 50

MYERS, DONNIE	0.2130	1 M 50
JONES, J P	0.2118	2 M 50
FLOREICH, RUDY	0.2076	2 M 50
BECKMAN, R B	0.1982	2 M 50
DEVAULT, CHUCK	0.1857	2 M 50
HIELMAN, DON	0.1818	1 M 50
STRIGGLE, GENE	0.1673	1 M 50
STROUSE, BUD	0.1592	1 M 50
CHOVAN, VERN	0.1405	1 M 50
SNYDER, PAUL	0.1135	6 M 50
TURK, JIM	0.0909	1 M 50
MOORE, AL	0.0887	5 M 50
BIDDLE, FLOEN	0.0795	2 M 50
HOUSE, RODA	0.0718	1 M 50
MOYER, ROSS	0.0496	1 M 50
LONGWORTH, RICHARD	0.0294	1 M 50
PHILLIPS, ROGER	0.0294	5 M 50
JEDINAK, JOHN	0.0276	2 M 50
COODING, LARRY	0.0255	1 M 50
BURNS, PHIL	0.1874	6 M 40
SULLIVAN, KING	0.1175	3 M 60
HARRIS, WALT	0.0985	3 M 60
FLEETWOOD, CHET	0.0676	2 M 60

"My Article" by Thomas Loucks

Take a fast course, good conditions, some of Indiana's best road racers, and fabulous awards, mix together with some healthy self confidence and stick in the oven and what comes out (in this instance) is a very satisfying and much needed breakthrough performance.

After deciding definitely to run the BUCK CREEK FESTIVAL 5 mile in Yorktown, IN, June 29th about two weeks prior to the race, nothing special changed in my training other than adding a speed session on the road consisting of 6 x 2 min. at race pace about four days before race day. Not really anything special but something I probably would not have done if not for this particular event. This is really the kind of workout I should be doing on a more regular basis but because of laziness or whatever it just has not been part of my running schedule this year. The workout itself was very good, one of those times when you are able to run fast, yet relaxed, and when you're finished you feel tired but no where near exhausted. I didn't think about it much at the time but that workout might just have been the precursor to better things to come.

Just prior to the race while warming up with Mick Schlachter, I mentioned that I felt good and thought I had a chance to win. I know I seem to be winning a lot of races and it might seem strange that this would be all that momentous a statement but this race had a lot of quality people participating and is the type of race where I usually run well but unspectacularly and wind up with 4th or 5th or 6th. So you can see I was on the verge of McEnroe-ish cockiness. Mick, being a friend as well as a better racer, kindly said he no doubt thought I would be up with the leaders.

I like these kind of races. A good sized field (350 runners), plenty of fine racers both men and women, and yet nobody clearly better than

everyone else, so we could all run our own race and feel that if we just hit the right day we could win. This really became obvious once the race began. The field moved out slowly with no one going out at some crazy pace. Even Jeff Beam ran a controlled, sane first mile. That first split, which a group of 5 to 8 runners passed in 4:50, consisted of Tim Mylin, Bill Gavaghan, Mick, Jeff, Jeff Williams of Indy, John Olszewski of Fort Wayne, and myself. No one seemed to be laboring; I know I felt good. If only the pace remained this managable maybe I could get lucky.

Sure enough nobody went crazy and the next mile was run just slightly under 5 min. Just at this point Schlachter made a quick spurt to the front of the lead group which still consisted of 5 or 6 runners. Bill Gavaghan was the only one who responded immediately. It seemed a little early for me to make any kind of break and before long both Tim Mylin and I regained contact. The third mile passed in a still managable 5 min.

Things would have to start shaking loose pretty soon. By 3-1/2 mile Mylin had fallen back and it was just Gavaghan, Mick and me. I realized that both of these guys are faster and stronger than I about 95% of the time. The only time I had

Dear Jerry and Track Club members:

Basic training is a whole lot better now. The first few days, the whole flight got their butts chewed out. I've been making new friends. They keep us busy night a nd day. Yesterday was the first day of Physical training. I wish all you runners the best! Please write soon!

Your track club
member

Airman Dave Milner

P.S. Make sure the address at Lackland is exactly the way it looks.

Editor's Note:::Come on members!!! Let's flood Dave's mailbox with some mail. We miss ya Dave...Good Luck in the Air Force!!!

I'll print his
address next
month.

