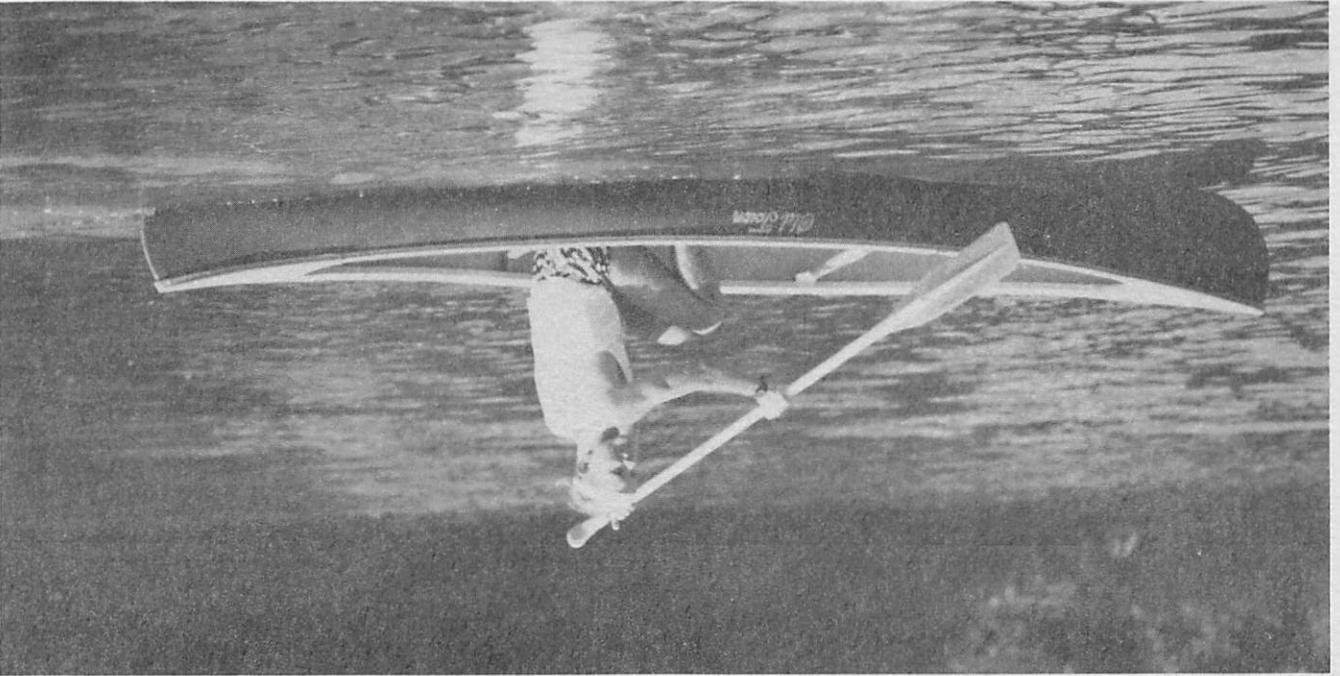


Don "Tomahawk" Lindley in hot pursuit.



Don Lindley ready to attempt a new sport.



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

the inside track

November 1985

**FORT WAYNE
TRACK CLUB**





President's Inaugural address

Editors Run
by
Jerry Mazock

After 6 weeks
of 1 mile
a day - Today,
I ran 5 miles
in 32:43.....

I'm still
Tough!

Come and visit
me at
Lutheran
Hospital
Rm 207.

Next month...
my final
sermon
as editor

HELLO, I MUST FIRST INTRODUCE MYSELF TO THE GENERAL MEMBERSHIP. MY NAME, OF COURSE IS JIM BUSHEY, AGE 27. MY WIFE KAREN; DAUGHTER JAMIE, AGE 3; AND SON JEFFERY, AGE 6 MONTHS, AND I RESIDE AT 10218 WINCHESTER RD. NOW THAT'S OUT OF THE WAY, AND I CAN LOOK FORWARD TO MEETING YOU IN THE COMING YEAR.

BEFORE I TALK ABOUT THE COMING YEAR, LET ME FIRST THANK MIKE ROBBINS, OUR PAST PRESIDENT, FOR HIS HELP DURING THIS TRANSITION PERIOD. MIKE HAS BROUGHT ORGANIZATION AND LEADERSHIP TO THE FWTC AND HAS LAID THE GROUNDWORK FOR MYSELF AND FUTURE FWTC PRESIDENTS. MIKE AND ALL THE BOARD MEMBERS FROM 1985 SHOULD BE COMMENDED FOR THEIR COMMITMENT AND HARD WORK. ONCE AGAIN THANKS!

