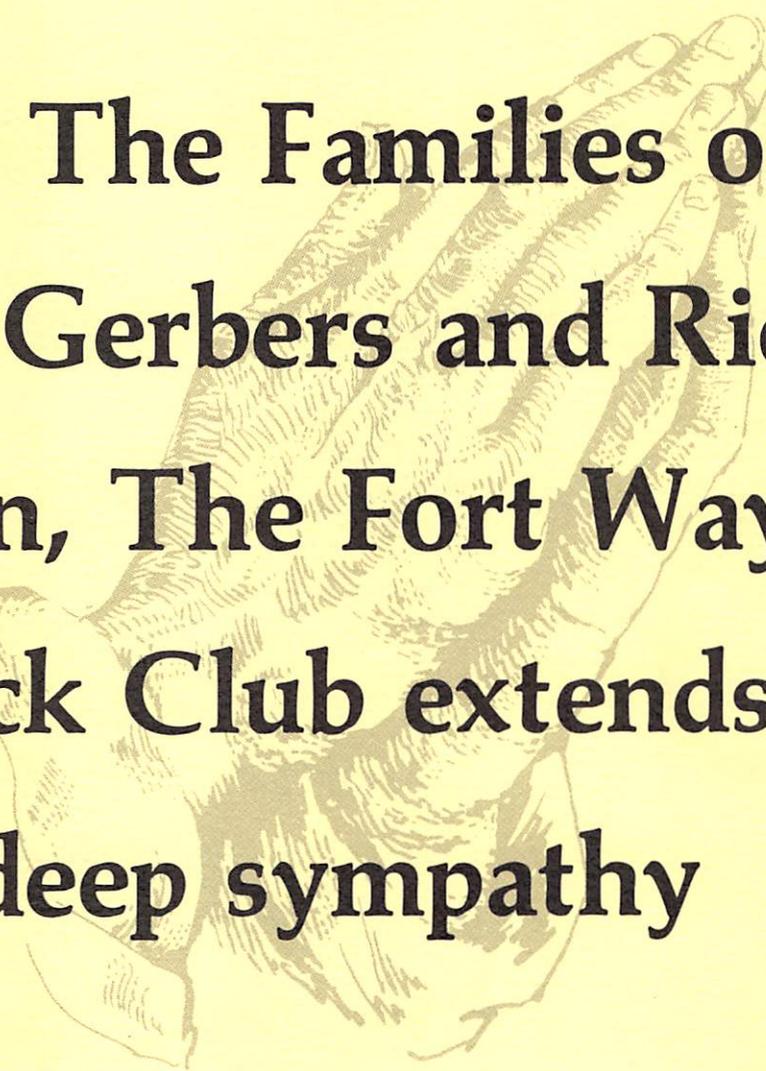


**To The Families of  
Chad Gerbers and Richie  
Braun, The Fort Wayne  
Track Club extends a  
deep sympathy**



**FORT WAYNE TRACK CLUB  
OFFICERS AND BOARD MEMBERS 1985**

- Mike Robbins-President-485-3068
- Dan Kaufman-Vice President-485-5241
- Don Lindley-Treasurer-456-8739
- Mike Gasper-Secretary-432-8134
- Jerry Mazock-Editor of INSIDE TRACK  
747-1064
- Don Goldner-Co-Chairman of race  
Scheduling-747-4359
- John Treleaven-Co-Chairman of Race  
Scheduling-432-5315
- Tim Fleming-Media Chairman-749-8027
- Russ Suever-Co-Chairman of Points  
System-493-2640
- Ken Miller-Co-Chairman of Points  
System-749-5847
- Bobby & Sharon Pauley-Co-Chairmen  
of equipment for races-  
745-0925
- Lyn Schlegel-Co-Chairman-Volunteer  
Pool and Special events-  
745-4136
- Tom Loucks-Chairman of Race Calendar-  
622-7108
- Jim Anderson-Chairman of course  
measurement-745-4446
- Mike Kast-Legal Consultant-426-5140
- Randy LaVine-Co-Chairman of Member-  
ship-493-2420
- Jim Bushey-Co-Chairman of Member-  
ship-747-3770
- Denny Zech-Chairman of Advertising  
& Publicity-484-3473
- Tom Wagner-Board Member-485-0587
- Dave Fairchild-Board Member-744-0424
- Angie Severs-Board Member-436-1151

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

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

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

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

```

*****
*****
** DISCOUNTS FOR **
** TRACK CLUB MEMBERS **
** **
*****
* PLEASE SHOW YOUR FWTC *
* MEMBERSHIP CARD *
* *
*** SPORTS TECH ***
* 10% Discount off *
* Regular price *
*** FOOTLOCKER ***
* 10% Discount off *
* Regular price *
*** DENNY'S BIKE SHOP ***
* 10% off reg. price *
* of all bikes *
* 15% off reg. price *
* of all accessories *
*** XXXXXXXXXX ***
*** XXXXXXXXXX ***
*** XXXXXXXXXX ***
* ASK AT OTHER STORES *
* FOR DISCOUNTS *
*****

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Inside "The Inside Track" this month you may find the following.....  
Our race schedule and places of business where you get discounts for being  
a member in good standing.....There's Mazock's column and Robbins column  
of course.....And info about the election party after the 8 mile/ two man  
(lady) race.....Sundling talks about shoes.....Russ Suever changed roles  
and typed the club's Bored minutes.....Mazock announces his annual  
Thanksgiving morning fun run from his house.....And do we have race results  
.....From Butler Days, Kent Davis, and Canterbury Green.....There's also  
some race ads.....Tillapaugh tells us how to eat on the run.....And of  
course there's Loucks complete race calendar.....There's even more if  
you know where to look.....Hope you enjoy this stuff!.....

*Enjoy the great Fall  
weather - It is fleeting  
and will  
soon  
be  
steeting!*

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

- 10/6/85 2PM 8 mile/2 man  
relay  
Foster Park
- \* 10/27/85 2PM 10K  
Home Loan 10K  
Downtown
- \* 11/16/85 1PM 25K  
Challenging 25K  
Homestead High School  
(Tentative)
- 11/17/85 Bluffton/Oubache State  
Park Cross Country Run  
usually 1:30PM 9K  
Oubache Park
- 12/7/85 Bluffton, In.  
2PM 5 & 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

*Club Events for this  
Month are:  
Oct 6th 2PM Foster Park 8 mile/  
2 man relay and Election Party  
AND (of course)  
10/27/85 2PM THE HOME  
Loan 10K*



EDITOR'S LUN ( A EUPHONIC ONE )

BY JERRY MAZOCK

While sitting in the car at Foster one evening after work last week-enjoying a 3 minute break from my life-Sharon Pauley told me of the great tragedy that had occurred.

One of the 4 boys killed in that horrible car accident was one of our very own Wednesday night runners-Richie Braun.

Richie Braun was a fine runner and seemed to be well on his way to being a fine young man. I know his parents are crushed--Hopes and dreams for the future vanished. It must be life's worst moment. But, there was nothing they could do to prevent this tragedy. They always seemed to support Richie so well in his running and areas of endeavor.

It's just so sad that things like this have to happen to such good people.

A week has nearly went by since I have written the above. Again, at the park tonite, the Pauleys told me some more sad news. Chad Gerbers (Tom Gerbers boy) was killed by a car on a run near his home in New Haven.

Such tragedy...Such great tragedy these fine people are living through right now.

But things like this happen. Young people, myself included, seem to be able to do anything to themselves and get away with it. YET...The exception seems to be with their endeavors involved with the automobile.

These sad deaths are local examples of the tragic way we handle ourselves with the automobile-Both inside and as pedestrians.

These tragedies occur 50,000 times a year. And the grief spent over the death of just one of these loved ones makes it worth it for everyone to use a lot more care in risky situations in our lives.

Let's buckle up....Let's run on untraveled streets... Let's closely watch intersections. AND, if you're under 25--Drive as if your next run depends upon it.

Mr. & Mrs Braun and Mr. & Mrs Gerbers the FWTC extends a deep sympathy to you and your family.



President's News and Views  
by: Mike Robbins

President's News and Views  
by: Mike Robbins

This is my last column as president. It may also be my last column for at least a couple of months. I have averaged slightly more than one article of some sort each month for the past three years and it seems time other voices were heard.

In reviewing this year, the board has completed many - though not all - of the things it set out to accomplish. We have brought a number of "new" people to the board, documented most of our functions, established and published a purpose, established regularly scheduled meetings, defined many procedures, re-computerized our membership lists (mailings and points), built and maintained a weekly television show, designed and provided FWTC merchandise (see separate remarks regarding these last two points) and tried to concentrate our focus on running in general rather than strictly racing. We have attempted to expand the local influence of the FWTC while maintaining long-established quality standards. We have also closely monitored our budget while attempting to best utilize a one-time surplus amount obtained during 1984.

Though many of these items are somewhat transparent, they should all contribute to a tighter, better-organized structure. This should allow future administrations to build upon or modify the structure and avoid any type of start-from-scratch syndrome.

