

the inside track

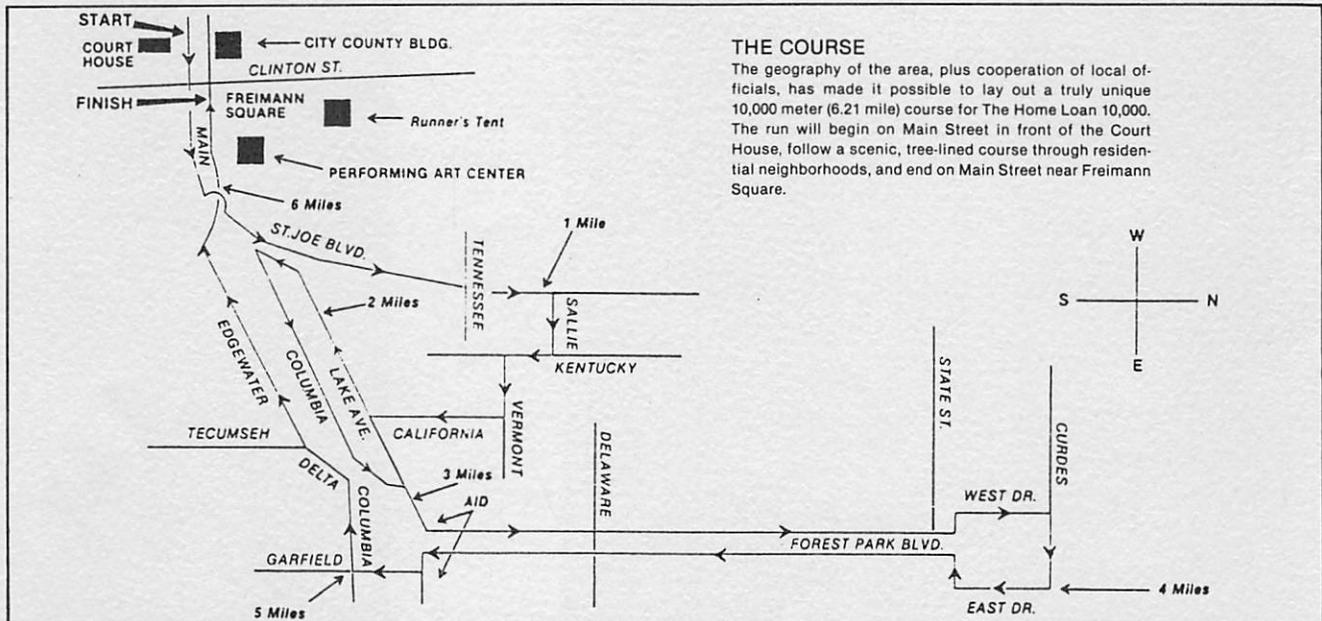
NEWSLETTER OF THE FORT WAYNE TRACK CLUB

home loan 10,000

132 East Berry Street
P.O. Box 989
Fort Wayne, IN 46801
(219) 422-3502

**SUNDAY
OCTOBER 27, 1985**

**NEW THIS YEAR
COMPUTERIZED
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HOME LOAN APPROACHES

**FIRST MAYNE TRACK CLUB
OFFICERS AND BOARD MEMBERS 1985**

- Mike Robbins-President-485-3068
- Dan Kaufman-Vice President-485-5241
- Don Lindley-Treasurer-456-8739
- Mike Glasper-Secretary-432-8134
- Jerry Mazock-Editor of INSIDE TRACK
747-1064
- Don Goldner-Co-Chairman of race
Scheduling-747-4359
- John Treleaven-Co-Chairman of Race
Scheduling-432-5315
- Tia Fleming-Media Chairman-749-8027
- Russ Suever-Co-Chairman of Points
System-493-2640
- Ken Miller-Co-Chairman of Points
System-749-5847
- Bobby & Sharon Pauley-Co-Chairmen
of equipment for races-
745-0925
- Lyn Schlegel-Co-Chairman-Volunteer
Pool and Special events-
745-4136
- Tom Loucks-Chairman of Race Calendar-
622-7108
- Jim Anderson-Chairman of course
measurement-745-4446
- Mike Kast-Legal Consultant-426-5140
- Randy LaVine-Co-Chairman of Member-
ship-493-2420
- Jim Bushey-Co-Chairman of Member-
ship-747-3770
- Denny Zech-Chairman of Advertising
& Publicity-488-3473
- Tom Wagner-Board Member-485-0587
- Dave Fairchild-Board Member-744-0424
- Angie Severs-Board Member-436-1151

ADVERTISEMENT RATES FOR THE "INSIDE
TRACK" ARE: 1/2 PAGE \$ 22.50
1/3 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 Tia 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!

**ANNOUNCING THE FWTC'S 1985 RACE
SCHEDULE**

- * 9/21/85 8AM 13.1 miles
Parlor City Trot
Bluffton In.
- 10/6/85 2PM 8 mile/2 man
relay
Foster Park
- * 10/27/85 2PM 10K
Home Loan 10K
Downtown
- * 11/16/85 1PM 25K
Challenging 25K
Homestead High School
- 11/17/85 (Tentative)
Bluffton/Oubache State
Park Cross Country Run
usually 1:30PM 9K
Oubache Park
Bluffton, In.
- 12/7/85 2PM 3 & 10K
J.P. Jones 10K
(Formerly "Lindley's 10K")
Foster Park
- 12/31/85 11:30PM 5 mile
New Year's Party Fun Run
YMCA
Downtown

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*****
*****
xx DISCOUNTS FOR xx
xx TRACK CLUB MEMBERS xx
*****
x PLEASE SHOW YOUR FWTC x
x MEMBERSHIP CARD x
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xxx SPORTS TECH xxx
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x of all bikes x
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x of all accessories x
x
xxx BRENDAMOUR'S xxx
x 10% Discount off x
x Regular price x
x ASK AT OTHER STORES x
x FOR DISCOUNTS x
*****

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INSIDE "THE INSIDE TRACK" THIS MONTH YOU MAY FIND THE FOLLOWING.....
Mazock's opinion of the weather.....Prez Robbins announces next year's
nominees, gives insight about the racing cyclist and gives 'thanks.'.....
There's an ad for Tri-Water Meister and Shurtz Unlimited..... (And from
Carpetland too.....).....Doug Sundling's article makes me hungry.....And
there's a special handwritten announcement for all you runners to come on
out to the election party in early October.....Before October's bash, Don't
forget to run the great Parlor City Trot in Bluffton.....Sports Tech has
a fine ad.....And yes..there's an ad for the River Greenway Challenge.....
Airman David Milner has his address in here too.....Brian Migliore wrote
a humorous triathlon article.....And Mazock begged Russ Suever to type
the results of Jerry's Never Ending 1 Hour Run for THIS month's newsletter.
.....Judy Newman talks about 'roughage' (Editor's note: It's really a
bunch of roughage too----Just kidding you guys!).....There's an ad for the
club's merchandise and race results of the Dewey Slough Racing Team's
results at the "In The Creek Relay Race" up at Dowagiac.....Suever and
Miller worked overtime and produced another edition of the "Points".....
(Call Ken Miller.....).....Gene Gran wrote an interesting expose.....We
got the Results of The Auburn Classic City Road Race too.....And Airman
Dave Milner wrote his first letter to the Club from the Air Force,.....
And Tom Lluck's once again did a fine job with "My Race Calendar".....
Again, Thanks goes to Gene Bullshallitt for all the bad photography and
caption work.....There's even more ...If you know where to look.....Hope
you enjoy this stuff.....

Next, on the
Track Club's
Schedule is
a "Points"
Race....
The
Parlor City
Trot
in Bluffton



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

President's News and Views
by: Mike Robbins

Editors Run by Jerry Mazock

Here I go again....Has anyone noticed how weird this summer's weather has been?

I remember the summers' of 10-20 years ago as being hot, dry, and and blue sky-windless. Of course there was always the Indiana humidity.

But, this summer, the days described above, have been few and far between.

I notice this during my summer runs especially. So far it's been cloudy with always a few very dark clouds somewhere in the sky. And the air is moving more so in my opinion. There's something ominous about all of this to me. As a group, runners are very attuned to their bodies AND I am beginning to think this may extend to our surroundings.

What's going on?

We know the winters of late have been unusually severe. AND we've been flooded out of our minds in the springtime. And now summer is weird. Whatever happened to 'normal?'

What's going on? Are we doing something to the environment? Is the earth just experiencing one of its normal and as yet NOT understood phases? Or is mankind's collective problems-famine, politics and some people's hatred of one another somehow influencing Mother Earth in ways yet unimagined?

(And for all you ignorant ignor-amuses out there who think I'm high on something as I write this....Well, I've had just ONE Lite Beer from Miller before I started this essay. AND I'll tell ya one thing....It does taste Great and it is less filling! SO THERE!!!!Go ahead Earth and rain all you want to!!!SO THERE!!)