NOTICE THE NEW BOARD MEMBERS LISTED FOR 1986. THE MOST NOTICEABLE CHANGE TO MOST OF YOU WILL BE JANELLE GRABER AS THE NEW NEWSLETTER EDITOR. WE CAN LOOK FOR SOME NEW FORMATS AND LAYOUT IN THE FUTURE AS WE STRIVE TO CONTROL COSTS YET PUT OUT A QUALITY INFORMATIVE NEWSLETTER. GIVE JANELLE YOUR SUPPORT AND INPUT I THINK YOU WILL ENJOY HER HARDWORKING ATTITUDE AND ATTENTION TO DETAILS. ALSO, THANK JERRY MAZOCK FOR HIS OUTSTANDING WORK AS THE PAST EDITOR WE WILL MISS HIS HUMOROUS STYLE OF WRITING AND EXPERTISE OF RUNNING ADVICE. GOOD LUCK WITH YOUR NEW POSTAL CAREER. WE LOOK FORWARD TO READING SOME OF YOUR ARTICLES IN THE 1986 NEWSLETTER.

AS YOU CAN SEE BY NOW WE ARE HAVING QUITE A TURNOVER ON THE BOARD AND LEADERSHIP OF THE CLUB. IF YOU ALWAYS FELT LEFT OUT OF THE FWTC, NOW'S YOUR CHANCE TO BE HEARD. WE NEED NEW INPUT AND DIRECTION FROM

THE SILENT MAJORITY OF OUR 600 MEMBERS, AND I ALSO NEED TO HEAR FROM YOU. I AM GOING TO WAIT UNTIL NEXT MONTH TO FILL THE REMAINING BOARD POSITIONS;

2ND. VICE PRESIDENT
EQUIPMENT CHAIRMAN
MERCHANDISE SALES CHAIRMAN
COURSE MEASUREMENT
CHAIRMAN
BANQUET & VOLUNTEER POOL
CHAIRMAN

CALL ME AND VOLUNTEER YOURSELF. LET'S SPREAD THE WORK LOAD OUT SO EVERYONE CAN ENJOY A GREAT 1986.

- LYN SCHLEGEL-
LYN HAS ASKED TO BE REPLACED AS BANQUET AND VOLUNTEER POOL CHAIRMAN. LYN DESERVES RECOGNITION FOR AN OUTSTANDING JOB. LYN IS ALWAYS WILLING TO TAKE CHARGE OF EVENTS LIKE THE BANQUET, PICNIC AND OPENING THE YMCA FOR BOARD MEMBERS. THE FWTC THANKS LYN SCHLEGEL.

I WILL SPOTLIGHT THE REST OF THE FWTC BOARD MEMBERS IN THE COMING MONTHS. COME ON, JOIN US-PARTICIPATE AND BE HEARD. THIS IS YOUR CLUB TO ENJOY!

-1986 FEES-
THE PAST BOARD VOTED IN SEPTEMBER TO RAISE THE 1986 MEMBERSHIP FEES TO \$12.00. ALL MEMBERSHIPS WILL COME DUE 1-1-86. THIS IS THE FIRST FEE INCREASE EVER AND WILL HELP KEEP OUR BUDGET IN LINE AND COVER POSTAGE INCREASES.
\$12.00 PER MEMBER
\$ 6.00 EACH ADDITIONAL MEMBER
\$24.00 MAXIMUM PER FAMILY
PLEASE SEND YOUR RENEWAL EARLY!



RUNNING AT DAWN
by Doug Sundling

One of the many pleasures I have from running is running at dawn.

More than one friend has looked wide-eyed at me and said, "How can you function that early? I can barely drink a cup of coffee at eight o'clock, let alone run."

"It's invigorating to jog into a shimmering, pastel red orb slipping up over the distant horizon and gently ascending in the new day's sky. It's invigorating to feel that sun gain strength as it arches into its glowing yellow mass," I sometimes teasingly reply.

"I've always said runners are a little crazy," has been mumbled a few times after such a reply.

A little crazy? Maybe just a little romantic.

When I coached high school cross country, every summer I would tell my ace runner that I would run in the morning around six and we could run with the early sun. It seems that he managed to sleep through almost all those summer mornings.