The FWTC, however, continues to search for an identity. It may be a search in vain. Though the FWTC cannot be all things to all people, it has certainly made every effort to be as many things to as many people as possible. This type of success often contains the seeds of its own destruction. We have created standards of excellence in all our endeavors which may be difficult to

maintain. The same people can not (and should not) continue to perform the same functions. However, some of these tasks have either become so large or so sophisticated that it is just that much more difficult to find people to assume various functions. If new people cannot be found, the activities will be discontinued and the Club will change dramatically. Whether the result will be the simple, uncomplicated, low-key Club many people long for is problematical. We may already be too diverse, too widespread, too complex to easily retreat. But this remains a central, pivotal question for new administrations.

A disappointment to me this past year has been the absence of voice by the majority of membership. This continues to be frustrating. Each board struggles to identify the needs and wants of the membership. I am becoming convinced that when the membership is silent it is content. But, it is then only by chance that the board can ascertain the direction desired by the majority. Speak up - Volunteer - Be involved. This is everyone's Club but it can only continue to be if everyone becomes involved in some manner. If you run races, help at one each year. If you enjoy the newsletter, write an article or letter each year. If you have ideas and comments, let someone know. Each small task undertaken by a "new" person makes that person feel more a part of the Club and relieves the burden of an "old" person. We all just want to run and have fun. But if we all did there would be no FWTC. And few quality races. And no newsletter. And no TV show. And far fewer opportunities to meet and know other runners.

I have greatly enjoyed this year and working with this board. Everyone worked hard and worked together. Though we leave no flashy lights and six-inch headlines, we leave a solid organization poised for the future. Thanks to each of the board members.

You each helped make this year fun and a success.

-Tim Fleming - Mr. TV-

Tim is just now beginning to recover from the mystery virus (he calls it running AIDS) which has plagued him for almost a year. Rather than sit back and feel sorry, though, Tim has just plugged along with his running and devoted a tremendous amount of time and energy to "Runners Week" and to developing and selling FWTC merchandise.

Tim and his crew have developed "Runners Week" into a professional-looking production which features FWTC

races and running information. Anyone who has watched from the beginning has certainly noticed both the obvious and subtle improvements in production values and overall show quality. Judging by the crowds surrounding the TV's Tim sets up after each race he films, a lot of people enjoy this added perspective of the race. These shows are the result of a lot of hours of filming time and studio time. A show of the quality of "Runners Week" doesn't happen by accident. It is the result of a lot of time and hard work. The next time you see Tim, Ann Jamison, John Yoder, Denny Zech, Mike Callison, or any of the crew, tell them thanks - you enjoy the results of their efforts.

Tim, however, doesn't stop with the TV show. He has developed, designed and marketed the FWTC merchandise which has been available throughout this year. In fact, Tim has enlisted his entire family in this effort. From those expert "hawkers" John and Jeanne (Ma and Pa Fleming - who, contrary to rumor, are not retiring to Florida on the proceeds of their efforts but are heading south simply for the weather) to sister, Sue Long, nephew, Craig Long, daughters, Angie and Michelle, and wife, Patti, the entire Fleming clan deserves a large thank-you for all their efforts and enthusiasm.

Thanks to Tim, the FWTC has been able to provide its members a show and merchandise the likes of which simply are not available from any other track club anywhere. Thanks to Tim, we have things no one else does. Let's be aware of that and let him know his and his family's efforts are appreciated.

-Thanks, King-

Thanks are due King Sullivan and the crew of runners he has enlisted to participate in a run to raise money for the Vince Lombardi Cancer Center on behalf of the FWTC. King and the others are planning (at the time this is written) on running from Fort Wayne to Warsaw on September 10 to help Mike Chroniger and his wife, the run organizers, on that leg of their 800 mile route from Washington, D.C. to Twin Falls, Wisconsin.

-Thanks for the Races-

Thanks to Bill Schmidt, Jim Bushey, Frank Zirille and Tom Mather for directing the Kent Davis 5K, the Peace Festival 5K, the Big Brothers/Big Sisters Park Runs and the Canterbury MDA runs respectively. The Kent Davis race provided one of the best races for first place ever seen in the area. It was again a success and managed to raise almost \$600 for Crossroads. Thanks are also due the Georgetown Merchants and Rogers for their tremendous support of this race.

Jim did an admirable job as a first-time race director of a first-time race. The evening race run over an ideal course at IU-PU provided a great opportunity for a fast time in a peaceful setting. I hope this race becomes an annual event.

Both Frank and Tom have again done excellent jobs in directing these annual races. These men put in a lot of hours each in order to provide quality races and raise money and awareness in a cause of helping others. Congratulations to both of you for jobs well done.

-1986 Banquet, Advance Notice-

Indiana University head track coach, Sam Bell, has agreed to speak at our 1986 Awards Banquet to be held February 8, 1986. Coach Bell's vast knowledge and experience promise to make this a great evening. More details will be presented at a later date.

DON'T FORGET  
THE 8 MILE / 2 MAN  
Relay Oct 6 2PM.

AND  
The Club Election  
Party immediately  
following (see last issue  
for more details) come  
and see last years officers executed.



NEVER FAILS: THE SHOE I LOVE IS  
THE SHOE THAT IS DISCONTINUED  
by Doug Sundling

My first pair of running shoes, or the shoes I ran in to finish the first ever Parlor City Trot, were a pair of old red, canvas Converse basketball low-tops.

Talk about being innocent in one's beginning days as a runner--if not stupid, or both. Needless to say, I quickly learned that low-top basketball shoes were not exactly the best for running long miles on the road.

No indeed, so I became a discriminating consumer in search of the appropriate running shoe. I went shopping for the neatest looking pair of running shoes, if not the most colorful.

Although those lime-green Nikes with the royal blue swoosh emblem looked impressive back in the mid-70s, they sure didn't last long underneath my feet. My first few pairs may have flashed eye-catching colors, but appearances don't guarantee performance.

Gifted with high arches and a tendency to pronate, I quickly learned what a hundred miles or so in a stylish-looking pair of running shoes can do to one's legs.

If the shoe doesn't fit like a glove in the store, I don't walk out with it. At first, I had to break the childhood-long habit of mother fitting me in shoes I would grow into. No more need for a thick-thumb size of extra toe space, I needed a shoe that snuggled up all around my foot.

I try to keep three decent pair of shoes to train in. The first pair are the newest treads and handle the hard workouts. The second pair are a few hundred miles along since being the first pair and rotate on my feet for the moderate runs. The third pair have maybe a hundred miles left in them, and these shoes give the other two a break when I want to run short and easy. If the weather is rotten, then the third pair gets to tread through the elements.

The oldies but still-somewhat goodies pairs of running shoes are regulated to walking shoes.

Usually, sometime toward the end of winter, the start of summer, and the early fall, I go hunting for a new pair of running shoes to break-in. Every 1000 miles or so, I get re-treaded with the latest in running foot wear.

Since the number of miles I run sometimes seem to add up to the amount of money I make, I don't indulge in the \$60, \$80, and \$100+ shoes.

While jogging down after the Circular 5KM at Shoeff Park last year, Pat Davis, Greg Orman, and Tom Loucks began exchanging stories on shoes that they had been given to try out. All I could humbly offer to the conversation was that I usually try out the shoes on the close-out table.

If there is no this-is-the-latest-thing-in-running-shoe-technology sales flop on the bargain table, than I usually scour through the shoes in the \$35 to \$50 range.

Like most of the Midwest, I am basically conservative, and I want to keep buying a shoe that has proven itself durable and reliable. I like to stay with a proven product. Only, the running shoe business is just that--a business, and models and makes of shoes come and go rapidly in the market of fast bucks. Especially, the ones I seem to like.

My first real true love of a running shoe--after that infatuation with those lime-green Nikes, even though they were too wide for my feet--was with the old Brooks Super Vantage. They had the innovative Varus wedge. I remember the shoe even came with a booklet explaining why that wedge was so great, but I didn't really care. The shoe fit my foot beautifully--the perfect match for my type of foot.

For the next couple of years, I wore nothing but those Brooks. They were so durable that long after I had finished running in my last pair, my father was wearing them for walking shoes and work-around-the-house shoes. After I had put over 1000 miles on those Brooks, dear old dad found those shoes still comfortable enough to wear.

Interestingly, while I kept hearing complaints about quality control in Brooks shoes, I never had any problems--until Brooks folded and the shoes were no longer available.

Withdrawal symptoms threatened to overcome me: what would I run in? Those shoes had been perfect.

The Etonic Street Fighter proved to be a close enough substitute to replace the impression the Super Vantages had left on my feet, but the Street Fighter also disappeared from the store shelves.

Soon thereafter, Adidas introduced an improved line of models built with higher arch supports and other features. The Boston and the super-light Oregon fit nicely, so I settled back, thinking I could rotate these two models for a few seasons.

My second pair of Bostons were my last as they became victims of the market place.

I was starting to get the impression that the shoes I like the best were selling the least.

As I scrambled to locate a pair of Oregons, wondering when the marketing axe would make these an extinct product, I discovered the latest from Converse--the Laser.