EDITOR'S NOTE....Don't forget to delete the last paragraph before turning this issue in for printing.

But somehow, all the 'weather' and all the other problems make all of our runs much more interesting.

Three screwy seasons of weather a year for a runner is not that bad. But I'll tell ya, If there's 8 inches of snow on the ground for the Home Loan 10K I know I'll go utterly MAD!

President's News and Views
by: Mike Robbins

- Elections - Picnic -

The annual FWTC election and picnic will be held October 6 at Foster Park in conjunction with the eight mile-two person relay. The Club has reserved the main pavillion for the affair. This is a good work-out in preparation for the Home Loan 10K as well as a great opportunity to meet with the new officers and get the 1985-86 year off to a fun start. More information and details will be provided elsewhere.

- Nominees -

The nominating committee has placed the following names in nomination to be the 1985-86 officers:

President - Jim Bushey
Vice Pres - Denny Zech
Treasurer - Don Lindley
Secretary - Deb Glasper

Further nominations may be made from the floor at the time of the election.

- Commonsense Reminder -

The following paragraphs are excerpted from "Beginning Bicycle Racing" by Fred Matheny. I feel they are certainly applicable to running training and may remind us of the type of self-discipline sometimes needed to back away from "having to" follow an exact training schedule.

"All training is based on the stress adaptation system of the body. In a process known as the general adaptation syndrome, the body reacts to stress by becoming stronger. When a stress such as training is applied, the body becomes better able to cope with that stress. If the training is not severe enough, improvement does not take place or it proceeds at a slow rate. But if the stress is too severe, or if insufficient time is allowed for recovery between training sessions, the body will break down instead of becoming stronger. The proper training load, then, is a two-edged sword - the cutting edge aims in two directions and only the middle holds the promise of safety and success.

For the racer, the application of this principle is easy in theory. All you have to do is work the body enough in training to make it adapt and grow stronger. Maximum improvement is achieved by treading that fine line between too much stress and too little.

In practice, however, this is incredibly difficult to do for several reasons. In the first place, we don't know for sure how much stress is needed to produce optimum results. It varies not only from one individual to another but also within each person, depending on age, degree of fitness and current mental state. No empirical guideline can be given.

And training is not the only stress to which the racing cyclist is exposed. Your job, schoolwork and family, plus factors like not getting enough sleep, add to the total stress you experience. One week a training session of 10 intervals may be the perfect amount of work for improvement; the next week you may be spending late nights at work, eating badly and worrying about it all, making the same 10

intervals destructive when combined with the additional stress. In fact, non-national- class riders are often more susceptible to stress overloads than those who have only their bike racing to consider. Those who must shoehorn training around a family and job or heavy academic load have to be especially careful.

As much as the scientific community would like to devise ways to tell us exactly how much training to do at any given time, and as much as we would welcome such certainty, training at present is more art than science, more intuition than reason. We each have to learn through experience to judge what our bodies need."

- Parlor City Trot -

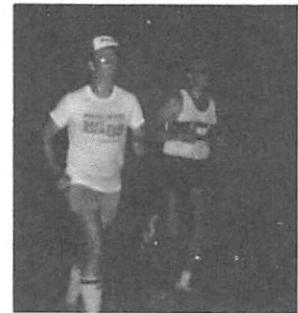
Phil Lockwood, who has directed the Parlor City Trot for each of its 10 years, is looking for some extra hands this year. If you can help out (and if you haven't helped with any race or other FWTC activity this year this is a great opportunity to do that volunteer bit you've been "meaning" to), please contact Tom Loucks at Sports Tech (484-4322). This is a great race; if you can, please offer your help to make it even greater.

- Thanks For the Races -

Member Carl Fields again directed another successful Old Settlers 10K. This is always an excellent race run on a hot, challenging course. Thanks also to Jerry Mazock for again directing the Hour Run. This remains the only "track" race the FWTC has.



Rick Wallin in the lead of the Never Ending 1 Hour Run



It was a dark night during the Never Ending 1 hour Run

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FOOD OF THE GODS
by Doug Sundling

"Food of the Gods" -- what is the image that comes to mind?

A nice, thick, juicy steak?

A hot dog?

Brussel sprouts?

A shrimp cocktail bowl?

A bowl of E.T. cereal?

A Snickers candy bar?

Potato chips, pretzels, and a beer in front of the TV?

Ronald McDonald sitting down to hamburgers, french fries, and a Coke?

A bucket of Kentucky fried chicken?

A Domino's pizza?

No, we picture the gods reaching leisurely for a bowl of succulent fruit.

As the chairman of the board of Mother's Bakery in the California Grape Association's TV advertisement says of grapes: "Whoever invented grapes must have been a genius."

What else would whet heavenly appetites?

And, what could be a more natural "food of the runners" than fruit?

A runner needs a fuel source of quick energy, yet also one which provides a steady flow of energy for endurance. One solution: fruit which has its own natural sugar, known as fructose, which supplies quick energy and has a complex carbohydrate structure which the bodily stores for later use.

A runner needs to intake much liquids to balance the losses of his or her own bodily fluids. One solution: full of purified water, fruits are perhaps nature's finest distiller. Beer companies battle in ads over who brews with the finest spring or mountain water; just bite into an apple or suck on a slice of an orange slice or nibble down a bunch of grapes or chomp on some in-season watermelon, and you'll taste nature's finest water.

A runner needs ruffage in his or her diet to keep the plumbing clean and running smooth. One solution: the high fiber of fruits is one of nature's finest laxatives. How many times do you hear people about some fruit say that they can't eat that because it goes right through them? That's what nature intends for it to do.

What runner doesn't enjoy eating and having the palette tantalized? Nature makes many a mighty tasty entrée in its smorgsboard of fruits. The gods weren't dumb when they kept bowls of fruit within an arm's reach or had fair maidens plop grapes onto their tongues.

I have always enjoyed fruit.

As a kid, every night for a snack, I'd peel an aorange potato-like, eat the inside rind, and then finally enjoy that succulent fruit. Even back then I prefered that kind of food to whet my hunger rather than a bowl of milk and processed cereals or other available snack foods.

Even the Coke and Pepsi ad wars failed to leave any impression on me because I have always choosen fruit juices over soda pop.

I recall many times after a long run on a hot, humid summer morning the craving for bananas and pears. I didn't understand why, but I would head to the grocery store before going to work so I could purchase some ripe bananas and ripe pears. Later I learned that the natural sugar in pears and bananas assimilates the quickest from the digestive system into the blood; plus both fruits had natural salts and minerals that a hot summer day natural depletes. Thus my body knew long before my brain did where to find the best source of fuel after a depleting run.

Fruit has always attracted me. When I was coaching and the track team would stop at a fast food place for a late supper, I inevitably would walk across the street to the nearby grocery store and purchase at a cheaper price a selection of fruit to eat.

After a 15KM race this past June on a hot, sunny Saturday morning, three of us stopped at a local grocery store, bought a pineapple, grapes, and plums, and went to a nearby park to have ourselves a well-deserved brunch. After all that fruit disappeared, we agreed unanimously: Burb! We were full and our thirst--without having any water--had been quite satisfied.

Fruits often serve as nice appetizers or desserts, but I have found that a appropriately timed meal of 3 to 4 fruits is quite adequate, as the above mentioned one.

Fruits can be divided into sweet fruits (like bananas, figs, dates, and other dried fruits), acid fruits (like oranges, grapefruits, lemons, and limes), sub-acid fruits (like apples, cherries, grapes, and most of the berries), and melons. Advocates of proper food combing based on the chemical nature of foods would suggest to eat melons by themselves and to avoid mixing sweet fruits with either the acid or sub-acid fruits.

I learned a lesson one day when I ate a grapefruit for an afternoon snack and then downed a handful of dates thinking that would suffice my hunger. About 15 minutes later I learned why one shouldn't mix a sweet fruit with an acid fruit; I spent the next hour or so with a distraught digestive tract performing various gymnastics in an attempt to digest two foods which were demanding different digestive actions.

Of course, if you can eat whatever combination you enjoy and don't feel ill-effects, then don't let the "experts" tell you otherwise.

Naturally, I have some favorite fruits, and typically those favorites are the least available and most expensive: the "passion" fruits--papaya, mangos, kiwi. Sweet, smooth, succulent, juicy, and not common to the Midwest.

Some friends at Ball State who are from the African country of Nigeria are humored by my sweet tooth for papaya and mangos and that I would pay

\$1.25 to \$1.99 for just one piece of such fruit which grows aplenty along the roadside and in the country in Nigeria, much like the apple does here.

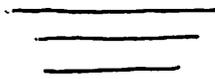
Of course, those same friends buy and eat bag after bag of apples, a fruit that sells for about \$1.00 per apple in Nigeria.