The summer after he graduated, he asks me about running with me some morning.

"I'm running a 13-miler Thursday morning," I said.

"Thirteen miles, uh?" he pondered. "If I run, we have to start around 4:00."

"Four?! In the morning?"

"Yea," he replied with a smirk, "I get up at 5:30 to be at work on time."

Is that or isn't that the philosophy of a child of the '80s?

I told him I like to run with the sun, not beat it to the finish line before it even comes up—especially in the summer.

Running at dawn cannot be a standard routine in any training schedule. Getting up to run at dawn on June 21 is a lot different than on December 21. About three hours different. Of course, I am also aware of the possible 100°F temperature difference. But, a sunrise is still a sunrise, whether salty sweat or icicles surround the eyes.

Running at dawn is often the calmest time of a Winter day. It is the time when the temperatures of the sky and the earth have stabilized, just before the sun rises to begin warmer up things, causing weather turbulence. It is also a time when traffic does not congest the already crowded snow- or ice-covered roads.

I have less opportunities to run toward a sunrise during winter than during the rest of the year. The wind chill factors and the fact that most of the winter winds blow out of the west tend to make me think before heading east out on some open country road just to see a sunrise. And because of my work obligations, any morning run in the winter usually finishes before the sun rises. So a brilliant red sunrise piercing the ice cold winter sky is nice treat for the romantic in me.

Besides, I enjoy the invigorating cold of a winter morning; if I wasn't awake before I started the run, I am quite awake after the run.

Running at dawn in the Spring revitalizes the frozen, dormant juices of life. Being a small town boy, I have run past many a farm field, and in the Spring, especially after rain has fallen, those fields percolate with the sounds of a frozen earth thawing and drinking in the fresh rainfall. The winter wheat arches off the ground, greening itself and starting to grow again. The world of nature begins to renew itself; the singing of birds signals their return. And at dawn, all this regeneration of life blossoms in response to the day's new sun.

Spring is a time of regeneration and thus a time of violent upsurges in nature. If you want wind to train in to build up leg strength, then try Spring time in Indiana. And dawn in Spring is a time when a lot of rain falls. I seem to dodge more raindrops and to

have more baptisms in the Spring than at any other time of the year. If the morning is a pleasant, mild Spring day, I usually enjoy the drizzle. If the morning is a typical March or April cold, gray damper, I usually ask myself if training for that TV 33/HOOKS Marathon is worth it.

If nothing else, the soft water in those Spring rains does a fantastic job of conditioning the hair for the shower I take after the morning run.

Running at dawn in the Summer is almost a necessity to avoid the Hoosier humidity and heat of the day. If I don't beat the sun up, or at least begin the day with it, it usually beats me into the roads if I try to run an extensive workout. And I enjoy running a workout before the day has a chance to consume needed energy for such a workout. Finding the little extra to accomplish some task during a summer day is easier after a hard morning workout than trying to call on that little extra out on the roads or on the track in the warm evening after a demanding day.

There is something special about being up at dawn during the summer. Whether I have had eight hours of sleep or four, I have felt better all day on the days when I have run at dawn than on the days when I have slept in a couple hours past sunrise. I suppose I could research and try to find out why, but even though my head doesn't know the answer to "why?", my body does.

I guess I just will never be a Mr. Coffee-type person.

Running at dawn in the Autumn is the most pleasing time of the year. The temperatures of the earth and sky are in a state of equilibrium, neither being drastically lower or higher than the other. The weather becomes very stable, and wind is almost non-existent. Violent thunderstorms are rare, and the cold of winter is only hinted at in the crisp, cool Indian summer air.

And the dawn begins to fade slowly back deeper into the morning hours when wake-up times are more sensible. Just as Spring was a time of feeling the forces of nature beginning anew, Autumn is a time of sensing the maturity of the completed cycle. It is the golden time, the time of harvest. As a runner, I too

can feel that sense of having completed another year of training before winter comes again to force a temporary hibernation.

Reggie Jackson isn't the only "Mr. October"; that month is usually the best time of the year for me.

A runner usually begins to understand what it means to be intuned with nature's rhythms. Feeling the sun pull and stimulate the insides of my body is as real as the ebbing of the tides. I am a product of nature, and without that sun, I wouldn't be here. In a way, I am enacting a ritual as old as man's consciousness; I greet the sun every morning (except for a few weekend mornings after late night indulging) and acknowledge what that sun means to me.