IF you want to
write Dave,
call

745-5709
(LYNN Milner)

IF YOU GOT ANY
QUESTIONS ABOUT
SHOES OR EQUIPMENT

Contact Tom Loucks
(author of "MY ARTICLE")
at SPORTS TECH at
GLENBROOK SQUARE

beaten Gavaghan was at a Pepsi Challenge race in Indy in 1982 and I had to run a PR 10K time of 30:57 to do that. And I had never beaten Mick when he was in any kind of competitive shape. But here it was at 4 mile, passed in 19:45 and glancing back Mick had fallen back 10 or

15 yards. I started thinking seriously about running to protect 2nd place, figuring beating either of them to be a damn good accomplishment. But before I knew it, Gavaghan, whom I had been drafting closely trying to just maintain contact and hoping to pull away from Mick, grabbed a cup of water from the aid table just pass mile 4 and in the process knocked the cup out of the hand of the aid person I was aiming for. I don't know what possessed me at that moment but whatever it was, it came at just the right time. I made a quick move around Gavaghan and while he was using energy to digest the drink, I was able to break into what I would estimate to be about a 5 to 8 sec. lead. At this point I'm just running plain flat out, couldn't run faster if being chased by mad dogs. I figure I'll just hold on as long as I can and be satisfied with whatever happens.

It often seems that the last mile of any race, no matter the race distance, is the longest in perceived time but in this case, for me, that was just the opposite. I still don't know what happened to that last 1600 meters. I have no doubt about the accuracy of the course including the final mile. It just seemed as if the finish line appeared too soon. The final mile split (4:51) was realistic

considering the final surge. Bill Gavaghan's final time was a fine 24:38 and would win virtually any 5 mile race in Indiana. Except this one. I managed to hold off his final surge and finished with a PR (by 12 sec.), winning in 24:36.

This was more than just a win for me. This is, I hope, just the beginning of better efforts now that I know I can race with some of the best.

IF YOU ARE PLANNING TO RUN THE "NEVER ENDING 1 hour Run" at Northrop- 8pm Aug 2nd- please BRING someone to COUNT your Laps AND CARRY you off the Track

TOP 10 MEN

Tom Loucks	24:36
Bill Gavaghan	24:38
Mick Schlachter	24:46
Tim Mylin	24:58
John Olszewski	25:10
Jeff Williams	25:25
Mark Rust	25:28
Brady Wells	25:31
Ed Diewert	25:34
Felix Rippy	25:54

TOP 5 WOMEN

Ann Reis	29:38
Laurel Peterson	30:23
Mary Connolly	31:02
Alissa Henning	31:39
Stacy Necetti	32:06

SOME LOCAL WHITE RIVER Results

33 EVENT DESCRIPTION: M 30-39 5000 M Run

NAME	DIST/TIME/HGT	HOMETOWN
Dexheimer, Garry	16:22.8	FT. Wayne
Kaufman, DAN	16:44.4	FT. Wayne
Robbins, Mike	16:55	FT. Wayne
Law, Joe	20:59.5	FT. Wayne

39 EVENT DESCRIPTION: M 30-39 800 M Dash

NAME	DIST/TIME/HGT	HOMETOWN
Shenfeld, Dick	2:16.3	FT. Wayne
Robbins, Mike	2:22.4	" "
Rausch, Steve	2:42.9	Berne
Law, Joe	2:46.4	

EVENT DESCRIPTION: M 50-59 100 M Dash

NAME	DIST/TIME/HGT	HOMETOWN
Grove, Ron	14.48	FT. Wayne
Trier, Herb	15.22	FT. Wayne
Schmidt, R.	15.22	FT. Wayne

NOW IS THE Time to start to train for the Parlor City Trot &

OUR ENTIRE FALL SCHEDULE? True or False

Lutheran Hospital/Kidney Foundation 5K Run
Race Results

Overall Mens

Finishing Time	Name	City	State	Age	Place
15:39.1	Jeff Bean	Fort Wayne	IN	20	1

Overall Womens

Finishing Time	Name	City	State	Age	Place
18:47.8	Ann Jamison	Leo	IN	41	26

Oldest Male Participant

Finishing Time	Name	City	State	Age	Place
28:10.8	Dr. R.M. Craig	Fort Wayne	IN	63	122

Oldest Female Participant

Finishing Time	Name	City	State	Age	Place
32:14.0	Joan Burns	Fort Wayne	IN	53	150

Youngest Male Participant

Finishing Time	Name	City	State	Age	Place
25:51.6	Rob Glaspar	Fort Wayne	IN	6	108
29:30.0	Darren Perillo	Fort Wayne	IN	8	140

Youngest Female Participant

Finishing Time	Name	City	State	Age	Place
27:05.0	Debbie Kiracofe	Fort Wayne	IN	12	117
28:17.5	Hickie Correll	Harlan	IN	12	124

Mens 14 and under

Finishing Time	Name	City	State	Age	Place
16:55.4	Eric Swartz	Fort Wayne	IN	14	9
19:16.5	Tim Correll	Harlan	IN	13	36
20:29.5	Ricky Squires	Fort Wayne	IN	12	50
24:32.0	James Doh	Fort Wayne	IN	14	95
25:51.6	Rob Glaspar	Fort Wayne	IN	6	108
28:38.9	Joey Hicks	Fort Wayne	IN	13	128
29:30.0	Darren Perillo	Fort Wayne	IN	8	140