Let Coke and Pepsi and Mountain Dew and 7-Up and Gatoraid, and even the beer companies quibbling over who uses the finest artisan waters, battle over who can put the finest quencher at the finish line of a run.

A table of oranges and watermelon (and apples this fall) provides a cornucopia of refreshment that man-made imitations just can't match for the energy-spent runner.

Let the advertisers "dew it" with cheap imitations; I'll take a piece of natural sunshine. Food fit for the runner certainly is fit for the gods.

YOU

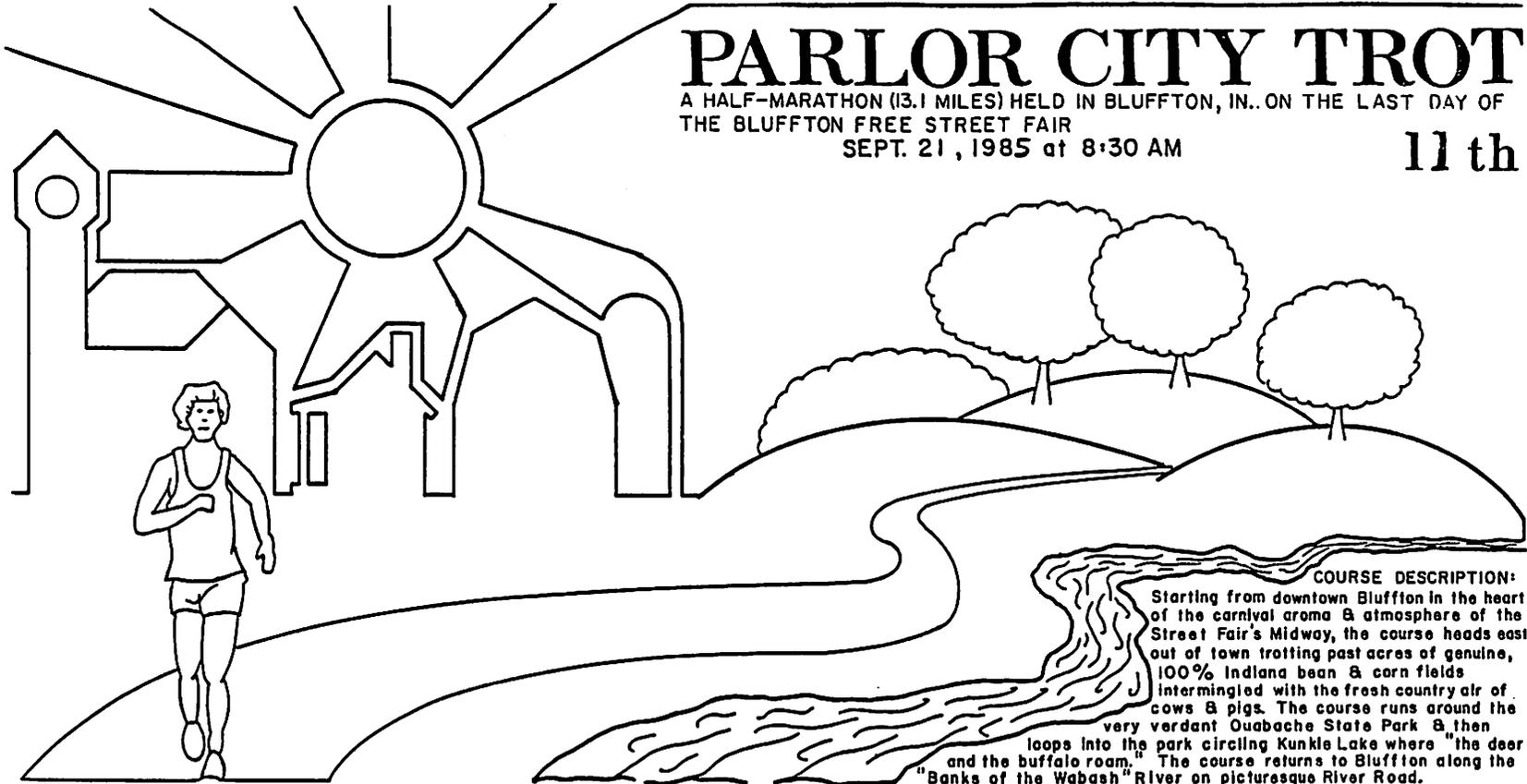


are cordially
invited to
the Club's Election

Party <sup>lots of
fun</sup>

Sunday Oct 6th 1985

after the FWTC's 8 mile-
2 man relay. This election/picnic will
be held at Foster Park Pavillion (across
from club house). Hot dogs - soft drinks
fresh fruit will be provided - Please bring
your own place setting - Free to club
members - \$2 to non-members - Bring a
small dish or small dessert (not required
but we will revoke your club membership if
you don't) Call Mike Robbins (485-3068) if you're coming.



PARLOR CITY TROT

A HALF-MARATHON (13.1 MILES) HELD IN BLUFFTON, IN.. ON THE LAST DAY OF THE BLUFFTON FREE STREET FAIR

SEPT. 21, 1985 at 8:30 AM

11th

COURSE DESCRIPTION:

Starting from downtown Bluffton in the heart of the carnival aroma & atmosphere of the Street Fair's Midway, the course heads east out of town trotting past acres of genuine, 100% Indiana bean & corn fields intermingled with the fresh country air of cows & pigs. The course runs around the very verdant Ouabache State Park & then loops into the park circling Kunkle Lake where "the deer and the buffalo roam." The course returns to Bluffton along the "Banks of the Wabash" River on picturesque River Road.

AWARDS

- ★ MERCHANDISE CERTIFICATES TO TOP 5 WOMEN & 1-10 MEN
- ★ TROPHIES TO PLACES 11-25
- ★ PLAQUES TO PLACES 26-50
- ★ MEDALS WITH NECK RIBBONS TO AGE DIVISION WINNERS
- ★ T-SHIRTS to all runners

MENS	DIVISIONS	WOMENS
0-14	40-44	0-14
15-19	45-49	15-19
20-24	50-54	20-24
25-29	55-59	25-29
30-34	60-69	30-34
35-39	70+	35-39
		40-49
		50-59
		60+

Return entry to:
 Parlor City Trot
 c/o Eulalia Loucks
 11080N SR 1-6
 Ossian, IN 46777
 Or call: Phil Lockwood
 219-824-2412, 9-5 week days

ENTRY: \$6.00 LATE REGISTRATION: \$7.00, from 6:30-8:00 AM at Bluffton City Hall, 128 E. Market St. (one block east of Court House)

NAME _____ AGE _____ SEX _____

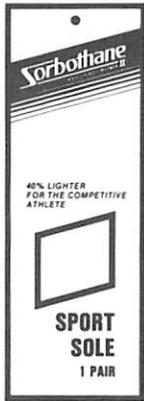
ADDRESS _____ CITY _____

STATE _____ ZIP _____ T-Shirt Size S M L XL

I waive and release any and all rights and claims for damages against sponsors and/or officials of the Parlor City Trot for any injuries suffered during this event. I attest and verify that I am sufficiently conditioned to compete in this event.

SIGNATURE _____
 IF UNDER 18 SIGNATURE OF PARENT/GUARDIAN _____

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Mr. Jerry Magock
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 Ft. Wayne, In. 46809

Fort Wayne's

GTE River

Greenway

Challenge



When — Sunday, September 29, 1985

Where — Downtown Fort Wayne, Indiana
 Freimann Square
 (Main and Barr Streets)

Sign-in: 8:00 A.M.

Start (run): 10:00 A.M.

What — A three stage Triathlon Relay for teams
 in the following events:

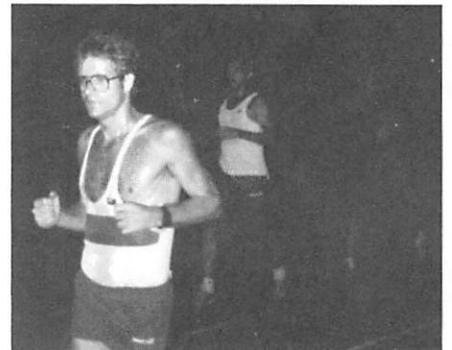
1. 10K run
2. 20 mile bike ride
3. 8.5 mile two-man canoe race.

There will be an IRONPERSON
 category for individual competitors.

Team entry fee — \$30.00

Ironperson entry fee — \$15.00

Entry deadline is Monday, September 23, 1985
 Mail all entries to GTE/River Greenway Challenge,
 2316 Hazelwood, Fort Wayne, Indiana, 46805
 Phone: 219-484-3473 or
 Watermeisters — 219-432-0011



Some people even began to perspire
 at the forty minute mark of
 The Never Ending 1 Hour Run



BRIAN LEE MIGLIORE



3913 SUMMERSWORTH RUN
FORT WAYNE, IN 46804

A "Tri-ing" Day

I am a triathlete. That is, I periodically participate in races in which I swim, bike and run. Although I have entered more than 10 triathlons of varying lengths near my home town of Fort Wayne, IN, I have learned that practice does not always make perfect.