POINTS STANDINGS

The results for this month include the first 10 races of the year including the M/D Love Run. This leaves a total of 3 races left out of the 1985 schedule.

For a quick brush-up on the points system:

-Points are assigned by "overall" finishing position (men & women are separate this year). The points are computed as a percentile of finishing position to number of runners in the race. The points for each race are added together and then averaged to determine the standings.

-A maximum of 10 races count towards the final standings. If a runner completes more than 10 races, we will throw out the worst finishes.

-A minimum of 8 races will be used to calculate the final average. Since there are only 3 races left this year, 5 was used to calculate the average in this month's report since that is the lowest number of races that could have been run by this time and still have a chance to run a total of 8.

As always, if you have a question concerning the points or your standings, give Ken Miller or Russ Suever a call. We've received some good comments concerning the system and how to improve for next year. Let us know if you like the system, would rather pitch it and go back to some other method or any other suggestions you may have for the points competition in general.

OVERALL STANDINGS

NAME	AVE	#	PTS	RC
JAMISON, ANN	0.9739	5	F	40
TILLAPAUGH, JUDY	0.9733	5	F	20
HANDLIN, LYN	0.8449	6	F	20
SCHMIDT, MARSHA	0.8288	8	F	30
GETTY, SHARON	0.8226	8	F	20
CONRAD, LINDA	0.7878	5	F	20
SIMMONS, ROSEANN	0.7814	8	F	40
YANKOWIAK, THERESA	0.7612	4	F	20
WOITERS, JOYCE	0.7339	4	F	20
WIEDAU, KATHY	0.7045	4	F	30
SARRACK, CYNTHIA	0.6906	5	F	20
CLAY, AMY	0.6030	4	F	19
NELSON, BETTY	0.5951	3	F	30
DEWELLS, BETTY	0.5752	7	F	20
GEYER, KARMA	0.5255	4	F	19
CLAY, AMY	0.6030	4	F	19
GEYER, KARMA	0.5255	4	F	19
GORRILL, MICKIE	0.3346	6	F	19
PERRIN, CHRIS	0.1877	7	F	19
TILLAPAUGH, JUDY	0.9733	5	F	20
HANDLIN, LYN	0.8449	6	F	20
GETTY, SHARON	0.8226	8	F	20
CONRAD, LINDA	0.7878	5	F	20
YANKOWIAK, THERESA	0.7612	4	F	20
WOITERS, JOYCE	0.7339	4	F	20
SARRACK, CYNTHIA	0.6906	5	F	20
DEWELLS, BETTY	0.5752	7	F	20
CONNOLLY, MARY THER	0.4000	2	F	20
YOUNG, JANET	0.3767	2	F	20
VACHON, KAREN	0.3641	3	F	20
JOHNSON, THERESA	0.3206	2	F	20
HOFFPNER, MARTHA	0.2913	4	F	20
FLOREICH, SABINE	0.2690	3	F	20
KING, JIITTA	0.2502	4	F	20
MASON, PAMELA	0.1803	2	F	20
SCHMIDT, MARSHA	0.8288	8	F	30
WIEDAU, KATHY	0.7045	4	F	30
NELSON, BETTY	0.5951	3	F	30
DAWSON, TERI	0.5153	3	F	30
SUELZER, PHYLLIS	0.4845	3	F	30
RUCKETT, VAL	0.4823	8	F	30
GIASPER, DEB	0.4769	3	F	30
RICKNER, LIZ	0.4197	3	F	30
RITIER, JOYCE	0.3888	3	F	30
RICHARDSON, SIEGLIND	0.3879	4	F	30
FFHMAN, SUSAN	0.3788	4	F	30
KOCZERGIE, ROSE MARIE	0.3318	2	F	30
WALLEN, CINDY	0.2763	2	F	30
GOLDEN, RHONNA	0.2702	2	F	30
PETERSON, SUE	0.2588	2	F	30
SCROGHAM, BARR	0.2535	3	F	30
YONFR, SHERRY	0.2015	2	F	30
PERRIN, KAREN	0.1699	8	F	30