The shoe fit beautifully, invoking fond memories of that first love of my feet, the Brooks Super Vantage. The Laser fit like a snug leather glove. It took a lot of grinding of hard miles, and it was a light shoe at that.

Besides, my tastes had become more sophisticated. With that pair of gray and orange-accent Converse Lasers, I could color coordinate shoe laces interwoven with gray and fluorescent orange coloring.

A fellow worker, holding his hands in front of his face one day while I was walking around in those shoes trying to break them in, said, "Do those glow in the dark?"

Hey, Mercury had wings; I have my bright shoe laces.

While training in my second pair of Lasers, I didn't really worry about not being able to find the Adidas Oregon anymore.

So, this summer, with knees twinging and legs feeling like wood and the shoes looking as flat as I felt, I decided that a new pair of Convers Lasers were needed. I walked into the local store where I had gotten the previous two pairs, and the last pair--a size too big--sat on the close-out table.

AGH!

I grabbed my friend who runs the store and pleaded with him, I begged him, I implored him: "Tell me it ain't so. They haven't discontinued the Laser?"

"Sorry, Doug," he shrugged. "I can't get them anymore."

With a compassionate smile of a shoe salesman, he lead me over to his newest selections and offered, "But I have these. This one here has been saling very well."

Distraught, I began my search in the wilderness of running shoes for something that could fill this sudden void.

I tried some of the old name brands again like Brooks, Tiger, Etonic, Saucony, and Adidas, but none felt just right. Running magazines flashed advertisements for such newfangled brands as Sako, Avia, and the Apex by Turntec, but I didn't feel right sending off \$50 or more for a pair of shoes I had never tried on.

Ironically, Nike provided the latest shoe for my fickle feet. The shoe is narrower now and has a patented Air-Wedge and a NIKE-Air midsole.

I tried on a pair of Vectors, and that Air Wedge and Air midsole give the shoe a different feel than the other shoes I had tried on. They felt good, so I bought them. Of course, I added to the basic black and silver of the shoe a touch of color with black/bright red/bright yellow shoe laces.

I am even starting to really become attached to these Mike Vectors, but experience has taught me that I can't become too attached. If the shoe doesn't turn the profit, that will be the last I will see of my beloved shoe style. In the game of love affairs with running shoes, I just have to continue to play the field.

#### FWTC BOARD MEETING

The FWTC Board meeting was held August 11, 1985 at the downtown YMCA. The following were present: Russ Suever, Ken Miller, Tom Wagner, Mike Robbins, Dan Kaufman, Jim Bushey, Denny Zech, Tom Loucks, John Treleaven, Dave Fairchild, Lyn Schlegel, Judy Tillapaugh, Don Lindley, and Ray Sibrel.

Jim Bushey reported 581 members.

Ken Miller reported race results were submitted to the editor through 8 races.

Mike Robbins reported for Tim Fleming on TV & Publicity. Suggestion has been made to separate TV and merchandising. There is a new line of merchandise for the fall.

John Treleaven presented a race report. Entry forms are out for Big Brothers/Big Sisters. Several races have asked to be points races for next year (Grabill, New Haven Canal Days, American Cancer at Canterbury).

Denny Zech gave an advertising report stating Brendamoors will no longer be giving discounts to FWTC members due to ruling from head office. Four stores are running full-year ads.

No report on equipment.

Mike Robbins represented the nominating committee with the following nominations for

offices for the coming year: President--Jim Bushey, Vice President--Denny Zech, Secretary--Deb Glasper, Treasurer--Don Lindley. Elections and picnic will be held October 6 at the Foster Park Pavillion.

A discussion was held regarding points and race sanction. Questions raised were 1) How many points races? 2) How should equipment be handled for points races vs sanctioned races? 3) Would sanctioned races be different than points races? Two motions were made by Dan Kaufman: 1) Divorce points races from the sanctioning and equipment rental processes. 2) In order for a race to be a FWTC points race, there should be established race standards. Motions carried, were voted on, and passed effective for the 1986 season.

Board structure was discussed. Discussion centered on new positions of executive VP and administrative VP intended to spread the work load. Jim Bushey made a motion to establish these positions. The motion carried and was passed.

Budget discussion included newsletter has been going up every month. Several establishments were polled to look for newsletter alternatives. TV has not required FWTC funds to date. Race awards are large expense items. Membership dues could go up to offset higher expenses. Resolutions on these issues will be discussed next month.

No old business.

New business--Lombardi Cancer Center Run has asked for FWTC support on a cross country run (Wash. DC to Two Rivers, Wisconsin). Approval will be given. King Sullivan will coordinate for FWTC.

The Home Loan course is in the process of being re-certified. Progress is being made on the organization. Prizes will be given this year (\$100--1st, \$50--2nd for men and women).

RRCA is going to assess costs by the number of names on their mailing list which Don Lindley updated.

Meeting was adjourned.

Respectfully submitted,

Russ Suever  
/dg

*There will  
be a  
fun run  
of 5, 10 or  
15 miles from  
my house,  
(Jerry Mazock  
6135 Orchard Lane)  
at 8 AM. Thanksgiving Morning.*

FINAL RESULTS OF  
BUTLER DAYS RACE  
August 10, 1985

FUN RUN

5 KILOMETER

Girls 8 & Under

|                     |      |
|---------------------|------|
| 1. Heather Feteke   | 7:57 |
| 2. Lindsay German   | 8:20 |
| 3. Allison Brown    | 8:31 |
| 4. Janel Van Sickle | 9:39 |

Girls 9-13

|                   |      |
|-------------------|------|
| 1. Jody Zugler    | 5:48 |
| 2. Carrie Sheets  | 6:25 |
| 3. Amy Brown      | 6:26 |
| 4. Melissa Penn   | 6:35 |
| 5. Nikki Nuttle   | 6:39 |
| 6. Mindy Raney    | 7:46 |
| 7. Andrea Lottman | 8:37 |
| 8. Amanda Hower   | 9:25 |

Boys 8 & Under

|                       |       |
|-----------------------|-------|
| 1. Nathan Pfefferkorn | 7:29  |
| 2. Tyson Handshoe     | 7:30  |
| 3. Andy Douglas       | 9:02  |
| 4. Adam Luttmann      | 8:14  |
| 5. Corey Pressler     | 8:33  |
| 6. Tony Carnes        | 9:25  |
| 7. Damian Van Sickle  | 10:16 |

Boys 9-13

|                       |      |
|-----------------------|------|
| 1. Chris Oberlin      | 6:08 |
| 2. Zach Kindlesparker | 6:19 |
| 3. Matt France        | 7:04 |
| 4. Patrick Jacobs     | 7:19 |
| 5. Eric flood         | 7:21 |
| 6. Jasen Pfefferkorn  | 9:06 |
| 7. Jacob Fekete       | 9:25 |

Others

|                  |      |
|------------------|------|
| 1. Bing Simmers  | 5:23 |
| 2. Dave Brown    | 8:23 |
| 3. Linda Gorrell | 9:02 |

Girls 14 & Under

|                    |       |
|--------------------|-------|
| 1. Angie Terrell   | 20:46 |
| 2. Jodi Zeigler    | 21:36 |
| 3. Amy Clays       | 21:52 |
| 4. Laura Hover     | 22:58 |
| 5. Jennifer Wilson | 23:11 |
| 6. Amy Brown       | 24:44 |
| 7. Carrie Sheets   | 26:28 |
| 8. Susan Mohr      | 26:29 |
| 9. Nancy Wellman   | 26:44 |

Women 15-19

|                  |       |
|------------------|-------|
| 1. Jamie Gorrell | 19:28 |
| 2. Laura Wilson  | 19:53 |
| 3. Mary Reesman  | 21:01 |
| 4. Toni Dreher   | 22:35 |
| 5. Caity Wellman | 23:35 |