Womens 14 and under

Finishing Time	Name	City	State	Age	Place
27:05.0	Debbie Kiracofe	Fort Wayne	IN	12	117
28:17.5	Hickie Correll	Harlan	IN	12	124
28:18.2	Crystal Bice	White House	TN	14	125

Mens 15 - 19

Finishing Time	Name	City	State	Age	Place
16:00.8	Kevin Pensinger	Fort Wayne	IN	18	2
17:22.0	Chad Janak	Portland	IN	15	12
17:34.8	Ray Ball	Ossian	IN	16	14
17:45.8	Jeff Cole	Fort Wayne	IN	18	15
19:09.8	Scott Reese	Fort Wayne	IN	15	32
19:38.7	Danny Moore	Fort Wayne	IN	15	41

Womens 15 - 19

Finishing Time	Name	City	State	Age	Place
24:40.4	Tammy Robinson	Van Wert	OH	19	96
26:27.3	Jenni Richards	Fort Wayne	IN	15	114
28:54.9	Heidi Stennfeld	Fort Wayne	IN	15	131
29:08.6	Amy McDaniel	Leo	IN	15	132

Mens 20 - 24

Finishing Time	Name	City	State	Age	Place
15:39.1	Jeff Bean	Fort Wayne	IN	20	1
16:22.3	Steve Bauman	Berne	IN	22	5
18:56.3	Terry Campbell	Van Wert	OH	24	30
19:23.6	Gary Bean	Fort Wayne	IN	24	37
20:28.8	David Collettine	Fort Wayne	IN	22	49
21:01.8	Greg Brown	Huntington	IN	21	56
21:07.4	Richard Clay	Fort Wayne	IN	24	58

Womens 20 - 24

Finishing Time	Name	City	State	Age	Place
22:55.4	Linda Conrad	Fort Wayne	IN	22	85
25:33.2	Lorraine Fox	Fort Wayne	IN	24	105
25:55.6	Sue Andrews	Fort Wayne	IN	24	110
27:47.6	Cathy Martin	Fort Wayne	IN	23	119
28:00.2	Jenny Hussing	Huntington	IN	21	120
30:50.5	Judy Miller	Fort Wayne	IN	24	147
41:19.0	Jana Taylor	Fort Wayne	IN	24	159

Mens 25 - 29

Finishing Time	Name	City	State	Age	Place
17:13.4	Kent Frank	Berne	IN	25	11
17:22.9	Paul Shaffer	Monroe	IN	27	13
17:53.9	Stephen Perez	New Haven	IN	28	16
18:01.2	Calvin King	Fort Wayne	IN	28	19
18:33.0	Paul Bauman	Fort Wayne	IN	29	29
19:10.5	Jonathon Schlatter	Fort Wayne	IN	29	33
19:11.5	Dr. Ricnard Toupin	Fort Wayne	IN	26	34
19:35.5	Gerry Neuman	Fort Wayne	IN	29	40
21:19.4	Jerry Nahrwold	Fort Wayne	IN	27	62
22:09.0	Dr. Donald Aspegren	Fort Wayne	IN	27	69
22:30.9	Glenn Wright	Fort Wayne	IN	26	76
22:34.9	Bob Worrel	Fort Wayne	IN	25	78
24:43.2	Jim Cawvey	Fort Wayne	IN	25	97
35:12.3	Dave Gensheimer	Fort Wayne	IN	26	156

Womens 25 - 29

Finishing Time	Name	City	State	Age	Place
18:50.1	Judy Tillapaugh	Fort Wayne	IN	26	27
19:26.2	Theresa Yankawalek	Fort Wayne	IN	29	38
21:28.3	Sharon Getty	Fort Wayne	IN	26	64
22:51.8	Vickie Daniels	Portland	IN	26	82
22:52.7	Kathy McCrady	Fort Wayne	IN	28	83
23:26.7	Cynthia Sabrack	Fort Wayne	IN	27	88
26:12.8	Cathy Austin	Fort Wayne	IN	26	113
28:31.6	Bernice King	Fort Wayne	IN	28	126
29:17.6	Barbara Sackman	Kendalville	IN	25	134
29:43.9	Sheila Siemer	Fort Wayne	IN	26	141
30:09.6	Sue Tuebner	Fort Wayne	IN	25	145
30:33.0	Barb Richardson	Fort Wayne	IN	27	151
33:24.7	Marilyn Haynes	Fort Wayne	IN	27	151