JAMISON, ANN	0.9739	5	F	40
SIMMONS, ROSEANN	0.7814	8	F	40
FUZY, JOYCE	0.3729	8	F	40
ASHTON, CAROL JO	0.3252	3	F	40
WILSON, JULIE	0.2896	4	F	40
WILLER, BRYN	0.2812	2	F	40
TAYLOR, BONNIE	0.1610	7	F	40
KLEINKNIGHT, SARAH	0.0658	2	F	40
GENSHEIMER, MAURINE	0.0468	4	F	40
PAULEY, SHARON	0.0263	6	F	40
NYCUM, GLORIA	0.4224	5	F	50
BURNS, JOAN	0.1135	5	F	50
SNYDER, DORIS	0.0643	7	F	50
LONGSWORTH, JEAN	0.0512	2	F	50
MACHLAN, THERESA	0.0146	2	F	50

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OVERALL STANDINGS

NAME	AVE	#	PTS	RC
SUNDLING, DOUG	0.9901	7	M	30
SHEPARD, BRIAN	0.9828	6	M	15
WILLIAMS, JERRY	0.9811	5	M	25
WALLEN, RICK	0.9462	7	M	25
TRELEAVAN, JOHN	0.9339	7	M	30
PEARSON, HAL	0.9313	6	M	30
ROBBINS, MIKE	0.9262	6	M	35
WILSON, ROGER	0.9146	9	M	30
DILLER, TERRY	0.9143	10	M	25
SHAFFER, PAUL	0.8856	6	M	25
SCHENDEL, BOB	0.8755	10	M	25
RIGELMAN, TODD	0.8633	6	M	35
PERKINS, JERRY	0.8622	6	M	45
SCHMIDT, BILL	0.8589	5	M	50
CASWELL, STEVE	0.8553	6	M	30
SMITH, STEVE	0.8545	5	M	25
GEIGER, DAVE	0.8427	10	M	20
KING, KENNETH	0.8206	10	M	25
COONAN, TERRY	0.8190	8	M	30
MOTYCKA, BERNIE	0.8189	6	M	40
GORRELL, TIMOTHY	0.6506	5	M	14
FLOFFA, STAN	0.3700	2	M	14
LINDLEY, BRIAN	0.1887	5	M	14
GONGWER, JEFF	0.1527	2	M	14
LINDLEY, MIKE	0.1513	7	M	14
GENSHEIMER, PATT	0.0211	2	M	14
SHEPARD, BRIAN	0.9828	6	M	15
SWINEHART, BOB	0.8073	5	M	15
MILNER, DAVID	0.5484	3	M	15
BERNING, KEVIN	0.3799	2	M	15
EBERSOLE, MATT	0.3439	2	M	15
MESSMAN, JEFF	0.2551	2	M	15
NIEVEEN, SCOTT	0.1634	2	M	15
GEIGER, DAVE	0.8427	10	M	20
BEAM, JEFF	0.7914	4	M	20
GEIGER, MARK	0.7337	5	M	20
JOHNSON, RANDY	0.7173	5	M	20
EAGIN, TODD	0.4447	3	M	20
CLENDENEN, CHUCK	0.3901	2	M	20
WIFNING, JOHN	0.3319	2	M	20
KNOTT, PAUL	0.3112	2	M	20
SCHLEMMER, KFN	0.2803	2	M	20
BARCOCK, KEN	0.2642	2	M	20
BEAM, GARY	0.2573	2	M	20
GETTS JR, LARRY	0.1207	2	M	20
VOTAW, KFN	0.0669	5	M	20