| 6. Kris Hoover   | 23:53 |
| 7. Kelly Ohlwine | 24:31 |
| 8. Karen berbers | 26:13 |

Women 20-29

|                     |       |
|---------------------|-------|
| 1. Teri Van Sickle  | 23:29 |
| 2. Kim Stairs       | 23:54 |
| 3. Coleen Vardaman  | 24:51 |
| 4. Maureen Scheiner | 24:59 |
| 5. Jutta King       | 26:56 |
| 6. Jaymee Monroe    | 28:54 |
| 7. Terry Miller     | 28:55 |

Women 30-39

|                      |       |
|----------------------|-------|
| 1. Joyce Butler      | 22:30 |
| 2. Valerie Puckett   | 23:11 |
| 3. Darlene Gonzales  | 23:19 |
| 4. Barb Scrogham     | 23:49 |
| 5. Wanda Myers       | 26:06 |
| 6. Kathy Douglas     | 25:29 |
| 7. Cynthia Hess      | 29:03 |
| 8. Deb Farrell       | 29:28 |
| 9. Vicki Winebrenner | 29:49 |
| 10. Elaine Stilson   | 32:12 |
| 11. Carol Wurst      | 35:12 |

Women 40 & Over

|                     |       |
|---------------------|-------|
| 1. Willie Kyle      | 21:09 |
| 2. Joan Gary        | 22:32 |
| 3. Virginia Chapman | 27:14 |
| 4. Sharon Spake     | 28:35 |
| 5. Muriel Majneri   | 46:28 |

5 Kilometer Overall Runners

|                                |
|--------------------------------|
| Male - Ron Pepple - 15:22      |
| Female - Jamie Gorrell - 19:28 |

Boys 14 & Under

|                     |       |
|---------------------|-------|
| 1. Chris Lenhart    | 17:19 |
| 2. Brian Durbin     | 17:37 |
| 3. Dave Jacobs      | 19:12 |
| 4. Bing Simmers     | 20:15 |
| 5. Gary Glaspen     | 20:59 |
| 6. Doug Underhill   | 21:02 |
| 7. Chad Shelton     | 22:47 |
| 8. Scott Studebaker | 23:10 |
| 9. Jason Schwartz   | 23:23 |
| 10. Jason Hoff      | 24:02 |
| 11. Chirs Washler   | 27:08 |
| 12. Jimmy Hoff      | 27:22 |
| 13. Todd Garman     | 28:19 |

Men 15-19

|                    |       |
|--------------------|-------|
| 1. Joel Wise       | 17:06 |
| 2. Tom Beehler     | 17:25 |
| 3. Chris Gordon    | 17:45 |
| 4. Eric Kell       | 17:48 |
| 5. Steve Glasper   | 18:02 |
| 6. Brett Helbert   | 18:15 |
| 7. Rod Beer        | 18:27 |
| 8. Andy Titcomb    | 18:28 |
| 9. Brian Loucks    | 18:39 |
| 10. Doug Weaver    | 19:02 |
| 11. Brian Klender  | 19:27 |
| 12. Matt Jacobs    | 20:01 |
| 13. Curt Vinson    | 20:22 |
| 14. Michael Hansen | 21:50 |

Men 20-29

|                   |       |
|-------------------|-------|
| 1. Ron Pepple     | 15:22 |
| 2. Keith Horton   | 15:38 |
| 3. Jerry Williams | 15:47 |
| 4. Rich Hamlin    | 16:25 |
| 5. Tim Glasper    | 16:41 |
| 6. Jeff Oberlin   | 16:55 |
| 7. Jim ellert     | 18:09 |
| 8. Dick Furnish   | 18:37 |
| 9. Wayne Snyder   | 20:70 |
| 10. Dan Godbrey   | 22:08 |
| 11. Jerry Zenk    | 22:17 |

Men 30-39

|                     |       |
|---------------------|-------|
| 1. Todd Riglaman    | 16:56 |
| 2. Rudy Gonzales    | 19:39 |
| 3. Clifton Gorrell  | 20:10 |
| 4. Jeff Hess        | 20:76 |
| 5. Dale Parkinson   | 20:28 |
| 6. Gary Meyer       | 20:31 |
| 7. Tom Haynes       | 23:04 |
| 8. Corbin Berkshire | 25:25 |
| 9. Hal Stilson      | 26:33 |
| 10. Carl Klender    | 28:05 |

Men 40 & Over

|                        |       |
|------------------------|-------|
| 1. Ron Motycko         | 18:32 |
| 2. Allen Best          | 19:09 |
| 3. Dave Wolfe          | 19:36 |
| 4. James Heymann       | 19:40 |
| 5. Hal Lewis           | 20:11 |
| 6. Robert Clay         | 20:56 |
| 7. Duane Voirol        | 21:47 |
| 8. Jeff McCann         | 21:58 |
| 9. Glenn Moore         | 22:06 |
| 10. Rudi Florreich     | 22:22 |
| 11. Ronald Thomas      | 22:29 |
| 12. Mike Farrell       | 23:27 |
| 13. Robert Hockensmith | 25:47 |
| 14. Phillip Wolfe      | 25:59 |
| 15. C. Fleetwood       | 26:20 |
| 16. Jack Garner        | 31:29 |

*By the Way...*  
*Bringing a dish*  
*to the Club's*  
*Election Party*  
*Oct 6 is totally*  
*OPTIONAL*  
*(But feel free to*  
*do so)*

FINAL RESULTS OF  
BUTLER DAYS RACE  
August 10, 1985

10 KILOMETER

Girls 14 & Under

|                   |       |
|-------------------|-------|
| 1. Judy Hulbert   | 50:56 |
| 2. Mickie Gorrell | 54:57 |

Women 15-19

|                   |       |
|-------------------|-------|
| 1. Sherry Hoover  | 39:07 |
| 2. Renee Singer   | 44:46 |
| 3. Sherrie Reinig | 47:28 |

Women 20-29

|                     |       |
|---------------------|-------|
| 1. Sabine Florreich | 53:48 |
| 2. Luarie Hagan     | 60:37 |

Women 30-39

|                   |       |
|-------------------|-------|
| 1. Sue Carner     | 39:13 |
| 2. Dottie Kistler | 42:12 |
| 3. Joyce Walters  | 42:29 |
| 4. Kathy Michael  | 46:43 |
| 5. Ann Harris     | 54:28 |

Women 40 & Over

|                    |       |
|--------------------|-------|
| 1. Fran Van Wagner | 50:57 |
| 2. Dede McMamus    | 53:31 |

Boys 14 & Under

|                  |       |
|------------------|-------|
| 1. Tim Gorrell   | 39:58 |
| 2. Shade Clarke  | 41:48 |
| 3. Bengie Butler | 44:34 |

Man 15-19

|                    |       |
|--------------------|-------|
| 1. Randy Houser    | 32:25 |
| 2. Jeff studebaker | 34:26 |
| 3. Jeff Graham     | 35:39 |
| 4. Mark Johnson    | 38:09 |
| 5. Brandt Douglas  | 38:15 |
| 6. Tom Rheinbimes  | 38:18 |
| 7. John Bradley    | 38:25 |
| 8. Dennis Erman    | 39:21 |
| 9. Ed Martin       | 40:07 |
| 10. Manuel Pinedo  | 40:23 |

10 Kilometer Overall Runners

Male - Mike Mazier - 31:29  
Female - Sherry Hoover - 39:07

Men 20-29

|                   |         |
|-------------------|---------|
| 1. Mike Mazler    | 31:29   |
| 2. Len Moughler   | 34:11   |
| 3. Steve Moats    | 35:19   |
| 4. Roger Smith    | 42:51   |
| 5. Scott Pressler | 45:49   |
| 6. Roy Bell       | 46:20   |
| 7. Perry Sinn     | 46:22   |
| 8. Kirk Muri      | 49:51   |
| 9. Jim Wearn      | 1:00:50 |

Men 30-39

|                        |       |
|------------------------|-------|
| 1. Donald Bashor       | 35:28 |
| 2. Arni Placencia      | 35:49 |
| 3. Jim Young           | 36:11 |
| 4. Doug Fekete         | 36:33 |
| 5. Terry Coonan        | 36:36 |
| 6. Vayle Hartbroad     | 37:03 |
| 7. Randy Brown         | 37:44 |
| 8. Dave Branfield      | 38:09 |
| 9. Mark Beck           | 39:21 |
| 10. Terry Osborn       | 39:32 |
| 11. Rod Knox           | 40:55 |
| 12. Daryle Winebrenner | 42:17 |
| 13. Darrell Douglas    | 42:55 |
| 14. Stan Dowell        | 44:42 |
| 15. Dana Budd          | 45:03 |
| 16. Jeff Hastings      | 45:04 |
| 17. Mike Pressler      | 46:30 |
| 18. Bill Walker        | 48:40 |
| 19. Jan Kempf          | 50:27 |
| 20. Greg Jennings      | 52:06 |
| 21. Robert Palmer      | 53:02 |

Men 40 & Over

|                     |       |
|---------------------|-------|
| 1. Ron O'Beirne     | 38:24 |
| 2. Roger Puckett    | 39:10 |
| 3. Gary Mullendorr  | 39:72 |
| 4. Bernie Burgett   | 41:15 |
| 5. Ron Wurst        | 43:31 |
| 6. Jim Hanna        | 44:58 |
| 7. Jim Lowry        | 45:12 |
| 8. Howard Bash      | 45:14 |
| 9. Don Myers        | 46:05 |
| 10. Vaughn Roberts  | 46:48 |
| 11. Bruce Drees     | 47:51 |
| 12. Chester Sanders | 51:59 |
| 13. Dave Swanson    | 53:36 |
| 14. Larry Bott      | 54:15 |



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

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**Mohawk Canoes**  
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KENT DAVIS RUN FOR CROSSROAD AUG. 17, 1985

The fourth annual run proved to be our most successful in terms of participation and funds obtained. We had 234 runners for the 5k and 51 for the 1 Mile Fun Run with our usual 1000+ spectators. We were able to raise \$377 for Crossroad which will be used to provide physical and program resources for adolescents during their treatment experience.