Lutheran Hospital/Kidney Foundation 5K Run
Race Results

Mens 30 - 34

Finishing Time	Name	City	State	Age	Place
16:29.2	Dave Ruetschilling	Fort Wayne	IN	34	6
16:39.8	Dan Kaufman	Fort Wayne	IN	34	7
17:08.2	John Treleven	Fort Wayne	IN	33	10
18:05.3	Phil Souzler	Fort Wayne	IN	33	21
18:36.3	Bill Jenkins	Fort Wayne	IN	31	24
18:40.2	Randy Sordelet	Fort Wayne	IN	34	25
19:06.8	Tom Rehner	Fort Wayne	IN	33	31
19:15.5	Bill Akasmit	Fort Wayne	IN	33	35
20:03.8	Dennis Stonebraker	Fort Wayne	IN	34	42
21:45.2	Pat Kalker	Fort Wayne	IN	31	65
22:07.9	Don Westrick	Fort Wayne	IN	33	68
22:13.0	Howard Klinger	Fort Wayne	IN	30	70
22:25.1	Tom Fuelling	Fort Wayne	IN	34	73
22:27.4	Paul Sebreck	Fort Wayne	IN	33	74
22:42.3	Mike Pressler	Fort Wayne	IN	33	79
23:44.3	Dave Zimmerman	Fort Wayne	IN	31	89
24:01.2	Bill Higgen	Fort Wayne	IN	34	92
25:54.8	Mike Glaspar	Fort Wayne	IN	31	109
27:02.4	Randy Auker	Fort Wayne	IN	31	116
29:23.9	Greg Blackburn	Fort Wayne	IN	30	137
29:29.3	Bruce Craig	Columbia City	IN	31	139
29:43.9	Jim McGrady	Fort Wayne	IN	30	142

Womens 30 - 34

Finishing Time	Name	City	State	Age	Place
21:08.7	Joyce Wolters	Fort Wayne	IN	30	59
21:16.8	Kathy Widau	Fort Wayne	IN	32	61
21:56.3	Deb Glaspar	Fort Wayne	IN	32	67
22:31.9	Phyllis Suelzer	Fort Wayne	IN	32	77
25:48.6	Judy Weston	Fort Wayne	IN	33	107
27:40.4	Cathy Bernett	Fort Wayne	IN	32	118
31:51.5	Susan Hendricks	Fort Wayne	IN	31	148
31:59.8	Karen Henkel	Fort Wayne	IN	33	149
33:55.7	Lois Fuelling	Fort Wayne	IN	30	153
35:50.9	Candance Hunt	Fort Wayne	IN	34	157

Mens 35 - 39

Finishing Time	Name	City	State	Age	Place
16:18.7	Pat Davis	Mokona	IL	38	3
16:20.7	Gary Denheimer	Fort Wayne	IN	35	4
16:46.2	Mike Robbins	Fort Wayne	IN	36	8
17:59.5	Bob Milton	Bluffton	IN	39	17
18:01.4	Sean Collettine	Fort Wayne	IN	35	20
18:06.3	Dennis Kroeslie	Fort Wayne	IN	35	22
18:52.2	Paul Whellington	Portland	IN	39	28
20:25.8	Phil Wieniewski	Fort Wayne	IN	37	47
20:26.8	Mike Weaver	Fort Wayne	IN	35	48
20:50.5	Cliff Correll	Harlan	IN	38	52
21:04.5	Tom O'Connell	Fort Wayne	IN	38	57
21:13.4	Joe Law	Fort Wayne	IN	39	60
21:23.4	George Kirby	Fort Wayne	IN	36	63
22:28.8	Dean Piess	Fort Wayne	IN	39	75
22:45.3	L.H. Bellaine	Decatur	IN	35	80
22:50.5	Ken Hendricks	Huntertown	IN	38	81
22:56.6	Don Nottingham	Fort Wayne	IN	36	86
24:28.2	Jim Dietle	Fort Wayne	IN	36	94
24:45.4	Richard Dietiker	Fort Wayne	IN	36	99
25:25.2	Tom Stesk	Fort Wayne	IN	39	102
29:09.5	Mike Hendricks	Fort Wayne	IN	35	133

Womens 35 - 39

Finishing Time	Name	City	State	Age	Place
25:31.6	Cathy Smith	Fort Wayne	IN	38	104
25:42.9	Sieglinde Richardson	Fort Wayne	IN	39	106
26:05.1	Linola Roselle	Fort Wayne	IN	36	112
33:49.1	Linda Kopfer	Fort Wayne	IN	36	152

Mens 40 - 45

Finishing Time	Name	City	State	Age	Place
18:00.3	Dr. Jack Dyer	Fort Wayne	IN	43	18
18:28.1	Dan Mills	Dayton	OH	43	23
20:40.4	Ovan Cutshall	Fort Wayne	IN	41	51
20:54.0	James Heymann	Fort Wayne	IN	42	54
23:08.7	Mark Mishler	Columbia City	IN	42	87
23:59.6	Joe Vachon	Fort Wayne	IN	42	91
24:54.7	Richard Berning	New Haven	IN	41	100