WILLIAMS, JERRY	0.9811	5 M 25	WINTERS, DAVE	0.6770	8 M 35	PERKINS, JERRY	0.8622	6 M 45
WALLEN, RICK	0.9462	7 M 25	RFINKING, JACK	0.6748	6 M 35	SIBREL, RAY	0.6970	7 M 45
DILLER, TERRY	0.9143	10 M 25	SLEVER, RUSS	0.6750	5 M 35	MILLER, CRAIG	0.6418	5 M 45
SHAFFER, PAUL	0.8856	6 M 25	WISNEWSKI, PHIL	0.5969	8 M 35	BARKER, WOODY	0.6123	4 M 45
SCHENDEL, BOB	0.8755	10 M 25	RICKNER, GARY	0.5803	4 M 35	ZIEGLER, JOE	0.5415	5 M 45
SMITH, STEVE	0.8545	5 M 25	HENKEL, AL	0.5691	9 M 35	FEJGER, TOM	0.5200	8 M 45
KING, KENNETH	0.8206	10 M 25	ZERZELO, MIKE	0.5652	6 M 35	CLARK, KEN	0.5077	5 M 45
BALMAN, PAUL	0.7215	10 M 25	PAINTER, IVAN	0.5186	6 M 35	LAIRD, TOM	0.4944	5 M 45
BEESON, JAMES	0.5746	5 M 25	ARCHBOLD, TOM	0.5147	5 M 35	BRANDT, CHARLES	0.3792	3 M 45
NEUMANN, GARY	0.5006	6 M 25	O'CONNELL, TOM	0.5045	8 M 35	GENSHEIMER, BOB	0.3717	4 M 45
PEREZ, STEPHEN	0.4699	3 M 25	WEAVER, MICHAEL	0.4796	4 M 35	DEEL, BRAD	0.2889	4 M 45
GATTON, TONY	0.4680	3 M 25	SMITH, WALLY	0.4565	5 M 35	BROOKS, JOE	0.1945	8 M 45
ELLIS, LARRY	0.4581	3 M 25	GORRELL, CLIFTON	0.4561	7 M 35	GILBERT, ALLEN	0.1884	3 M 45
BRATTOLE, MARK	0.4387	4 M 25	GOLDTHWAITE, STEVE	0.4556	7 M 35	JARVIS, MARVIN	0.1524	3 M 45
LOUCKS, TOM	0.4000	2 M 25	HILGER, JOE	0.4481	5 M 35	RIBAR, JOHN	0.0979	3 M 45
JOHNSON, WAYNE	0.3713	2 M 25	GEBFERT, ROBERT	0.4285	4 M 35	RICHARDSON, JAMES	0.0949	3 M 45
HISNER, RANDY	0.3614	2 M 25	KIRBY, GEORGE	0.4215	8 M 35	BEARD, RON	0.0406	2 M 45
KING, CALVIN	0.2924	2 M 25	BITLER, STEVE	0.4054	6 M 35	SHOOK, RUSS	0.0364	2 M 45
KUHN, JOE	0.2891	4 M 25	SHIVELY, LARRY	0.4036	3 M 35			
PECK, HARPER	0.2680	3 M 25	PEARSON, LEE	0.3914	5 M 35	SCHMIDT, BILL	0.8589	5 M 50
STEELE, GARY	0.2461	2 M 25	MATHER, TOM	0.3874	6 M 35	MEYER, MYRON	0.7547	7 M 50
BOBAY, GRAIG	0.2386	3 M 25	LUTTMAN, PHILLIP	0.3776	3 M 35	GRAN, GENE	0.5641	8 M 50
HACK, ROGER	0.2231	3 M 25	FISCHER, TOM	0.3346	3 M 35	GETTY, CLEM	0.5145	5 M 50
WAGNER, THOMAS	0.1923	2 M 25	LIPKEY, JIM	0.3264	4 M 35	HILKER, JOHN	0.5016	6 M 50
SIEMER, MARK	0.0946	2 M 25	CULBERTSON, DEWEY	0.3137	3 M 35	GAITSCH, TERRY	0.3369	4 M 50
HEDGES, KEITH	0.0643	2 M 25	HAMILTON, JOHN	0.2506	2 M 35	GOBLE, JACK	0.3279	6 M 50
DEWELLS, CLIFF	0.0368	2 M 25	REICHWAGE, DAVE	0.2366	2 M 35	DITTO, CLIFF	0.3153	5 M 50
			RAFF, JEFFREY	0.2318	7 M 35	KAST, MIKE	0.2848	2 M 50
			GRAWCOCK, BOB	0.2297	3 M 35	WHISLER, NORM	0.2765	3 M 50
SUNDLING, DOUG	0.9901	7 M 30	ARMSTRONG, LYNN	0.2222	2 M 35	WILSON, DAVE	0.2209	4 M 50
TRELEAVAN, JOHN	0.9339	7 M 30	SMITH, DAVE	0.2151	2 M 35	FLORREICH, RUDY	0.2051	4 M 50
PEARSON, HAL	0.9313	6 M 30	HASLER, ED	0.2123	2 M 35	NOLD, CURTIS	0.1944	5 M 50
WILSON, ROGER	0.9146	9 M 30	NOTTINGHAM, DON	0.2056	3 M 35	BASH, HOWARD	0.1938	3 M 50
CASWELL, STEVE	0.8553	6 M 30	HENDRICKS, KEN	0.1178	2 M 35	MYERS, DONNIE	0.1763	3 M 50
COONAN, TERRY	0.8190	8 M 30	MERKLER, DON	0.1047	2 M 35	ADAMS, WENDEL	0.1545	4 M 50
RIETSCHILLING, DAVE	0.7664	4 M 30	HENDRICKS, MIKE	0.0904	3 M 35	SNYDER, PAUL	0.1359	10 M 50