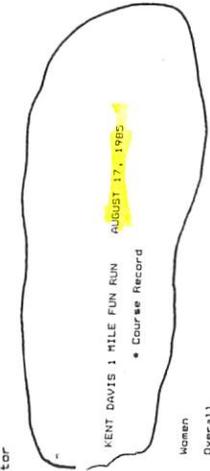
We had quite a strong field of runners this year as 5 runners bettered the previous course record of 15:27, plus a total of 8 course records broken in all. I was happy to see runners of all levels participate, including high school cross country teams and extend an open invitation to return next year.

I express my appreciation to Tim Fleming, producer of Runner's Week, for devoting his time to prepare and film the run for viewing on channel 10. Also a round of applause for Stan Pfeiffer, Manager of Colonial Pizza, who provided pepsi, water and water at the finish area.

Again a special thanks to the following volunteers and establishments who donated their time and efforts:

- Bill Bohaski Media and Publicity - Dave Hay Sr. 1 Mile Fun Run
- Mary Bohaski Reg & Award Results - Tom Mathers Timing
- Marsha Schmidt " " A. D. Cook Traffic Control
- Julia Wilson " " John Gant " "
- Dave Skinner " " Crossroad Volunteers
- David Miller Placement Cards Georgetown Merchants
- Michelle Chenoweth Aid Station Running Merch
- Heidrun " " Robbi Truss Running Merch
- Fort Wayne Track Club " " David Rogers Rogers Markets Inc.

Bill Schmidt  
Race Director



KENT DAVIS 1 MILE FUN RUN  
\* Course Record

| Overall Position | Time   | Name          |
|------------------|--------|---------------|
| 7                | 6:02.4 | J. Ziegler    |
| 8                | 6:04.4 | B. DeWitt     |
| 12               | 6:48.3 | K. Hamlin     |
| 13               | 6:52.3 | T. Robinson   |
| 17               | 7:10.7 | N. Nowak      |
| 21               | 7:11.8 | D. Kiracofe   |
| 22               | 7:14.5 | E. Anderson   |
| 24               | 7:16.7 | N. Miller     |
| 25               | 7:18.2 | J. Miller     |
| 35               | 8:03.1 | J. Fleming    |
| 43               | 8:48.0 | B. Fennell    |
| 47               | 8:54.3 | A. Paulycross |
| 50               | N/A    | M. Paulycross |
| 52               | N/A    | J. Victorson  |
| 53               | N/A    | H. Gallien    |

KENT DAVIS 5K RUN  
Women 19 & under

| Overall Position | Time    | Name           |
|------------------|---------|----------------|
| 86               | 20:15.1 | S. Boon        |
| 105              | 20:26.2 | V. Graham      |
| 116              | 21:28.0 | A. Buchholz    |
| 136              | 22:37.0 | E. Crago       |
| 151              | 23:12.8 | P. Keeton      |
| 152              | 23:32.1 | C. Thame       |
| 156              | 23:33.7 | C. Brown       |
| 158              | 23:34.8 | S. Brown       |
| 159              | 23:35.3 | S. Riley       |
| 173              | 24:24.4 | T. Graham      |
| 178              | 24:57.7 | K. Echevergil  |
| 179              | 24:59.4 | J. Victorson   |
| 180              | 25:23.4 | T. Spinski     |
| 189              | 25:33.4 | T. Robinson    |
| 195              | 26:42.9 | L. Hartup      |
| 196              | 27:07.0 | D. Heidenreich |
| 203              | 27:19.6 | J. Miller      |
| 218              | 33:17.8 | J. Victorson   |
| 219              | 33:20.3 | M. Boosler     |
| 221              | 34:17.7 | L. Thomas      |

KENT DAVIS 5K RUN  
Men 20 - 24

| Overall Position | Time    | Name          |
|------------------|---------|---------------|
| 6                | 15:45.3 | K. Horton     |
| 16               | 16:54.8 | D. Boggs      |
| 21               | 17:11.7 | G. Borkowski  |
| 42               | 18:10.9 | P. Leber      |
| 89               | 20:31.8 | C. Bauer      |
| 93               | 20:32.4 | D. Schuler    |
| 97               | 20:42.1 | R. Ignace     |
| 101              | 20:47.1 | A. Raudenbush |
| 102              | 20:47.7 | A. Raudenbush |
| 107              | 21:05.0 | E. Roeman     |
| 108              | 21:05.6 | J. Kocer      |
| 110              | 21:08.9 | J. Spitzer    |
| 112              | 21:10.9 | S. Harber     |
| 117              | 21:29.5 | J. Faxon      |
| 118              | 21:31.2 | S. Harber     |
| 120              | 21:32.9 | J. Faxon      |
| 121              | 21:35.9 | J. Fengerle   |
| 122              | 21:41.4 | J. Foster     |
| 127              | 22:02.6 | T. Hadaway    |
| 130              | 22:13.3 | R. Souder     |
| 131              | 22:13.7 | R. Souder     |
| 139              | 22:45.0 | T. Nyberry    |
| 140              | 22:45.4 | D. Roovers    |
| 141              | 22:48.6 | M. Belot      |
| 142              | 22:59.2 | S. Schwyer    |
| 143              | 23:14.3 | M. Harris     |
| 167              | 24:16.3 | M. Evison     |
| 175              | 24:30.5 | M. Evison     |
| 214              | 31:21.8 | V. Lintermuth |

Men 20 - 24

| Overall Position | Time    | Name          |
|------------------|---------|---------------|
| 6                | 15:45.3 | K. Horton     |
| 16               | 16:54.8 | D. Boggs      |
| 21               | 17:11.7 | G. Borkowski  |
| 42               | 18:10.9 | P. Leber      |
| 89               | 20:31.8 | C. Bauer      |
| 93               | 20:32.4 | D. Schuler    |
| 97               | 20:42.1 | R. Ignace     |
| 101              | 20:47.1 | A. Raudenbush |
| 102              | 20:47.7 | A. Raudenbush |
| 107              | 21:05.0 | E. Roeman     |
| 108              | 21:05.6 | J. Kocer      |
| 110              | 21:08.9 | J. Spitzer    |
| 112              | 21:10.9 | S. Harber     |
| 117              | 21:29.5 | J. Faxon      |
| 118              | 21:31.2 | S. Harber     |
| 120              | 21:32.9 | J. Faxon      |
| 121              | 21:35.9 | J. Fengerle   |
| 122              | 21:41.4 | J. Foster     |
| 127              | 22:02.6 | T. Hadaway    |
| 130              | 22:13.3 | R. Souder     |
| 131              | 22:13.7 | R. Souder     |
| 139              | 22:45.0 | T. Nyberry    |
| 140              | 22:45.4 | D. Roovers    |
| 141              | 22:48.6 | M. Belot      |
| 142              | 22:59.2 | S. Schwyer    |
| 143              | 23:14.3 | M. Harris     |
| 167              | 24:16.3 | M. Evison     |
| 175              | 24:30.5 | M. Evison     |
| 214              | 31:21.8 | V. Lintermuth |

MEN

| Overall Position | Time   | Name           |
|------------------|--------|----------------|
| 1                | 4:44.6 | S. Miller      |
| 2                | 5:12.9 | E. Kuhn        |
| 3                | 5:25.6 | B. Aksent      |
| 4                | 5:35.6 | B. Aksent      |
| 5                | 5:44.9 | D. Fennell     |
| 6                | 5:56.2 | D. Scherer     |
| 9                | 6:29.4 | R. Scherer     |
| 10               | 6:41.6 | T. Reinking    |
| 11               | 6:49.6 | E. Volk        |
| 14               | 7:00.2 | J. Englert     |
| 18               | 7:00.2 | J. Englert     |
| 19               | 7:00.6 | P. Hilger      |
| 20               | 7:07.2 | R. Dronk       |
| 23               | 7:13.2 | P. Genhsheimer |
| 25               | 7:18.8 | J. Clagg       |
| 26               | 7:18.8 | J. Clagg       |
| 27               | 7:20.3 | Z. Gabet       |
| 28               | 7:32.9 | S. Gabet       |
| 29               | 7:32.9 | S. Gabet       |
| 30               | 7:33.5 | G. Nettie      |

Men 20 - 29

| Overall Position | Time    | Name           |
|------------------|---------|----------------|
| 119              | 21:32.2 | B. Klingenberg |
| 121              | 21:32.2 | B. Klingenberg |
| 162              | 26:04.2 | L. Paul        |
| 190              | 26:04.2 | L. Paul        |
| 194              | 26:40.7 | S. Heiton      |

Men 30 - 39

| Overall Position | Time    | Name          |
|------------------|---------|---------------|
| 146              | 22:57.6 | S. Peterson   |
| 160              | 23:41.6 | S. Mierma     |
| 161              | 23:41.6 | S. Mierma     |
| 163              | 23:54.3 | P. Gieser     |
| 188              | 25:50.0 | J. Gruesing   |
| 198              | 27:18.1 | S. Rosher     |
| 222              | 34:58.5 | P. Ball       |
| 223              | N/A     | N. Gerny      |
| 227              | N/A     | B. Herabarger |
| 234              | N/A     | C. Hamilton   |

Men 40 & Over

| Overall Position | Time    | Name       |
|------------------|---------|------------|
| 204              | 28:14.3 | V. Chapman |
| 211              | 30:04.3 | R. Bligh   |
| 216              | 32:27.4 | B. D'Neil  |
| 217              | 32:31.5 | J. Greene  |
| 220              | 34:04.1 | R. Snyder  |
| 228              | N/A     | R. Hyndman |
| 229              | N/A     | S. Pauley  |
| 230              | N/A     | T. Hachen  |
| 231              | N/A     | N. Gerny   |

Men 14 & under

| Overall Position | Time    | Name           |
|------------------|---------|----------------|
| 12               | 16:45.0 | C. Florja      |
| 53               | 18:33.4 | C. Horfield    |
| 66               | 19:09.6 | S. Horfield    |
| 98               | 20:42.5 | H. Sauder      |
| 104              | 20:52.0 | T. Lascor      |
| 110              | 21:10.9 | E. Rize        |
| 129              | 22:11.7 | J. Gouger      |
| 133              | 22:34.7 | T. Longenbaugh |
| 143              | 22:50.8 | D. Sanson      |
| 148              | 23:01.7 | A. Betts       |
| 155              | 23:29.4 | R. Peterson    |
| 174              | 24:50.0 | B. Lindray     |

Men 14 & Under (cont.)