Womens 40 - 45

Finishing Time	Name	City	State	Age	Place
18:47.8	Ann Jamison	Fort Wayne	IN	41	26
22:53.5	Roseann Simmons	Fort Wayne	IN	42	84
27:23.2	Sarah Kleinknight	Bluffton	IN	41	136
30:04.7	Diane Waldrop	Fort Wayne	IN	41	144

Mens 45 - 49

Finishing Time	Name	City	State	Age	Place
20:18.1	Gary Mullendore	Fort Wayne	IN	45	44
20:24.9	Bob Frisby	Fort Wayne	IN	45	46
21:48.7	Merland Myers	New Haven	IN	48	66
24:44.0	Jim Richardson	Fort Wayne	IN	45	98

Womens 45 - 49

Finishing Time	Name	City	State	Age	Place
26:52.5	Joyce Fuxy	Fort Wayne	IN	47	115
34:38.3	Judy Craig	Fort Wayne	IN	47	155
37:34.4	Maurine Gensheimer	Fort Wayne	IN	47	158

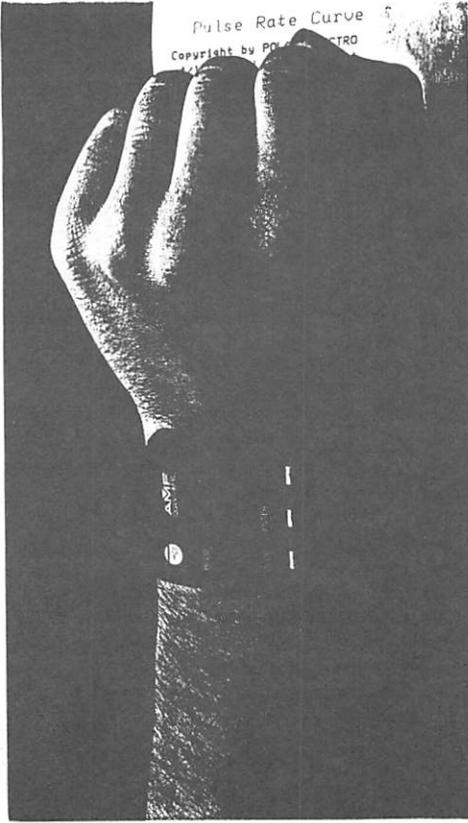
Mens 50 and up

Finishing Time	Name	City	State	Age	Place
20:12.4	Bernie Huesing	Huntington	IN	52	43
20:18.9	Gene Gran	Columbia City	IN	54	45
20:51.6	Jack Hilker	Fort Wayne	IN	56	53
21:00.7	Cliff Ditto	Monroeville	IN	52	55
22:18.9	George Bice	White House	TN	57	72
23:47.0	Phil Burns	Fort Wayne	IN	62	90
24:09.1	Paul Sullivan	Fort Wayne	IN	54	93
24:58.5	King Snyder	Fort Wayne	IN	57	101
28:03.9	Robert Hockensmith	Fort Wayne	IN	57	121
28:10.8	Dr. R.M. Craig	Fort Wayne	IN	63	122
28:12.8	John Jedinak	Fort Wayne	IN	51	123
28:38.9	James Lee	Fort Wayne	IN	59	127

Womens 50 and up

Finishing Time	Name	City	State	Age	Place
29:55.7	Harriet Stenfeld	Fort Wayne	IN	52	143
32:14.0	Joan Burns	Fort Wayne	IN	53	150
33:57.1	Doris Snyder	Fort Wayne	IN	52	154

There's *and you're*
a revolution *invited*



TO CHECK IT OUT

Glenbrook Square
Hi-Tech Outfitters for Exercise & Sport
(formerly Athletic Annex)
BY THE ICE RINK
484-4322

attached to a comfortable, adjustable nylon strap. You simply strap the transmitter on, and it sends electrical signals directly to the monitor on your wrist. Without any wires.

The results? With just one glance at the monitor, you know your pulse rate, the time of day, your elapsed time, your splits, and much more.

Know your limits.

Building a stronger heart is a lot like building a stronger bicep. You have to give it enough of a workout without giving it too much.

Too low a heart rate, and you're doing yourself no good. Too high, and you're actually doing yourself harm.

With some simple calculations you can figure out what your high and low pulse limits should be. And by pushing a couple of buttons, you can program them into the Quantum XL.

When you're not working hard enough, or when you're working too hard, an alarm automatically sounds.

Which means you can stop guessing about your workouts and start programming them.

An unforgettable memory.