I decided to enter the Caesar Creek Triathlon on Sunday, June 23, 1985, near Dayton, OH. This race consisted of a 1/2 mile swim, 23 mile bike ride and 6 mile run.

My brother-in-law, who lives in Cincinnati, was to be my pit crew. I had planned to pick him up on Saturday, drive the 60 miles to the preregistration point for packet pick up and mandatory bike check, drive the bike and run course and then go out for a spaghetti carbohydrate loading supper.

I began Saturday morning with a 2 hour bike maintenance seminar in preparation for the Fort Wayne Triathlon. I was so inspired that I immediately went home and cleaned and lubricated my chain. By the time I finished lunch, topped off with strawberry shortcake and ice cream, I was heading toward Cincinnati almost two hours later than planned.

My brother-in-law had suggested that I take the more direct two lane route rather than the four lane interstate to Cincinnati. This works great for him when he uses it during the week, but I got behind every slow Sunday driver between here and the Ohio River.

Although the first half of the trip took longer than expected it was nothing compared to crossing the Indiana border and realizing that Ohio was an hour ahead. Foregoing the drive to Cincinnati, I went directly to the preregistration headquarters arriving 20 minutes late. I persuaded the volunteers to give me my race packet and to inspect my bike.

Since I was already several hours late for supper I decided to drive to the swim area for a quick look at the lake. Not bothering to drive the bike or run course I drove to Cincinnati for a fast supper (at 10:00 PM). Afterwards, I set my watch for an early wakeup of 5:30 AM to give me plenty of time to arrive for the 7:45 AM mandatory prerace meeting.

The next morning I was rudely awakened when my brother-in-law rushed into the bedroom, yelling that it was 6:20 AM. I glanced at my watch and realized that my alarm had not rung since it was only 5:20 in Indiana! Two minutes in the bathroom, 30 seconds to put on my tri-suit, 5 minutes to pack the van and off we went, forgetting my carefully packed bananas.

Arriving at Caesar Creek in record time I grabbed my equipment and flew to the pavilion to be marked. Dumping my bags in my preassigned bike spot I rushed to the beach, leaving behind my entry pass. Persuading the official to admit me I immediately dived into the water to warm up, having already missed the meeting. Eighteen short seconds later, the cannon sounded and I found myself in the middle of the pack with no idea which direction to swim. Having forgotten to start my watch, I stopped to push the start button and was instantly hit in the head by another swimmer. With that, I decided to start my watch at the end of the swim.

At the bike transition I noticed a pretty, young woman in a green bathing suit and running shorts next to me. I thought, "Boy, even the race director has conspired to slow me down." Anxious to make up for lost time, I jumped on my bike only to discover that I had left it in the highest gear and could barely turn the pedals. I desperately shifted 10 gears (my bike only has 12) and, as I was clinging and clanging my way out of the transition area, I felt certain that I had impressed that young woman with my biking prowess!

About a mile and a half into the ride, after the woman in green flew past me, I decided to take a drink. As I tilted the water bottle to my mouth the large cap came off. The water ended up on my shoes instead of my mouth.

Several miles into the ride my legs began to chafe. This was unusual since I have not had problems with my tri-suit in previous triathlons. Having no reasonable explanation, I passed it off to the 6 pieces of pizza and can of jellied cranberry I had consumed the night before.

At the start of the bike ride I had noticed that all of my bike computer functions were drastically fluctuating. Wiggling the computer appeared to resolve the problem. As a passing rider saw my computer, he asked how far we had ridden. I pushed the distance traveled button, yelled out "7.3 miles" and then watched as we immediately crossed the 10 mile mark. Shortly thereafter, my computer battery died.

I again decided it was time for a drink. I repeated the routine of reaching for my bottle, tilting it to my mouth . . . and spilling the remaining water on my shoes! In my haste to ride faster after the first drink I had forgotten to put the lid on correctly. Still no water. With a mixture of frustration and disgust I tossed the water bottle at the cage and watched in horror as it hit the side of the cage and rolled down the road. Here I was, somewhere on a 23 mile bike course, with no water and chafed legs.

One seldom becomes lost on the bike portion of a short course triathlon since there are other riders in sight. About a mile from the end of this ride I approached a T intersection. Not sure which way to turn since I had not driven the course, I watched the woman in front of me turn right. The course official at that intersection appeared to be pointing in both directions. I saw a male biker riding the opposite direction, so I decided it must be a circular finish with the women going right and the men going left. I raced to the left, glimpsed a surprised look on the official's face, and then remembered that a bike race was being held on some of the same roads at the same time as the triathlon. With as much dignity as I could muster, I turned the bike around and smiled as I passed the official, praying that the bike ride would soon be over.

At the first run aid station, I decided to continue running while drinking, having learned the trick of squeezing the water cup while sipping out of the small opening at the top. I grabbed the first cup, squeezed it and brought it to my mouth. When I heard the crack and saw the water dripping down my arm I realized that it was not a paper cup but a hard, plastic cup. No water at that aid station.

Running on, I began to develop a slight stomach cramp along with increased irritation on my upper legs. Since lifting my arms sometimes eases cramps I raised my right arm. A helpful support member looked me straight in the eye and said, "Bathrooms are just ahead and to the right." His statement was especially ironic as I had not had a drink since the swim.

After finally getting water at the two, three and four mile marks, I approached the final aid station which sat on what appeared to be a steep, railroad crossing. I ran up the 7 foot embankment, grabbed a cup of water, and put the cup to my mouth. Unfortunately, as I began to run down the other side of the embankment I stumbled, spilling all the water. . . . Another waterless stop. It appeared that my mistakes were increasing in direct proportion to the chafing on my upper legs.

After finally finishing the race, I contemplated the lessons I had learned from this experience: to drive the course prior to the race or to carefully study the race maps, to check my equipment in advance, and to arrive early enough to properly prepare myself and my gear.

When I walked to my bike I saw the woman in green putting away her equipment. After exchanging "Great race" and "You looked great" comments, she smiled and asked, "Could you answer one question for me?" Forgetting that she was an experienced triathlete who had finished well ahead of me I assumed that she wanted to know what to eat the night before a triathlon or how to efficiently drink water during a race. Instead, she simply asked, "Why do you wear your tri-suit inside out??"

8-2-1985

ONE HOUR RUN RESULTS

WOMEN 19 UNDER

- 1. NICKIE GORRELL 6.31
- 2. CHRIS PERRIN 6.16

WOMEN 20-29

- 1. JUDY TILLAPAUGH 9.15
- 2. SHARON GETTY 8.26
- 3. LYNN HANDLIN 7.61
- 4. BETH ROHRER 7.45
- 5. BETTY DEWELLS 7.43
- 6. PAM MASON 6.89
- 7. MARTHA HOEPPNER 6.27
- 8. JEAN SCHENDEL 6.27

WOMEN 30-39

- 1. MARSHA SCHMIDT 8.34
- 2. KAREN PERRIN 6.23

WOMEN 40 AND UP

- 1. ROSEANNA SIMMONS 7.83
- 2. GLORIA NYGUM 7.12
- 3. JOYCE FUZY 6.89
- 4. JULIA WILSON 6.35
- 5. BONNIE TAYLOR 6.23
- 6. JOAN BURNS 6.07
- 7. DORIS SHYDER 5.55

MEN 14 AND UNDER

- 1. TIM GORRELL 9.33
- 2. MIKE LINDLEY 7.45
- 3. DOUG UNDERHILL 7.28

MEN 15-19

- 1. BRIAN SHEPARD 11.14
- 2. DON DRAKE 10.36
- 3. MARK JOHNSON 9.58
- 4. JOHN DRAKE 9.03

MEN 20-24

- 1. DAVE GEIGER 10.04
- 2. JOHN WIENING 9.99
- 3. TODD EAGAN 9.46
- 4. MARK GEIGER 9.36
- 5. KEN VOTAW 6.59

MEN 25-29

- 1. RICK WALLIN 10.73
- 2. TERRY DILLER 10.13
- 3. KEN KING 10.07
- 4. BOB SCHENDEL 10.03
- 5. STEVEN SMITH 9.94
- 6. CHUCK DEFORD 9.35
- 7. PAUL BAUMAN 9.25
- 8. MIKE MILLER 8.71
- 9. GARY KUHN 8.54
- 10. ROGER HACK 8.35
- 11. JERRY WEISSINGER 8.17