| Overall Position | Time    | Name       |
|------------------|---------|------------|
| 180              | 25:01.8 | J. Shenk   |
| 182              | 25:19.9 | B. Mierma  |
| 184              | 25:22.4 | R. Lindley |

Men 15 - 19

| Overall Position | Time    | Name         |
|------------------|---------|--------------|
| 1                | 15:07.2 | S. Miller    |
| 4                | 15:22.2 | K. Peninger  |
| 8                | 16:23.6 | J. Serstad   |
| 11               | 16:33.6 | C. Fallon    |
| 17               | 16:45.1 | E. Henry     |
| 18               | 17:02.3 | J. Murphy    |
| 19               | 17:07.9 | J. Kruse     |
| 24               | 17:22.6 | S. Donnelly  |
| 28               | 17:31.5 | B. Rooney    |
| 30               | 17:41.0 | J. Victorson |
| 31               | 17:41.9 | E. Keil      |
| 33               | 17:48.2 | J. Kienast   |
| 34               | 17:49.0 | C. Stoker    |
| 37               | 18:02.0 | M. Dewitt    |
| 39               | 18:04.2 | J. Wamborg   |
| 40               | 18:06.9 | C. Kapostus  |
| 43               | 18:13.2 | R. Poinsett  |
| 44               | 18:13.2 | R. Poinsett  |
| 50               | 18:31.4 | K. Deurunner |
| 52               | 18:32.8 | M. Renee     |
| 55               | 18:35.3 | M. Bedwell   |
| 58               | 18:40.2 | T. Shurt     |
| 61               | 18:58.3 | B. Dormer    |
| 62               | 18:58.9 | B. Green     |
| 64               | 19:07.0 | D. Claus     |
| 65               | 19:07.0 | D. Claus     |
| 75               | 19:36.2 | S. Kesser    |
| 76               | 19:46.2 | C. Hines     |
| 82               | 19:59.6 | K. Lawson    |
| 83               | 19:59.6 | K. Lawson    |
| 88               | 20:17.2 | M. Stauder   |
| 89               | 20:21.8 | C. Henschen  |
| 93               | 20:31.8 | C. Bauer     |
| 97               | 20:32.4 | D. Schuler   |
| 101              | 20:47.1 | R. Ignace    |

Men 20 - 24

| Overall Position | Time    | Name          |
|------------------|---------|---------------|
| 6                | 15:45.3 | K. Horton     |
| 16               | 16:54.8 | D. Boggs      |
| 21               | 17:11.7 | G. Borkowski  |
| 42               | 18:10.9 | P. Leber      |
| 89               | 20:31.8 | C. Bauer      |
| 93               | 20:32.4 | D. Schuler    |
| 97               | 20:42.1 | R. Ignace     |
| 101              | 20:47.1 | A. Raudenbush |
| 102              | 20:47.7 | A. Raudenbush |
| 107              | 21:05.0 | E. Roeman     |
| 108              | 21:05.6 | J. Kocer      |
| 110              | 21:08.9 | J. Spitzer    |
| 112              | 21:10.9 | S. Harber     |
| 117              | 21:29.5 | J. Faxon      |
| 118              | 21:31.2 | S. Harber     |
| 120              | 21:32.9 | J. Faxon      |
| 121              | 21:35.9 | J. Fengerle   |
| 122              | 21:41.4 | J. Foster     |
| 127              | 22:02.6 | T. Hadaway    |
| 130              | 22:13.3 | R. Souder     |
| 131              | 22:13.7 | R. Souder     |
| 139              | 22:45.0 | T. Nyberry    |
| 140              | 22:45.4 | D. Roovers    |
| 141              | 22:48.6 | M. Belot      |
| 142              | 22:59.2 | S. Schwyer    |
| 143              | 23:14.3 | M. Harris     |
| 167              | 24:16.3 | M. Evison     |
| 175              | 24:30.5 | M. Evison     |
| 214              | 31:21.8 | V. Lintermuth |

Men 25 - 29

| Overall Position | Time    | Name          |
|------------------|---------|---------------|
| 2                | 15:07.9 | M. Schlichter |
| 7                | 15:23.1 | T. Locks      |
| 11               | 15:45.1 | B. Buehly     |
| 22               | 17:14.2 | J. Bushy      |
| 25               | 17:23.6 | S. Perez      |
| 29               | 17:37.9 | K. King       |
| 40               | 18:58.0 | G. Beith      |
| 69               | 19:19.9 | G. Neumann    |
| 71               | 19:22.5 | G. Neumann    |
| 106              | 20:38.6 | M. Dill       |
| 122              | 21:34.8 | K. Jehl       |
| 124              | 21:47.2 | J. Brooks     |
| 147              | 22:15.9 | T. Bada       |
| 162              | 23:49.1 | G. Jehl       |
| 163              | 23:49.1 | G. Jehl       |
| 232              | N/A     | D. Schenauer  |

Men 30 - 34

| Overall Position | Time    | Name            |
|------------------|---------|-----------------|
| 1                | 15:13.6 | V. Garcia       |
| 10               | 16:32.2 | D. Kaufman      |
| 23               | 17:20.6 | T. Conan        |
| 27               | 17:50.2 | J. Treleaven    |
| 27               | 17:50.2 | J. Treleaven    |
| 27               | 18:46.1 | M. Jenkins      |
| 70               | 19:20.8 | G. Lane         |
| 72               | 19:30.8 | D. Stonebreaker |
| 78               | 19:50.9 | M. Smeagen      |
| 79               | 19:53.0 | K. Deeritt      |
| 138              | 22:42.0 | K. Dove         |
| 149              | 23:08.1 | K. Krueckberg   |
| 232              | N/A     | B. Aksent       |

Men 35 - 39

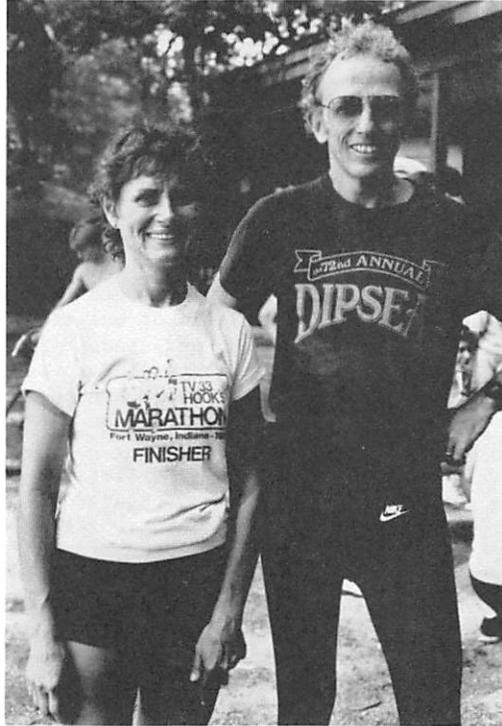
| Overall Position | Time    | Name          |
|------------------|---------|---------------|
| 9                | 16:28.1 | G. Dehneiser  |
| 14               | 16:50.3 | M. Robbins    |
| 20               | 17:10.7 | T. Rigelman   |
| 41               | 18:07.4 | J. Bligh      |
| 44               | 18:20.4 | D. Winter     |
| 54               | 18:34.0 | D. Hahnberger |
| 53               | 18:59.5 | J. Reinking   |
| 73               | 19:23.5 | N. Meyer      |
| 95               | 20:33.1 | D. Strayer    |
| 112              | 21:13.4 | B. Butler     |
| 115              | 21:27.0 | J. Miller     |
| 157              | 23:32.2 | D. Nottingham |
| 164              | 23:50.9 | B. Mierma     |
| 186              | 25:32.8 | R. Schipke    |

| Men 40 - 44 (con't) |         |               |
|---------------------|---------|---------------|
| Overall<br>Position | Time    | Name          |
| 99                  | 20:45.2 | R. Hurst      |
| 125                 | 21:50.7 | B. Clay       |
| 126                 | 21:51.4 | W. Krider     |
| 153                 | 23:20.6 | L. Vant       |
| 168                 | 24:20.4 | M. Landis     |
| 181                 | 25:02.7 | J. Stump      |
| 207                 | 28:33.8 | J. Hartup     |
| 212                 | 30:59.5 | H. Myers      |
| Men 45 - 49         |         |               |
| 45                  | 18:18.5 | L. Averbek    |
| 80                  | 19:53.7 | K. Clark      |
| 84                  | 20:09.0 | J. Ziegler    |
| 85                  | 20:11.9 | T. Falger     |
| 96                  | 20:35.7 | R. Gensheimer |
| 128                 | 22:05.7 | R. Frisby     |
| 131                 | 22:14.7 | B. Deel       |
| 132                 | 22:20.4 | J. Coonan     |
| 154                 | 23:24.4 | F. Fox        |
| 169                 | 24:22.4 | J. Brooks Sr. |
| 202                 | 27:29.3 | M. Adams      |
| 209                 | 29:34.2 | M. Langston   |
| Men 50 - 59         |         |               |
| 68                  | 19:17.6 | M. Myers      |
| 100                 | 20:45.8 | C. Getty      |
| 114                 | 21:24.9 | T. Gautsch    |
| 170                 | 24:23.9 | F. Sheets     |
| 172                 | 24:25.0 | C. Stauffer   |
| 177                 | 24:48.0 | P. Snyder     |
| 182                 | 25:11.9 | C. Welch      |
| 201                 | 27:26.1 | F. Taube      |
| 206                 | 28:21.6 | R. Phillips   |
| 208                 | 28:34.6 | G. Smith      |
| Men 60 & Over       |         |               |
| 134 *               | 22:35.4 | D. Keep       |
| 197                 | 27:11.0 | C. Fleetwood  |
| 199                 | 27:18.8 | J. O'Neil     |
| 203                 | 27:42.8 | J. Droopd     |
| 215                 | 31:28.3 | J. Haynes     |
| 224                 | N/A     | W. Williams   |

As many of you know, I have went to work for The United States Post Office. Working 65 hours+ a week pushes some things I'd like to be doing into the realm of the impossible. I barely have time for my family--My 40-80 mile running weeks are a thing of the past--I still manage at least 1 mile a day though, so my 6 year streak is still in tact. But, I will have to resign the newsletter editor position effective after the December issue. I really have enjoyed this job--There is some work involved and nothing to be afraid of.