As you've seen, the Quantum XL can be incredibly useful during a workout. But it's after a workout that it really begins to amaze.

For example, you can program it to record your pulse rate every five or fifteen seconds

throughout your workout. For up to one hour and twenty minutes or four hours at a stretch.

After your workout, punch a few buttons and the Quantum XL begins reading back your pulse rate for every one of those intervals. So you can see exactly how hard your heart was working at every stage of your workout.

You can even program it to record your pulse rate at specified times during your workout, or at certain times of the day.

With capabilities like that, you can measure the effect of stress, diet, or almost any other factors on your body anytime, and anywhere.

Your workout in living color.

The accuracy and capabilities of the Quantum XL are enough to quicken anyone's pulse. But here's something that'll really get your heart thumping.

An accompanying computer will soon be available. With it, you'll be able to plug in the monitor and print out detailed color graphs that'll show your performance during every facet of your workout.

The effect is simply astonishing. And the uses are almost unlimited.

It's the kind of technology you'd expect to see only in the most sophisticated sports medicine labs.

But it is now well within the reach of almost anyone. In fact, after you have a chance to see the Quantum XL, perform, you'll probably wonder how you ever did any serious exercise without one. The answer is simple.

You probably didn't.

Pulse Rate Curve
Copyright by PRO... CTRO

The Benchmark Quantum XL

Your heart is the most important muscle in your body. In fact, it serves as a kind of barometer for the rest of your body.

But chances are, until now you had no idea exactly how your heart was working while you were working out.

That's why we've developed the Benchmark Quantum XL Fitness Monitor. It monitors your pulse rate with a degree of accuracy rivaled only by the most sophisticated sports medicine equipment.

Yet it also performs all the functions you'd expect of a highly-sophisticated sports watch. So it's also a watch, an alarm clock, and a stopwatch.

You've probably always felt you were putting

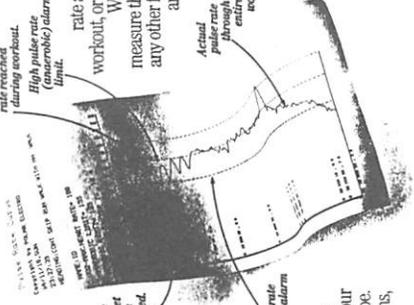
your heart into your workouts. Now the evidence will be right before your eyes.

It never misses a beat.

Our fitness monitor is a serious exercise tool. Yet you don't have to be a serious athlete to use it or benefit from it.

The Quantum XL monitors your heart where it should be monitored. At your heart. And its accuracy and capabilities simply make those digital watches on the market that claim to measure your pulse look like toys.

It uses an ingenious miniature transmitter,



WHITE RIVER GAME AREA Results

(also throughout newsletter as space permits)

4 EVENT DESCRIPTION: F 15-18 5000 M Run

NAME	DIST/TIME/HGT	HOMETOWN
Gorrell, Jamie	21:55.7	Harlan

8 EVENT DESCRIPTION: F 19-29 5000 M Run

NAME	DIST/TIME/HGT	HOMETOWN
McGinnis, Lizann	20:41.5	Et Wayne

1 EVENT DESCRIPTION: M 19-24 5000 M Run

NAME	DIST/TIME/HGT	HOMETOWN
Clandenan, Charles	16:01	Et Wayne

2 EVENT DESCRIPTION: F 30-45 5000 M Run

NAME	DIST/TIME/HGT	HOMETOWN
Jamison, Ann	19:42.1	Et Wayne

100 EVENT DESCRIPTION: F 30-45 1500 M Run

#1	NAME	DIST/TIME/HGT	HOMETOWN
	Jamison, Ann	5:27.6	Leo

27 EVENT DESCRIPTION: M 25-29 5000 M Run

NAME	DIST/TIME/HGT	HOMETOWN
Loucks, Tom	15:21.52	Ossian
FRANK, KENT	17:46.4	Berne

5 EVENT DESCRIPTION: M 25-29 1500 M Run

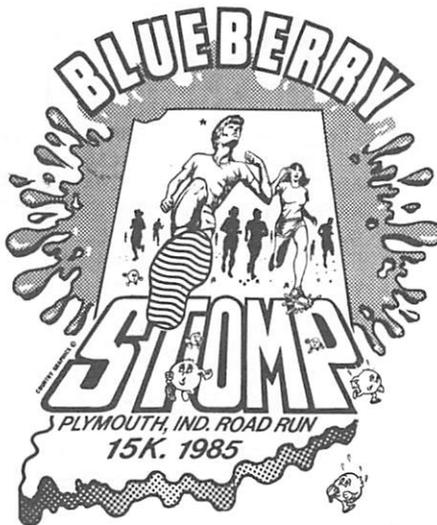
NAME	DIST/TIME/HGT	HOMETOWN
Loucks, Tom	4:11.92	Ossian
Risak, Carl	4:25.4	Decatur
Bolden, Larry	4:34.2	New Haven

31 EVENT DESCRIPTION: M 30-39 1500 M Run

NAME	DIST/TIME/HGT	HOMETOWN
Robbins, Mike	4:43.64	Fort Wayne
Wiedman, Tim	5:03.8	Columbia City
Rehrer, Tom	5:07.2	Et Wayne

12th ANNUAL BLUEBERRY STOMP 15 KILOMETER ROAD RACE

RATED BY RUNNING TIMES
AS ONE OF THE TOP
FESTIVE RACES FOR '85!!