ZECK, DENNY	0.7633	5 M 30	LINK, JOHN	0.0582	2 M 35	BLODLE, ELDEN	0.1338	6 M 50
KAUFMAN, DAN	0.7564	4 M 30	WIERSMA, ROBERT	0.0516	2 M 35	CHANDLER, HERB	0.1176	2 M 50
AKSAMIT, BILL	0.7550	7 M 30	BURNS, STEVE	0.0488	2 M 35	GILBERT, C RAY	0.1032	2 M 50
RIZZO, PHIL	0.7103	6 M 30	HEIMBURGER, RON	0.0389	3 M 35	MOORE, AL	0.0952	9 M 50
CONNER, DENNIS	0.6829	6 M 30						
HERMAN, PAT	0.6694	5 M 30	MOTYCKA, BERNIE	0.8189	6 M 40	BECKMAN, R B	0.0887	4 M 50
STONEBRAKER, DENNIS	0.6149	5 M 30	AVFRBECK, LARRY	0.8135	8 M 40	JONES, J P	0.0847	2 M 50
MAZOCK, JERRY	0.5979	4 M 30	LINDLEY, DON	0.8099	8 M 40	STRIGGLE, GENE	0.0803	2 M 50
GARCIA, VINCE	0.5927	3 M 30	HUDSON, DENNIS	0.7777	10 M 40	DEVAULT, CHUCK	0.0741	2 M 50
MILLER, ROB	0.5927	6 M 30	MOTYKA, RON	0.7449	7 M 40	JEDINAK, JOHN	0.0525	6 M 50
PLACENCIA, ARNIE	0.5442	3 M 30	ADKINSON, STEVE	0.7123	8 M 40	DANIEL, DAN	0.0418	2 M 50
GILLEY, PAUL	0.5344	6 M 30	PUCKETT, ROGER	0.7023	7 M 40	PHILLIPS, ROGER	0.0393	8 M 50
BEUCHEL, PAT	0.4887	5 M 30	BOYLAN, DAVE	0.6663	8 M 40	TRK, JIM	0.0380	2 M 50
GLASPER, MIKE	0.4592	3 M 30	ASHTON, DON	0.5903	7 M 40	LONGSWORTH, RICHARD	0.0210	2 M 50
KLINGER, HOWARD	0.4316	4 M 30	BURGETTE, BERNIE	0.4995	7 M 40	HOCKENSMITH, ROBERT	0.0205	3 M 50
KENNERK, PHIL	0.4052	6 M 30	MULTON, BOB	0.4867	3 M 40	MOYER, ROSS	0.0137	2 M 50
SJELZER, PHIL	0.3918	2 M 30	KLIENKNIGHT, RUDY	0.4770	9 M 40			
YODER, TOM	0.3762	2 M 30	CUTSHALL, DEAN	0.3756	8 M 40	BURNS, PHIL	0.1717	10 M 60
RENZ, TOM	0.3595	2 M 30	ROSS, FRED	0.3399	2 M 40	SULLIVAN, KING	0.1707	5 M 60
FELGER, STEVE	0.3496	4 M 30	WURST, RONALD	0.3215	3 M 40	HARRIS, WALT	0.0591	3 M 60
MINNICH, DAN	0.3252	2 M 30	KRIDER, BILL	0.3140	6 M 40	FLEETWOOD, CHET	0.0336	3 M 60
SABRACK, PAUL	0.3097	5 M 30	LEE, LARRY	0.3040	3 M 40			
BARTON, BRUCE	0.2856	2 M 30	LEE, LAWRENCE	0.2973	5 M 40			
DEMERITT, KEITH	0.2828	3 M 30	OKOROWSKI, CHUCK	0.2877	3 M 40			
SHEPSON, JOHN	0.2783	3 M 30	MILLER, KEN	0.2823	3 M 40			
MIGLIORI, BRIAN	0.2655	3 M 30	WOLFF, DAVE	0.2682	3 M 40			
MOORE, DAN	0.2554	2 M 30	SEILER, JIM	0.2595	2 M 40			
ESCEBACK, RONALD	0.2246	2 M 30	CLAY, ROBERT	0.2510	4 M 40			
HARRIS, ROBERT	0.2098	5 M 30	WATERFIELD, RICHARD	0.2261	3 M 40			
SULLIVAN, TIM	0.2077	4 M 30	GEABLER, RON	0.2188	3 M 40			
LANE, GARY	0.2063	2 M 30	MISLER, MARK	0.2089	3 M 40			
TOWNSEND, BILL	0.1766	2 M 30	RASMUSSEN, JOHN	0.1998	3 M 40			
MORRISON, MARK	0.1644	2 M 30	WALDROP, DAVE	0.1903	2 M 40			
FAHL, GREG	0.1496	2 M 30	HEYMANN, JAMES	0.1867	2 M 40			
ROEHLING, THOMAS	0.1213	2 M 30	ZINK, RICHARD	0.1671	2 M 40			
MASON, RICHARD	0.0266	2 M 30	BYERLEY, MIKE	0.1573	2 M 40			
			YANT, LARRY	0.1263	4 M 40			
			HAYHURST, TOM	0.0902	2 M 40			
			FARRELL, MIKE	0.0781	2 M 40			
			SWANSON, DAVE	0.0416	2 M 40			
ROBBINS, MIKE	0.9262	6 M 35						
RIGELMAN, TODD	0.8433	6 M 35						
KROELIS, DENNIS	0.8129	8 M 35						
DEFENDINGER, TOM	0.7074	4 M 35						