The format of the newsletter may be changing soon also so as to prevent all the weight from being on one person's shoulders. Keep this in mind when someone asks you if you can help.

PLEASE CONSIDER CONTRIBUTING TO THE RICHIE BRAUN MEMORIAL. YOU MAY DO SO BY CONTACTING DON LINDLEY OR ANY BOARD MEMBER.



*La Porte Triathlon:  
Bonnie Taylor, 1st place in her age group, poses with the well known sports writer Hal Higdon who also placed first in his age group.*



"Eating on the Run"  
by  
Judy Tillapaugh, R.D.  
St. Joseph's Hospital

Time is precious for a runner or anyone who lives a busy active life. Often it's pure luck to have enough time for family, friends, career, household chores, hobbies, and yes, running. In the midst of a fast pace life, balanced meals easily get skipped. For an on-the-go person, 10 to 15 minutes maybe the limit for a meal. Often, at least 4 to 5 days per week you may find yourself short of time with an empty stomach, could be anytime of day. There are three choices—skip the meal, grab the quickest food possible, or forget the commitment and enjoy the meal. Usually, the solution is grabbing what's most convenient. Breakfast might be donuts and coffee. Lunch could be chips and soda or super-burger and fries. A fast food restaurant, stop and go snack shops, and vending machines are a few popular fast food eateries. Their hottest sales are candy, popcorn, chips, cookies, pastries, beer, soda, and shakes (all fat rich and calorie rich).

Take a minute and think how a body wants to be fueled. Muscles thrive on high complex carbohydrates, lean protein, low to moderate fat meals. Ideally, the majority of daily calories should be gotten from morning and afternoon nourishment. The body is more productive and alert if it draws on an early supply of nutrients for work and exercise

energy. Instead of skimping on breakfast and lunch, make dinner the light meal. When time is short for eating, preplanned quick meals and snacks are helpful for better nutrition. Rich fat filled meals are O.K. occasionally in moderation, but dependency on them may mean excess

weight gain (slower 10km times). The meals may lack calcium, iron, vitamin C, and vitamin A.

Eating on the run can be healthy and tasty. One doesn't have to depend on fat and sugar dense foods. Here are some options:

1. Make your lunch or snacks the night before while dinner is cooking. Chill.
2. Buy a wide mouth thermos to use leftover casseroles, soups, and stews for lunch. They taste good hot or cold. Cold pizza, chicken, or quiches are fine for meals too.
3. During free time, make several sandwiches at one time; store them in the freezer and thaw one for lunch or a snack anytime. Sliced meats, cheese, margarine, and mustard freeze well. Don't freeze eggs, mayonnaise, jelly, lettuce, tomato, or raw veggies.
4. Freeze small cans of juice. Add one to your lunch sack each day. It will keep other foods cold and be ready to drink by Noon (the can will sweat, so wrap it in plastic).
5. Buy finger foods at the store for meals and snacks like fresh/dried fruit, veggies, fruit-nut mixtures, juice, fruit bread or muffins, sliced meat, bagels, cheese and crackers.
6. Vary your sandwich with different breads: cracked wheat, rye, bagels, english muffins, onion rolls, pocket bread, raisin bread, banana bread.
7. Try different sandwich spreads: fruited chicken or tuna salad, peanut butter with raisins or dates, grated cheese mixed with cottage cheese and chives or refried beans.
8. Top a sandwich with lettuce, tomato, sprouts, onion, or spinach.

9. Instead of bread, spread a filling over crackers, muffins, or melba toast.
10. Enjoy leftover 3-bean, macaroni, vegetable, or potato salads for lunch.
11. Want dessert ideas? Try fruit, fruit bars or muffins, granola bars, chex mix, custard, yogurt, ice cream, pudding, fruit shake. They'd be good for breakfast too.
12. If you can't pass up a fast food stand, choose a sandwich then balance the meal with fresh fruit, veggies, and milk.

\* Reference: "Athletes Kitchen" by Nancy Clark, R.D.

Recipe of the Month

BEAN DIP:

Ingredients -

1/2 pound extra-lean ground beef  
1-16 ounce can refried beans  
1-8 ounce can tomato sauce  
1 pound processed cheese (Velveeta)  
2 tablespoons (1/2 small can) chopped green chillies

Method -

Brown meat and drain off excess fat. Add remaining ingredients, stirring over low heat until cheese melts. Serve warm. This dip will freeze well.

Yield -

Makes 2 quarts  
Serves 36 - Serving Size 1/4 Cup

Per Serving -

95 Calories; 4 gms CHO; 5 gms PRO;  
7 gms FAT

- \* A favorite snack anytime. Makes super nachos.
- \* Terrific burrito filling.

STRAWBERRY FROST:

September 4, 1985

Ingredients -

- 1 1/4 cups frozen strawberries or
- 1 1/2 cup fresh berries
- 1/3 cup instant nonfat dry milk
- 1 cup plain low-fat yogurt or milk
- 3/4 cup water
- 2 packets Equal
- 1 teaspoon vanilla

Ft. Wayne Track Club  
 P. O. Box 11703  
 Fort Wayne, IN 46860

RE: 1985 Canterbury MDA Fun-Run and 8K Love-Run

Method -

Place all the ingredients in a blender. Cover and process until smooth.

Yield -

Serves 3

Per Serving -

91 Calories

\* Any fruit may be substituted.

A warm thank you for all participants in the 1985 Canterbury Green Love-Run and to the Fort Wayne Track Club. A total of 335 ran the race.

Michael Smith was the overall winner in the Canterbury Green Muscular Dystrophy 8-K Love-Run Saturday, August 31 in 25 minutes, 42.3 seconds. Judy Tillapaugh was the women's winner in 30:38.5 Vince Garcia won the 2-Mile in 9:52.7, while Jodi Ziegler won the women's race in 13:02.4.

Special awards were presented to the following:

|                    |                         | Age |
|--------------------|-------------------------|-----|
| Youngest male      | Mike Lindley            | 10  |
| Youngest female    | Chris Perrin            | 12  |
| Oldest male        | Don Kemp                | 64  |
| Oldest female      | Joan Burns              | 53  |
| Last Place Winners | Sharon and Bobby Pauley |     |
| Middle-of-the-Pack | Rudy Kleinknight        |     |

Sincerely,

T. L. Mather  
Canterbury Green  
Pro Shop Manager

Subject: Canterbury Green Muscular Dystrophy "Love-Run"

31 August 1985

Submitted By: Tom Mather 485-~~585~~<sup>7591</sup> or Stan Shepherd 485-3292

Sports Editor 461-8497

cc; Canterbury Green Tales: News Sentinel and Journal Gazette: CH.15,21,33 and 55; Fort Wayne Track Club and Indiana Runner.