MEN 30-34

- 1. DAVE RUETSCHILLING 10.35
- 2. JOHN TRELEAVEN 10.23
- 3. ROGER WILSON 10.13
- 4. HAL PEARSON 10.08
- 5. TERRY COONAN 9.91
- 6. DENNY ZECH 9.48
- 7. PHIL RIZZO 9.46
- 8. D.A. STONEBREAKER 8.69

MEN 30-34 (CONT)

- 9. DON WESTRICK 8.11
- 10. TIM ELLIOTT 7.24
- 11. RICHARD MASON 6.97

MEN 35-39

- 1. TODD RIGELMAN 9.85
- 2. DENNY KROELLS 9.77
- 3. DAVE WINTERS 9.46
- 4. RUSS SUEVER 9.39
- 5. MIKE ZURZOLO 8.93
- 6. AL HENKEL 8.73
- 7. STEVE GOLDTHWAITE 8.55
- 8. TOM ARCHBOLD 8.50
- 9. TOM NATHER 8.43
- 10. LEE PEARSON 8.39
- 11. CLIFF GORRELL 7.99

MEN 40-44

- 1. DON LINDLEY 9.92
- 2. BERNIE MOTYCKA 9.80
- 3. RON MOTYCKA 9.58
- 4. DENNIS HUDSON 9.44
- 5. DAVE BOYLAN 9.28
- 6. STEVE ADKINSON 9.18
- 7. KEN MILLER 8.84
- 8. DAVE WALDROP 8.60
- 9. BERNIE BURGETTE 8.45
- 10. DEAN CUTSHALL 8.37
- 11. RUDY KLEINKNIGHT 8.11
- 12. LARRY YANT 7.45
- 13. JOSIE MCFALL 6.15

MEN 45-49

- 1. JERRY PERKINS 9.93
- 2. LARRY AUERBECK 9.46
- 3. TOM FLEGER 8.66
- 4. TOM LAIRD 8.48
- 5. DAVID REDDING 8.16
- 6. JOE BROOKS 7.26

MEN 50-59

- 1. GENE GRAN 8.81
- 2. CLIFF DITTO 8.11
- 3. DAVE WILSON 7.80
- 4. CURT NOLD 7.62
- 5. ELDEN BIDDLE 7.19
- 6. PAUL SHYDER 7.04
- 7. ROGER PHILLIPS 6.60
- 8. AL MOORE 6.47

MEN 60 AND OVER

- 1. PHIL BURNS 7.19

This is the first announcement about the training run on Thanksgiving morning at my house (Jerry Mazock 6135 Orchard Lane in Waukegan) We will have training distances 5-15 miles. See you on 11-28



Brian Shepherd takes the lead of The Never Ending 1 Hour Run and becomes only the 4th runner to break 11 miles in that race.



John Treleaven coping with a severe case of expectant-fatherhood was chased all night by "Mazock's Chug-A-Lug 10K" winner Roger Wilson, Sharon Pauley won the women's division of this year's "Chug."

How about Running a good time at The Home Loan 10K This year



FIBER FOR THE HEALTH OF IT
BY

Judy Newman, R.D.
St. Joseph's Hospital

Grandma called it roughage, but whether we call it bulk, nature's regulator or roughage, fiber has become a cornerstone in the diets of health-conscious consumers. Fiber zealots may attribute almost mystical powers to the consumption of high-fiber diets while most health care professionals acknowledge it's usefulness in the treatment of some medical conditions and the possibility that diets high in fiber may offer protection against some diseases and/or complications of some disease states.

White bread is not an invention of modern mankind. Refining grain goes back to biblical times. Hippocrates recommended eating wheatmeal bread containing the bran and Roman wrestlers ate only coarse wheaten bread in the belief that it would preserve their strength. In the 19th century, Sylvester Graham recommended putting bran back into wheat flour. Graham's name is immortalized in the graham cracker and graham flour. His follower, Dr. J.H. Kellogg brought ready-to-eat toasted wheat flakes to America's breakfast table in 1895.

Fiber was brought to the attention of the scientific community again about 15 years ago when two well-respected British physicians recorded their observations that population groups that consume very-high fiber diets are largely untouched by heart disease, obesity, diabetes, and common gastrointestinal disorders that exist in developed countries. These scientists suggest that high-fiber diets protect against these diseases and their theory is being studied with scientific research on fiber's role in health and disease.

The term "fiber" refers to the leftover food in the large intestine after the small intestine absorbs the protein, carbohydrate, fat, vitamins and minerals from the food you eat. This is called dietary fiber and it for the most part ends up in your stools. People do not have intestinal enzymes to digest plant fiber. Dietary fiber encompasses substances that have varying effects on the body. These substances are divided into two categories: water-insoluble fibers, which make up the structure of plant cell walls, and water-soluble fibers, which aren't fibrous but resist human digestion.

The insoluble fibers include cellulose, hemicellulose, lignin, and articles which are predominant fibers in whole-wheat products, wheat bran, and fruit and vegetable skins. The soluble dietary fibers are: pectins which come largely from fruits and vegetables, gums found in stems and seeds of tropical plants, and the fiber in dried beans and oats. All plant foods contain a combination of fiber types.

High fiber foods include whole-grain versions of bread, cereal, and pasta, brown rice, fruits and vegetables, dried beans (legumes), nuts, and seeds. Compared to grains, fruits and vegetables have less fiber due to a high water content and not all vegetables are high in fiber. Lettuce for instance has very little fiber. Peeling foods can decrease their fiber content but cooking does not destroy fiber.

Foods low in fiber are dairy products, meats, fish, poultry, refined (white) grain products, sweeteners, fats, and oils. You can see why diets low in fiber are usually higher in fats, cholesterol, sugar, and salt and usually include a greater amount of processed foods.

The Senate Select Committee on Nutrition and Human Needs as well as the American Cancer Society advise an increase in the consumption of high fiber foods, but there is no Recommended Dietary Allowance for fiber. It is estimated that an ideal range is 25 to 50 grams of dietary fiber per day. The average American consumes 10 to 20 grams a day.

Dietary fiber content of foods:
Legumes- 9 grams per serving (cooked)
Vegetables- 5 grams per serving (cooked)
Nuts- 5 grams per serving
Fruit- 3 grams per serving (raw)
Cereals/grains/breads/- 3 grams per serving

Dietary fiber acts like a sponge that absorbs water and expands in the body. It effects the large intestine by providing a larger, softer stool that moves through the system more quickly and easily. However, not are dietary fiber acts as a laxative. Lignin can be constipating and fiber can slow down things for someone with diarrhea. The amount of fiber that will normalize your system is very individualized.

Fiber may relieve gastrointestinal problems. A high-fiber diet is recommended to relieve the constipation of diverticular disease but should not be used during the acute phase. Larger, softer stools assist people with hemorrhoids. Studies suggest that a low-fiber intake is associated with a higher incidence of cancer of the colon. Fiber may assist with weight control by providing bulk, slowing down the eating process and the rate at which the stomach empties. Cardiovascular disease is more common in nations where fiber intake is low and there is some evidence that fiber in fruits, vegetables, and oats can decrease blood lipids. The soluble fiber in oat bran and dried beans is effective in lowering blood cholesterol and a mixture of all fibers appears to lower blood triglycerides. Dietary fiber can improve blood sugar control for diabetics.

When trying to increase the fiber content of your diet be cautious, you can get too much of a good thing. Fiber may bind minerals such as calcium, iron, and zinc causing them to be lost in the stools. If you eat a well-balanced diet, however, you should not have a problem with minerals. If you increase your fiber intake you may experience flatulence or cramps. These effects can be avoided by adding fiber gradually to your diet.

Also, don't go overboard with fiber supplements and be sure to take in an adequate amount of fluids at the same time. The intestines can become blocked with indigestible material.

Remember that fiber is just one part of a properly balanced diet and adding fiber to a poor diet may cause more problems than it solves. See your physician or a dietitian if you have questions concerning your diet.

A daily dose of bran may not cure your ailments but a diet that contains fruits, vegetables and whole grain products may be the key that protects your health for the long run. After a morning run try these Bran Muffins—they contain 4 grams of fiber each and are great for carbohydrate loading.

Judy's Bran Muffins

- 1 cup unprocessed bran
- 1 cup whole bran cereal
- 1 cup water
- 20 oz can crushed pineapple—undrained, unsweetened
- 1 cup margarine
- 1/2 cup white sugar
- 1/4 cup brown sugar
- 4 whole eggs or egg sub
- 1 qt buttermilk
- 5 cups flour
- 5 tsp baking soda
- 1 cup raisins (optional)
- 2 cups whole bran cereal
- 2 cups dry oatmeal

Heat pineapple and water. Add to first 2 cups bran. Set aside. Cream margarine and sugar. Beat in eggs. Mix in buttermilk and soaked bran mixture. Sift together flour and baking soda. Fold into creamed mixture. Fold in additional bran, oatmeal and raisins (optional).