LABOR DAY SEPTEMBER 2, 1985

PLYMOUTH, IN

10:00 am E.S.T.

HIGHLIGHTS INCLUDE:

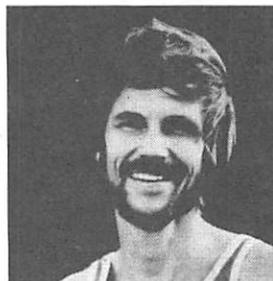
50,000 SCREAMING SPECTATORS LINE THE FIRST AND LAST MILE OF THE T.A.C. CERTIFIED COURSE.

THE STOMP IS THE FIRST UNIT OF THE BLUEBERRY FESTIVAL PARADE, INDIANA'S LARGEST. THE FESTIVAL CONCLUDES WITH ONE OF THE MOST SPECTACULAR FIREWORKS DISPLAYS IN THE MISWEST.

COVETED "STOMP" T-SHIRTS TO ALL FINISHERS.

OVER 300 AGE GROUP AWARDS AND COLOR T.V. TO TOP MALE/FEMALE RUNNERS.

POST RACE CLINIC WITH JEFF GALLOWAY, AUTHOR OF GALLOWAY'S BOOK ON RUNNING. HE IS ONE OF THE PIONEERS IN THE RUNNING MOVEMENT, 1972 OLYMPIAN IN THE 10K, AND HAS REPRESENTED THE U.S. IN EUROPE, AFRICA, AND THE USSR, AND BROKE THE U.S. 10 MILE RECORD IN 1973 (47:49). GALLOWAY'S BOOK ON RUNNING AVAILABLE FOR \$6.50.



NEW: ONE MILE FUN RUN---RUN THE FIRST HALF MILE AND THE LAST HALF MILE OF THE COURSE--- FUN RUN SHIRTS-----ENTRY FEE: \$5.00.

ENTRY FEE FOR THE BLUEBERRY STOMP 15 KILOMETER RUN:

\$8.00 UNTIL AUGUST 1, 1985 (Children 12 and under entering with parents \$4.00).
\$10.00 AFTER AUGUST 1 TILL AUGUST 30-----FOR EVERYONE.
\$12.00 AUGUST 31, SEPTEMBER 1, AND RACE DAY.

CONFIRMATION CARDS WILL BE SENT TO ENTRANTS UP TO AUGUST 24th. FOR ENTRY CONFIRMATION AFTER AUGUST 24th, CALL BLUEBERRY STOMP AT (219) 936-6459.

BLUEBERRY STOMP OFFICIAL ENTRY FORM

MAIL TO: BLUEBERRY STOMP P.O. BOX 34 PLYMOUTH, IN 46563 (219)936-6459

PLEASE PRINT:

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ MALE _____ FEMALE _____

TELEPHONE (____) _____ - _____ AGE (on Sept 2, 1985) _____ BIRTH: MO _____ DAY _____ YEAR _____

CHECK ONE: 15 KILOMETER RUN _____ FUN RUN _____ GALLOWAY'S BOOK ON RUNNING _____

PLEASE MAKE CHECKS PAYABLE TO: BLUEBERRY STOMP
NO REFUNDS

I waive any right I may have against the Blueberry Stomp officials and sponsors for damages or injuries occasioned by my participation in the 1985 Blueberry Stomp.

DATE: _____ ENTRANT'S SIGNATURE _____

IF UNDER 18 PARENT OR GUARDIAN MUST SIGN HERE
INDIANA CROSS COUNTRY RUNNERS MAY NOT PARTICIPATE.