Event: 2 Mile Fun-Run

MEN

WOMEN

- Winner: Vince Garcia 9:52.7
- 14 & Under 1. Eugene Rice 12:06.6  
 2. Eric Baker 12:25.0  
 3. Matt Bunyan 13:11.7
- 15-19 1. \_\_\_\_\_  
 2. NONE  
 3. \_\_\_\_\_
- 20-24 1. Kim Welsh 11:49.8  
 2. Dennis Thelen 18:18.2  
 3. Thomas Penory 18:11.1
- 25-29 1. Brent Munro 10:45.2  
 2. Gary Steele 11:49.8  
 3. Paul Bauman 11:58.0

- Winner: Jodi Ziegler 13:02.4
- 19 & Under 1. Missy Penn 15:41.8  
 2. Debbi Kiracofe 16:03.0  
 3. Alicia McElroy 16:05.3
- 20-29 1. Beth Rohrer 15:10.3  
 2. Sharon Albert 15:25.1  
 3. Jill Synoer 15:25.6
- 30-39 1. Sally Bork 16:24.9  
 2. Sue Hendricks 18:09.1  
 3. Pat Hessler 18:11.8
- 40-49 1. Janis Greene 17:29.3  
 2. Jan Easley 19:28.1  
 3. Katherine Menze 19:39
- 50 & Over 1. Ruth Hyman 19:34.3

|       |                                   |       |                                     |
|-------|-----------------------------------|-------|-------------------------------------|
| 30-34 | 1. <u>Dennis Hatfield</u> 11.22.9 | 40-44 | 1. <u>James Heymann</u> 12.44.8     |
|       | 2. <u>Len Piropata</u> 13.40.2    |       | 2. <u>Stan Riddle</u> 15.24.5       |
|       | 3. <u>Dave Zimmerman</u> 16.04.9  | 45-49 | 1. <u>Robert Gensheimer</u> 13.20.1 |
| 35-39 | 1. <u>Bill BARE</u> 13.49.1       |       | 2. <u>Ren Johnson</u> 15.00.6       |
|       | 2. <u>Denny Teague</u> 14.52.5    |       | 3. <u>Fred Geyer</u> 16.48.0        |
|       | 3. <u>David Fair</u> 16.20.1      | 50-59 | 1. <u>James Lee</u> 19.30.2         |
|       |                                   |       | 2. _____                            |
|       |                                   |       | Total Entrants: <u>80</u>           |

Subject: Canterbury Green Muscular Dystrophy "Love-Run" 3/ August 1985  
 Submitted By: Tom Mather 485-~~5895~~<sup>7591</sup> or Stan Shepherd 485-3292

Sport: Editor 461-8491  
 cc; Canterbury Green Tales: News Sentinel and Journal Gazette: CH.15,21,33  
 and 55; Fort Wayne Track Club and Indiana Runner.

Event: 8K "Love-Run"

|            | <u>MEN</u>                             | <u>WOMEN</u>                           |
|------------|--|--|
|            | Winner: <u>Michael Smith</u> 25.42.3   | Winner: <u>Judy Tillapaugh</u> 30:38.5 |
| 14 & Under | 1. <u>Brian Durbin</u> 38 30.41.9      | 19 & Under                             |
|            | 2. <u>Brian Lindley</u> 131 38.09.9    | 1. <u>Kerna Geyer</u> 32 33.58.3       |
|            | 3. <u>Michael Lindley</u> 132 38.11.9  | 2. <u>Lucie Derheimer</u> 118 40.51.7  |
| 15-19      | 1. <u>Rick Veach</u> 4 26.53.7         | 3. <u>Phyllis Hays</u> 54 43.03.4      |
|            | 2. <u>Michael McBride</u> 17.9 38.00.2 | 1. <u>Theresa Yankowal</u> 59 31.53.3  |
|            | 3. _____                               | 2. <u>Linde Conrad</u> 89 34.28.6      |
| 20-24      | 1. <u>Rod Bauermeister</u> 27.52.9     | 3. <u>Sharon Getty</u> 103 35.25.0     |
|            | 2. <u>Dave Arens</u> 17 28.49.9        | 1. <u>Teri Dawson</u> 85 34.01.4       |
|            | 3. <u>David Geiger</u> 24 29.42.4      | 2. <u>Ruthy Wideo</u> 96 34.58.1       |
| 25-29      | 1. <u>Rev. Rick Wallin</u> 5 27.04.3   | 3. <u>Joyce Walters</u> 102 35.23.1    |
|            | 2. <u>Ken King</u> 10 28.28.6          | 1. <u>Ann Jamison</u> 57 32.19.9       |
|            | 3. <u>Steven Smith</u> 14 28.41.8      | 2. <u>Brynn Welter</u> 116 36.30.6     |
| 30-34      | 1. <u>Dave Sundling</u> 2 26.30.2      | 3. <u>Kalerie Puckett</u> 173 41.39.2  |
|            | 2. <u>Phil Suelzer</u> 3 26.33.8       | 1. <u>Gloria Nycum</u> 176 41.55.3     |
|            | 3. <u>John Treleaven</u> 8 27.56.6     | 2. <u>Joan Burns</u> 216 49.11.2       |
| 35-39      | 1. <u>Mike Robbins</u> 6 27.50.6       | 3. <u>Diane Getty</u> 225 54.59.5      |
|            | 2. <u>Bob Williams</u> 11 28.30.6      |  |
|            | 3. <u>Todd Rikleman</u> 12 28.35.5     |  |
| 40-44      | 1. <u>Tom Brygider</u> 20 29.04.5      |  |
|            | 2. <u>Don Lindley</u> 22 29.37.7       |  |
|            | 3. <u>Ron Montycka</u> 23 29.40.2      |  |
| 45-49      | 1. <u>Jerry Perkin</u> 18 28.51.5      |  |
|            | 2. <u>Larry Averbeck</u> 33 30.27.0    |  |
|            | 3. <u>Nadelle Berker</u> 37 30.40.9    |  |
| 50-59      | 1. <u>Myron Myer</u> 48 31.24.2        |  |
|            | 2. <u>Gene Gran</u> 73 33.34.6         |  |
|            | 3. <u>Clam Getty</u> 78 33.55.2        |  |
|            | Total Entrants: <u>229</u>             |  |

# LOUCKS RACE CALENDAR

## OCTOBER

- 5 MINT CITY SHUFFLE 10K-  
Bremen, IN 11:00 a.m.  
219-546-3000
- 5 HUNTINGTON PARK & REC.  
FALL RUN - 5 mi - 9:00  
a.m. - Tracy Flynn  
219-356-4510
- 5 HAWAII 5K CLASSIC -  
Muncie (Ball State)  
9:00 a.m. - Brian Ogle -  
Fun Run Chairman, 9732  
N. Kittrel Rd, Indpls  
46280, or Ball State  
Univ. Office of Alumni,  
Muncie 47306
- 5 WXTZ FUN RUN 10K -  
Eagle Creek Park, Indpls  
9:00 a.m. - Melissa  
Heilman, WXTZ, 4560 Knollton  
Rd, Indpls 317-927-4200
- 5 ELEPHANT STAMPEDE 5 mi -  
Valparaiso 9:00 a.m.  
Richard Hudson, 574 N.  
County Rd 50 W, Val-  
paraiso 46383 - 219-  
462-2946
- 6 SPORTS MED 10K - So.Bend  
2:00 p.m. - Century  
Center - Pro-Health  
219-232-3034
- 6 FWTC 8 Mi-2man RELAY -  
Foster Park - 2:00 p.m.  
Box 11703, Ft.Wayne  
46860
- 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 -  
9:00 a.m. - entry dead-  
line 9-21-85
- 13 COLUMBUS NATIONWIDE/BANK  
ONE MARATHON - Columbus  
OH - deadline 9-30 or  
5000 runners
- 13 RRCA ULTRA CHAMPS - 50 mi,  
100 KM - Chicago - Neal  
Nequin 312-878-8200
- 13 COVERED BRIDGE FESTIVAL  
10 mi - Mansfield, IN -  
8:00 a.m. - Bob Lemont -  
317-344-1120 ( better  
like hills)

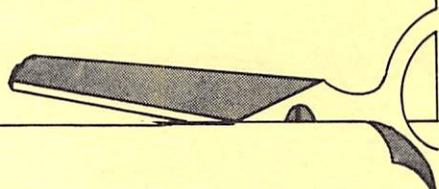
- 19 TERRY FOX CANCER SOCIETY  
5K & 15K - Purdue Slayter  
Center 317-743-4671
- 19 THE ULTIMATE RUNNER 10K,  
400 meter, 100 meter, 1  
mile, marathon - Jackson,  
MI, Community College -  
7:45 a.m. - Mike McGlynn  
2111 Emmons Rd, Jackson,  
MI 49201
- 20 MUNCIE MARATHON & 50K -  
8:00 a.m. - Muncie 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 - Freiman  
Square - FtW - 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

*Please  
note a  
change in  
membership  
dues (on the  
back) for the rest  
of this year - Starting  
1-1-86 There will be  
another change also.*

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