Batter may be baked or stored in the refrigerator for up to a month. When ready to bake, fill well greased muffin tins 2/3 full. Bake at 400° for 20 minutes.



Rosie Simmons and Lee Biddle power around the track during The Never Ending 1 Hour Run.

TRACK CLUB MERCHANDISE				
Running SINGLET	S ___ M ___ L ___ XL ___			
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Runners log		@ \$ 2.00	ea.	
License Plate		@ \$ 5.00	ea.	
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FWTC Cap 100% cotton		@ \$ 4.00	ea.	
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	handling	\$ 1.00		
	TOTAL			

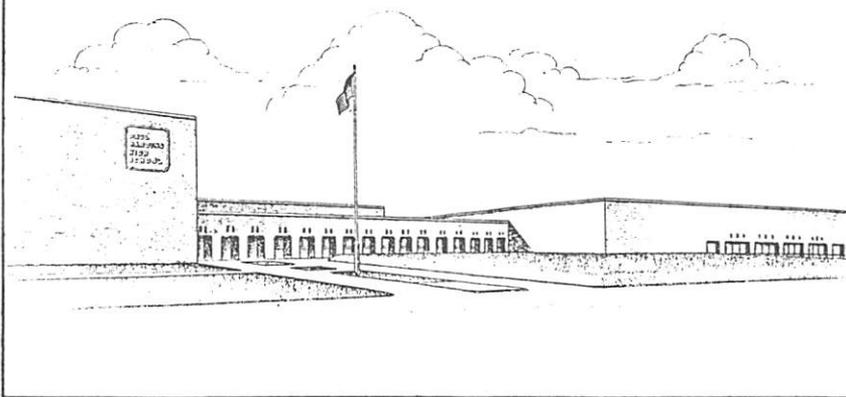
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For More Information Call:
Tim Fleming 749-8027 or
Denny Zech 484-3473

Paul Harding High School

Dowgiac Michigan - July 20

- The Dewey Slough Racing Club defended its 1984 title by defeating the Road Lobsters, of South Bend, in the 3rd Annual "In The Creek Relay Race".
- This event was part of the Bud Light Road and Trail 10K Race.
- Members of the winning team are: Pat Beuchlen, Mike Bultemeier, Chuck Clendenen, Nan Freeman, Brad Stevens, Jim Vebehoer, Karen Vachon and Amo Yant. The team was handled by Jim Dupont, formerly of Wheeler, Indiana.



MILTON, BOB	0.5330	2 M 40
BURGETTE, BERNIE	0.4894	6 M 40
OKOROWSKI, CHUCK	0.4795	3 M 40
WOLFF, DAVE	0.4470	3 M 40
KLIENKNIGHT, RUDY	0.4289	7 M 40
WATERFIELD, RICHARD	0.3768	3 M 40
WURST, RONALD	0.3455	2 M 40
CUTSHALL, DEAN	0.3351	6 M 40
RASMUSSEN, JOHN	0.3330	3 M 40
WALDROP, DAVE	0.3172	2 M 40
CLAY, ROBERT	0.3137	4 M 40
HEYMANN, JAMES	0.3112	2 M 40
MILLER, KEN	0.3006	2 M 40
LEE, LAWRENCE	0.2973	5 M 40
KRIDER, BILL	0.2944	5 M 40
LEE, HARRY	0.2940	2 M 40
BYERLEY, MIKE	0.2621	2 M 40
MISLER, MARK	0.2208	2 M 40
YANT, LARRY	0.1579	4 M 40
HAYHURST, TOM	0.1503	2 M 40
FARRELI, MIKE	0.1301	2 M 40
SWANSON, DAVE	0.0693	2 M 40
PERKINS, JERRY	0.8543	5 M 45
SIBREL, RAY	0.7008	6 M 45
MILLER, CRAIG	0.6844	4 M 45
BRANDT, CHARLES	0.6370	3 M 45
ZIEGLER, JOE	0.5274	4 M 45
FELGER, TOM	0.5108	6 M 45
BARKER, WOODY	0.4974	2 M 45
CLARK, KEN	0.4768	4 M 45
LAIRD, TOM	0.4718	4 M 45
GENSHEIMER, BOB	0.4402	3 M 45
DEEL, BRAD	0.3393	3 M 45
JARVIS, MARVIN	0.2541	3 M 45
RIBAR, JOHN	0.1632	3 M 45
BROOKS, JOE	0.1613	6 M 45
GILBERT, ALLEN	0.1394	2 M 45
RICHARDSON, JAMES	0.0827	2 M 45
SHOOK, RUSS	0.0606	2 M 45
SCHMIDT, BILL	0.8554	4 M 50
MEYER, MYRON	0.7595	5 M 50
GRAN, GENE	0.5434	6 M 50
HILKER, JOHN	0.4906	5 M 50
KAST, MIKE	0.4747	2 M 50
GETTY, CLEM	0.4731	3 M 50
GALITSCH, TERRY	0.4212	4 M 50
WHISLER, NORM	0.2801	2 M 50
DITTO, CLIFF	0.2795	4 M 50
WILSON, DAVE	0.2707	3 M 50
GORIE, JACK	0.2618	4 M 50
ADAMS, WENDEL	0.2398	3 M 50
FLORREICH, RUDY	0.2333	3 M 50
NOLD, CURTIS	0.2107	3 M 50
CHANDLER, HERB	0.1960	2 M 50
BASH, HOWARD	0.1910	2 M 50
GILBERT, C RAY	0.1720	2 M 50
MYERS, DONNIE	0.1680	2 M 50
JONES, J P	0.1412	2 M 50
BECKMAN, R B	0.1384	3 M 50
STRIGGLE, GENE	0.1338	2 M 50
DEVAULT, CHUCK	0.1234	2 M 50
SNYDER, PAUL	0.1223	8 M 50
BIDDLE, ELDEN	0.1129	4 M 50
MOORE, AL	0.0872	7 M 50
JEDLNAK, JOHN	0.0374	3 M 50
PHILLIPS, ROGER	0.0361	7 M 50
BURNS, PHIL	0.1873	8 M 60
SULLIVAN, KING	0.1214	4 M 60
HARRIS, WALT	0.0985	3 M 60
FLEETWOOD, CHET	0.0450	2 M 60

OVERALL STANDINGS

NAME	AVE	#
	PTS	RC
SUNDLING, DOUG	0.9921	5 M 30
REAM, JEFF	0.9892	4 M 20
GARCIA, VINCE	0.9878	3 M 30
WILLIAMS, JERRY	0.9811	5 M 25
SHEPARD, BRIAN	0.9803	5 M 15
RUETSCHILLING, DAVE	0.9629	3 M 30
KALFMAN, DAN	0.9415	3 M 30
WALLEN, RICK	0.9344	5 M 25
PEARSON, HAL	0.9313	6 M 30
TRIPLEAVAN, JOHN	0.9267	5 M 30
MILNER, DAVID	0.9140	3 M 15
DILLER, TERRY	0.9137	8 M 25
WILSON, ROGER	0.9135	8 M 30
ROBBINS, MIKE	0.9090	4 M 35
PLACENCIA, ARNIE	0.9070	3 M 30
SHAFFER, PAUL	0.8882	5 M 25
DENDINGER, TOM	0.8843	4 M 35
SCHENDEL, BOB	0.8449	8 M 25
CASWELL, STEVE	0.8413	4 M 30
PERKINS, JERRY	0.8563	5 M 45

OVERALL STANDINGS

NAME	AVE	#
	PTS	RC
NELSON, BETTY	0.9919	3 F 30
JAMISON, ANN	0.9763	4 F 40
TULLAFAUGH, JUDY	0.9616	3 F 20
YANKOWIAK, THERESA	0.9413	3 F 20
HANDLIN, LYN	0.8532	4 F 20
SCHMIDT, MARSHA	0.8256	6 F 30
GETTY, SHARON	0.8177	7 F 20
SIMMONS, ROSEANN	0.7813	7 F 40
CLAY, AMY	0.7529	4 F 19
CONRAD, LINDA	0.6884	3 F 20
BUTLER, JOYCE	0.6459	3 F 30
YOUNG, JANET	0.6278	2 F 20
SARRACK, CYNTHIA	0.6170	3 F 20
VACHON, KAREN	0.6060	3 F 20
WITENAU, KATHY	0.5679	2 F 30

*"How To Win
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Without
Really Trying"
a new book
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method of monetary
payment to the
'Points' chairpersons.*

MY FRIEND--MY ADVERSARY--MYSELF

by GENE GRAN

My friend the impartial, fair, relentless, intimidating, overpowering clock knows all--How I train, my diet, my very will.... But time after time, results are all that are ever told.

There is no other mind to judge style I form--No long count--no prejudice--no fix--no bribe--no defense, no excuse and no appeal. My friend always has the last final tick.