"MY RACE SCHEDULE"
 BY TOM LOUCKS
 (author of "my Article")

August

- 2* NEVER ENDING 1 HOUR TRACK RUN - Northrop HS 8pm Jerry Mazock.
- 3 RAIN TREE COUNTY 10K - New Castle, IN. Chrysler HS 8:30am
- 3 WARRIOR 4 MILER - Ohio City OH. Fireman's Park. 7pm Ohio time. Mark Sanderson 419/238-0588.
- 17 KENT DAVIS 5K - Georgetown Square 7am fun run 7:30 5K. Bill Schmidt 485-1114.
- 17 MONROE DAYS 10K - Monroe IN. Fire Station. 8am Alan Arnold 692-6610.
- 17 FUN FEST "5" - N. Manchester IN. 9am. Dick Miller. 982-6919.
- 24* BIG BROTHERS/BIG SISTERS 5 MILE - Foster Park 6pm.
- 24 BRYAN PEPSI RUN 5K & 10K - Bryan OH. St. Pat's school. 8:30am fun run 9am 5k & 10k. Paul Langevin 419/636-3640
- 31* M/D LOVE RUN 8K - Canterbury Green 8am.

September

- 2 BLUEBERRY STOMP - Plymouth IN. 219/936-6459.
- 7 BUD LIGHT ENDURATHON - Muncie 1.2 mi. swim, 56 mi. Bike, 13.1 mi Run. 8am. Richard Fishback 317/286-6560 (work) 317/288-6546 (home)
- 21* PARLOR CITY TROT - Bluffton IN.

Chug A-Lug 10K. Jerry Mazock August 17th 6PM (This is a riot!) 3rd annual. Call ahead (You may have to bring your own beer) 747-1064



5th ANNUAL
**BRYAN-PEPSI
 RUN**

Sat., August 24, 1985



- 5 KILOMETER RUN
- 10 KILOMETER RUN
- 3 or 5 MILE HEALTH WALK
- 1 MILE FUN RUN



REGISTRATION 7:30 A.M.
ST. PAT'S SCHOOL/ATHLETIC FIELD
 (Center at Portland Sts.)

WALK 8:00 A.M.
1 MILE 8:30 A.M.
5 KM & 10 KM 9:00 A.M.
BREAKFAST 9-11 A.M.

ENTRY FEES: \$6.00 WITH T-SHIRT (First 250 Runners)
75¢ FOR ONE MILE RUN - HEALTH WALK FREE

OVERALL TROPHIES/MERCHANDISE AWARDS TO WINNER; ONE AWARD ONLY
AWARDS TO 1st & 2nd-5KM (Women) 13 & under, 14-19, 20-29, 30-39, 40 & UP
AWARDS TO 1st-10 KM (Women) 13 & under, 14-19, 20-29, 30-39, 40 & UP
AWARDS TO 1st-3rd-5 KM & 10 KM (Men) 13 & under, 14-17, 18-24, 25-29, 30-34, 36-39, 40-49, 50 & UP
AWARDS TO 1st-1M (M & W) 7 & Under, 8-10, 11-13, 14-19, 20-29, 30-39, 40-49, 50 & UP
RIBBONS...TO FIRST 75 RUNNERS IN THE ONE MILE

MEASURED COURSES; WATER STATIONS
RADIO MONITORED RACE
ELECTRONIC TIMING/CLOCK
PUBLISHED RACE RESULTS
WBNO RADIO STATION COVERAGE
VIDEO-TAPED RACE

1984 RESULTS
 5 KM-S. Mason (W) 19:54.6 (R)
 D. Ordway (M) 15:36.7 (R)
 10 KM-S. Carnes (W) 39:50.6
 P. Hunter (M) 31:28.0
 5 KM-140 Runners
 10 KM-148 Runners
 1 MILE-81

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Breakfast Available After Race (Extra Cost)
Free (Sponsors) Merchandise Drawing at Awards Ceremony

SPONSORED BY: ST. PAT'S TOP-OF-OHIO FESTIVAL RACE COMMITTEE

INFORMATION AND REGISTRATION
 (Checks Payable to Paul Langevin)

PAUL LANGEVIN **PEPSI-COLA BOTTLING**
 519 JOHN ST. 419-636-4533
 BRYAN, OHIO-43506
 419-636-3640

NAME (print) Age.....Sex.....

Address.....Phone.....

City, State, Zip.....

Shirt Size S M L XL
 () () () ()

BEST TIME.....
 BREAKFAST YES NO
 RACE 1 MILE 5 KM 10 KM

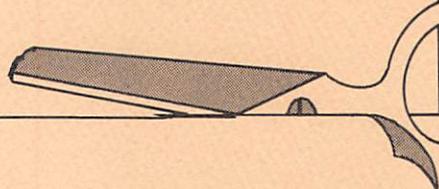
My signature below signifies that in consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge St. Pat's Festival, Race Committee, Pepsi Cola Bottling Company and all sponsors for all claims of damages, demands, actions, whatsoever in any manner arising or growing out of my participation in the one mile, 5 km or 10 km run. I attest and verify, that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature
 If under 18, parent signature

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IF YOU RENEW AFTER 6-1-85 A FEE OF \$5.00 _____

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(\$20.00 MAX. PER FAMILY)

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