This inhuman taskmaster challenges and intimidates my being every time it shows its face...with the better dimensions of my peers..

My friend is deceptive...A year ago it would surrender a minute. Now every second has a higher price.

Hpw

How much will I pay?

Anything for a friend!



Phil Burns agreed with Tony Gatton's statement Tony made last year: "It's weird why only during this race that the sky becomes so unusually dark and mysterious."

AUBURN CLASSIC CITY ROAD RACE
Results of 10 Kilometer Run

Male 14 & Under

- | | |
|------------------|-------|
| 1. Tim Gorrell | 40:40 |
| 2. John Marreio | 43:29 |
| 3. Mike Anderson | 46:38 |

Male 15-19

- | | |
|-------------------|-------|
| 1. Doug Nern | 35:26 |
| 2. Jim Wangberg | 37:51 |
| 3. John Wilenski | 38:13 |
| 4. Brandt Douglas | 39:22 |
| 5. Dennis Erman | 40:34 |
| 6. Manuel Pinedo | 40:35 |
| 7. Brian Klender | 40:41 |
| 8. Ed Martin | 41:28 |
| 9. Geoff Stratton | 42:26 |
| 10. Steve Ley | 43:44 |

Male 20-24

- | | |
|--------------------|-------|
| 1. Ron Pepple | 33:21 |
| 2. Jeff Oberlin | 34:43 |
| 3. Chuck Schlemmer | 34:51 |
| 4. Tim Miller | 35:36 |
| 5. David Greiger | 36:29 |
| 6. Mark Geiger | 39:37 |
| 7. Joseph Sharp | 41:40 |
| 8. Bruce Young | 45:12 |
| 9. Kiek Muri | 52:17 |
| 10. Brian Childs | 52:30 |

Male 25-29

- | | |
|---------------------|-------|
| 1. Brad Middleton | 36:00 |
| 2. Steve Perez | 36:27 |
| 3. Tom Cleveland | 36:45 |
| 4. Bob Schendel | 36:47 |
| 5. Rick Weinheimer | 36:59 |
| 6. Paul Bauman | 38:32 |
| 7. Harper Peck | 42:09 |
| 8. Craig Bobay | 45:26 |
| 9. David Rencit | 45:27 |
| 10. Bob Heimach | 45:36 |
| 11. Perry Sinn | 45:37 |
| 12. Greg Collins | 48:38 |
| 13. Kevin Likes | 48:43 |
| 14. Tim McAlhany | 50:42 |
| 15. Brett Hall | 53:20 |
| 16. Steve Easterday | 61:30 |

Male 30-34

- | | |
|------------------------|-------|
| 1. Arni Placencia | 35:16 |
| 2. Hal Pearson | 38:01 |
| 3. Phil Rizzo | 39:24 |
| 4. Bob Miller | 39:50 |
| 5. Jed Pearson | 40:07 |
| 6. Pat Hermann | 40:38 |
| 7. Dennis Stonebreaker | 40:47 |
| 8. Rod Knox | 42:35 |
| 9. Stan Dowell | 45:04 |
| 10. Thomas Fuelling | 46:14 |
| 11. Dana Budd | 46:54 |

Male 35-39

- | | |
|-----------------------|-------|
| 1. Doug Hohenberger | 40:25 |
| 2. Baron Whateley | 40:39 |
| 3. Joel Schartzer | 43:32 |
| 4. Perry Young | 46:53 |
| 5. Ken Heindricks | 46:58 |
| 6. Darrell Douglas | 47:51 |
| 7. Vaughn Roberts | 49:21 |
| 8. Steve Neumann | 49:45 |
| 9. Greg Jennings | 53:12 |
| 10. Michael Hendricks | 56:13 |

Male 40-49

- | | |
|--------------------|-------|
| 1. Larry Auerbeck | 38:25 |
| 2. Rodger Puckett | 39:44 |
| 3. Gary Mullendore | 39:45 |
| 4. Larry Polk | 40:56 |
| 5. Dave Wolff | 41:12 |
| 6. Bernie Burgett | 42:34 |
| 7. Jeff McCann | 47:00 |

Male 50 & Over

- | | |
|-----------------------|-------|
| 1. Gene Gran | 41:58 |
| 2. Hal Lewis | 42:29 |
| 3. Terry Gautsch | 44:18 |
| 4. Rudi Florreich | 47:50 |
| 5. Robert Hockensmith | 57:33 |
| 6. John Jedinak | 57:51 |

Female 14 & Under

- | | |
|-----------------|---------|
| 1. Chris Perris | 1:05:58 |
|-----------------|---------|

Extra
Extra
Race
Results
↓

Local running

**SATURDAY'S RESULTS
BIG BROTHERS/BIG SISTERS
PARK RUN
At Fester Park**
MALE
Two Mile Run
Overall Winner: Brent Munro,
10:22.
10 & Under: Troy Noll, 13:52.
11-14: Eric Baker, 12:32.
15-19: Roland Ransom, 11:29.
20-24: Gary Selkins, 12:51.
25-29: Mark Wedell, 10:24.
30-34: Denny Halfield.
35-39: Dennis Teague, 14:45.
40-44: James Heyman, 12:27.
45-49: Ari Miller, 17:02.
50-59: Rudi Florreich, 14:19.
60 & Over: John Drompp, 17:36.
Five Mile Run
Overall Winner: Tom Loucks,
24:45.
10 & Under: Michael Allen Lind-
lev, 40:53.
11-14: Brian Durbin, 30:48.
15-19: Brian Sheppard, 25:27.
20-24: Michael Smith, 25:32.
25-29: Rick Wandling, 26:43.
30-34: Doug Sundling, 27:27.
35-39: Mike Robbins, 29:23.
40-44: Tom Brygider, 29:23.
45-49: Woody Barker, 31:11.
50-59: Bill Schmidt, 29:56.
60 & Over: Jack O'Neil, 42:31.
FEMALE
Two Mile Run
Overall Winner: Suzie Gilbert,
13:12.
10 & Under: Windi-Sue Guntsch,
14:57.
11-14: Jodi Ziegler, 13:13.
15-19: Holly Hoffman, 16:19.
20-29: Jean Schendel, 15:49.
30-39: Barb A'Hearn, 16:40.
40-49: Brenda Sullivan, 18:28.
50 & Over: Jeanne Leffers,
14:41.
Five Mile Run
Overall Winner: Mary Theresa,
29:44.
10 & Under: Windi-Sue Guntsch,
49:08.
11-14: Laurie Derheimer, 44:11
20-29: Judy Tillapaugh, 30:50.
30-39: Cathy Dwyer, 34:06.
40-49: Brynn Weller, 36:53.
50 & Over: Glori Nycum, 42:06.



Circling the track at Northrop during The Never Ending 1Hour Run.

I have absolutely nothing for this space. Please write an article

Female 15-19

- 1. Sherry Hoover 40:42
- 2. Jacque Hoevel 44:24
- 3. Renee Singer 46:38
- 4. Kris Hoover 53:03
- 5. Janis Easterday 60:16

Female 20-24

- 1. Laurie Hagan 52:29

Female 25-29

- 1. Lyn Handlin 45:28.2
- 2. Julia Heimach 45:28.6
- 3. Kim Stairs 49:47
- 4. Sherry Stewart 52:06
- 5. Sabine Florreich 53:53
- 6. Judith Kilgore 56:15

Female 30-39

- 1. Charna Baker 49:36
- 2. Susan Turner 50:27
- 3. Kathy Scheumann 50:29
- 4. Coleen Charleston 60:56
- 5. Karen Perrin 65:57

OVERALL WINNERS

10 Kilometer - Male - Ron Pepple - 33:21

10 Kilometer - Female - Sherry Hoover - 40:42

Female 40-49

- 1. Bonnie Taylor 1:01:29



14 AUG 85



The Never Ending 1 Hour Run

Dear Jerry + track club members,
 Well thank goodness basic training is now history. We left Lackland at 4:00 in the morning, Saturday August 7th. Here at Lowry you get a whole lot more freedom than you do at Lackland. My first duty assignment is overseas at Elmendorf AFB, Alaska. I will start school this coming Thursday. I plan to take 30 days leave after tech. school. I plan to see you all after I graduate on October 16th.



your track club runner,

Orman David

AUBURN CLASSIC CITY ROAD RACE

Results of 5 Kilometer Run

Male 8 & Under

1. Derek Markley	25:34
2. Hal Stilson	36:39

Male 9-12

1. Ricky Squires	22:35
2. Mike Dendinger	22:37
3. Chris Oberlin	23:08
4. Jason Hoff	23:27
5. Jon Young	26:47
6. Todd Garman	28:05
7. Jimmy Hoff	28:15

Male 13-14

1. Ryan Durbin	17:45
2. David Frye	19:43
3. Lance Psurny	23:27

Male 15-19

1. Kent Hatterby	16:32
2. Kevin Hatterby	16:37
3. Bret Dove	17:22
4. Randy Schmitke	17:44
5. Ryan Paik	18:32
6. Brett Helbert	18:34
7. Darin Meschberger	19:01
8. Curt Johnson	19:47
9. Mike Lehman	23:37

Male 20-24

1. Blair Ewen	22:13
2. Dan Godfrey	23:13
3. Timothy Weiss	29:09

Male 25-29

1. Jim Ellert	18:31
2. Bill Heimach	20:13
3. Mike Boswell	24:40
4. Brian Ruegsegger	27:09
5. Jim Wearn	28:12
6. Dave Gensheimer	34:05

Male 30-34

1. David Hockley	16:23
2. Steve Hoepfner	16:49
3. Phil Wysong	16:59
4. Terry Coonan	17:06
5. Chuck Davis	18:11
6. Bill Aksimit	18:39
7. Jeff Hess	20:11
8. Walter Brellenthin	20:11
9. Gery Meyer	21:29
10. Bud Van Sickle	22:02
11. Thomas Boyer	24:47
12. Eddie Lee	28:59
13. William Kriener	29:29
14. Harold Stilson	36:47

Male 35-39

1. Charles Case	20:12
2. Clifton Gorrell	20:30
3. Dale Parkinson	21:11
4. William Jones	22:45
5. Robert Palmer	23:23
6. Chris Otterstedt	23:51

Male 40-49

1. Allen Best	19:16
2. Dave Brandon	19:35
3. Lowell Johnson	19:59
4. James Heymann	20:06
5. Robert Gonsheimer	20:16
6. Robert Clay	21:42
7. Paul Langevin	22:22
8. Robert Lehman	24:07

Male 50-59

1. Giles Tomlinson	19:47
2. Arnold Weiss	29:09

Male 60 & Over

Jack Drompp	27:47
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*Pick your partner NOW
for the 8 mile / 2 person
Relay in early October.*

Female 9-12

- 1. Jodi Zeigler 22:18
- 2. Nikki Nuttle 23:48
- 3. Mickie Gorrell 26:13
- 4. Angela Douglas 27:58

Female 13-14

- 1. Amy Clay 23:04
- 2. Heidi Strasser 24:33
- 3. Jennifer Wilson 24:58
- 4. Susan Mohr 25:36

Female 15-19

- 1. Lori Leatherman 18:29
- 2. Jamie Gorrell 20:23
- 3. Laura Wilson 20:51
- 4. Mary Reeseaman 21:32
- 5. Kelly Ohlwine 24:24
- 6. Kristi Kummer 24:39
- 7. Sherrie Reinig 25:54
- 8. Amanda Hellert 27:03
- 9. Lynn Brown 27:04

Female 20-24

- 1. Chris Kolkman 19:10
- 2. Anita Walters 23:15
- 3. Diane Stock 25:02
- 4. Jutta King 26:58
- 5. Ann Boyer 30:31

Female 25-29

- 1. Teri VanSickle 24:26
- 2. Maureen Scheiner 25:34
- 3. Jean Schendel 26:29
- 4. Julie Skiver 29:16
- 5. Shea Kriener 31:32

OVERALL WINNERS

5 Kilometer - Male - David Hockley 16:23

Kilometer - Female - Lori Leatherman 18:29

Female 30-34

- 1. Wanda Myers 26:01
- 2. Joann Walker 27:23
- 3. Ruth Tuttle 28:46
- 4. Vicki Winebrenner 29:08
- 5. Cynthia Hess 30:13
- 6. Velma Mortorff 32:30
- 7. Elaine Stilson 35:17

Female 35-39

- 1. Joyce Butler 22:50
- 2. Valerie Puckett 23:06
- 3. Barb Scroghan 24:43
- 4. Kathleen Douglas 26:21
- 5. Lona Young 30:31

Female 40-49

- 1. Dede McManus 23:42
- 2. Maureen Gensheimer 33:38

Female 50 & Over

- 1. Virginia Chapman 26:44

MY RACE CALENDAR

Tom HOCKS

September

- 2 BLUEBERRY STOMP 15KM - Plymouth - 10:00 a.m.
- 2 PARK FOREST 10 mile - Park Forest, IL - 8:00 a.m. - Parks & Recreation 312-748-1112
- 2 PEPSI HOLIDAY HUSTLE 10K Walton, IN (City Park) 8:00 a.m. - Joe Vernon 219-626-2889
- 7 JAMBOREE JOG 10K - Montpelier - 5:45 p.m.
- 7 BUD LIGHT ENDURATHON - Muncie, IN
- 7 AUL GOVERNORS CUP 8K - Shakamak State Park Sullivan - 9:00 a.m.
- 7 POPCORN PANIC 5 mile - Valparaiso (Town Square) 7:30 a.m. - Athletic Annex 219-769-7474
- 7 DAN PATCH RACE 5K & 10K - Oxford, IN (Rommel Park) 7:30 a.m. - Tim Webb 317-385-2626
- 7 GRAPE STOMP 10K - Berrian Springs, MI (Hess Lake Park) 10:00 a.m. EDT - Rod Goodchild 616-695-2166 or 219-259-6054
- 14 KICK OFF RUN 8K - Muncie (Ball State) Men 8:00 a.m. Women 9:00 a.m. - Greg Harger 317-285-5168

- 14 RUN, JANE, RUN Triathlon for Women only - 1/2 mile swim, 25 mile bike, 10K run - FtWayne Womens Bureau 424-7977
- 14 ROANN COVERED BRIDGE FESTIVAL 5 mile - Roann School 9:00 a.m.
- 14 MIDWEST TRIATHLON - Monticello to W.Lafayette - Joe Rund 312-665-7774
- 20 LEVI COFFIN DAYS 10K - Fountain City 4:00 p.m. Lester Wise 317-962-9118
- 21* PARLOR CITY TROT HALF-MARATHON - Bluffton 8:30 a.m.
- 22 VALPORAISO INTO PORTAGE 20K - Valpo H.S. - 10:00 a.m. - Nancy Williard 219-762-1675

- 28 AUL GOVERNORS CUP FINALS 8K - Indy (downtown) 800-622-4931
- 28 CORY APPLE FESTIVAL 10K Cory, IN - 9:15 a.m. Richard Lockhart 812-448-2281
- 29 River Greenway Triathlon Freiman Sq, FtW - 6 mi run, 18 mi bike, 8 mi canoe -Team & Individual competition - 10:00 a.m.
- October
- 5 MINT CITY SHUFFLE 10K - Bremen, IN 11:00 a.m. 219-546-3000
- 6 SPORTS MED 10K - So.Bend 2:00 p.m. - Century Center - Pro-Health 219-232-3034
- 12 RILEY DAYS RUN 5K & 10K Greenfield, IN - Earl Roe 317-462-6813
- 12 DOUBLE EAGLE RUN 1 mi, 8K, 10 mi - Eagle Creek Park, Indy - 9:00 a.m. - Rich Rader 317-635-5550
- 13 DETROIT MARATHON - Detroit, MI - 9:00 a.m. = Entry deadline 9-21-85
- 13 COLUMBUS NATIO WIDE/BANK ONE MARATHON - Columbus, OH - deadline 9-30 or 5000 runners
- 13 RRCA ULTRA CHAMPS - 50 mi, 100 KM - Chicago - Noel Nequin 312-878-8200
- 13 COVERED BRIDGE FESTIVAL 10 mi - Mansfield, IN - 8:00 a.m. - Bob Lemont 317-344-1120 (You better like hills)
- 19 TERRY FOX CANCER SOCIETY 5K & 15K - Purdue Slayter Center 317-743-4671
- 20 MUNCIE MARATHON & 50K - 8:00 a.m. - Muncie YMCA 317-288-4448
- 20 AMERICA'S MARATHON - Chicago 312-951-0660
- 26 IRVINGTON PLEASANT RUN 5 mi - Indy 10:00 a.m. Gary Petersen 317-357-2677
- 27* HOME LOAN 10K - Freimann Sq - 2:00 p.m.
- 27 NEW YORK CITY MARATHON
- 30 TREE CITY RUN 10K - Greensburg (Jr.HS) - 10:00 a.m. - Paula Robinson - 812-663-9622

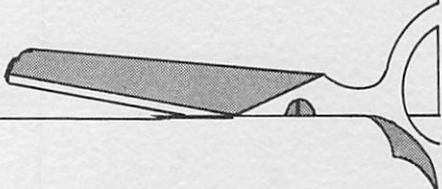
YOU

are encouraged to attend the club meeting following the 8 mile 2 person relay in Oct. The club has some decisions to make!

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB



M A
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N

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

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

TOTAL \$ _____

MAKE CHECKS PAYABLE TO FORT WAYNE TRACK CLUB AND MAIL TO:
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NEW _____ RENEWAL # _____

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



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