Run the
Blustery
12K at
Homestead

Salem School Teacher Runs to Parlor City Trot Championship

Fourth Time's the Charm for Brady Wells

By TIM CREASON

Brady Wells got more from winning the 11th annual Parlor City Trot than just a trophy.

He also received a much-needed shot of confidence.

"Boy, I'm happy with the race today. This makes me feel pretty good," the 24-year-old Wells said Saturday after taking first place in Bluffton's premier running event.

"I've been struggling the last month and a half, and I've been really down about my running," he explained. "Winning this today gives me a lot of confidence. It puts my head back on straight."

Wells, a high school teacher from Salem, Ind., has been among Indiana's top distance runners for several years. He had competed in three previous Parlor City Trots, but never finished higher than sixth (in 1983).

On Saturday, in his fourth trot appearance, he won handily. Running alone most of the way, he covered the 13.1-mile course in 1 hour 9 minutes and 59 seconds.

Wells was not alone the entire time, though. In the first 4 miles of the race, he ran in a lead pack which included Fort Wayne's Vince Garcia, Brian Zellner of Winona Lake and Ossian's Tom Loucks.

Right behind that group was another pack

which included, among others, Fort Wayne marathon champion Bryan Sponseller of Warsaw.

Loucks was the runner who concerned Wells the most. The 26-year-old Norwell graduate has been almost unbeatable this year, and Wells knew that if Loucks decided to make a race of it, he would be a tough man to beat.

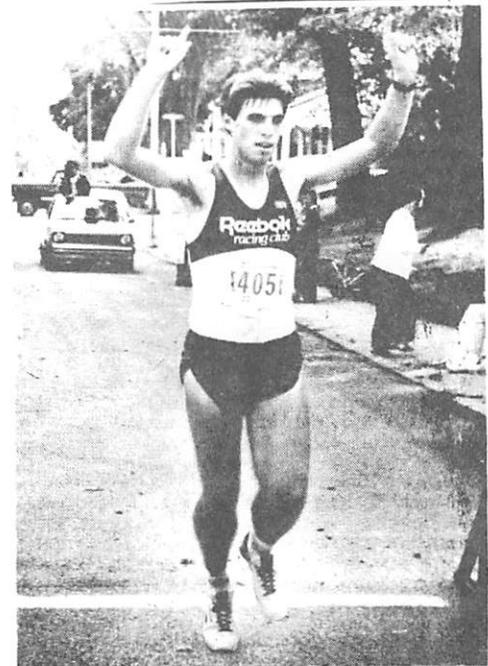
However, Loucks had other plans in mind. Before the race, Loucks had decided he would run the first 5 miles of the contest fast, with the leaders. And then he would ease up, saving himself for a race in Indianapolis next weekend.

Thus, when Loucks dropped off the pace at the 5-mile point, Wells took advantage of the situation. He pulled ahead to an approximate 30-second lead over Garcia, and maintained that margin all the way to the finish.

Garcia struggled noticeably toward the end, but took runner-up honors in 1:10:22. Third place went to Sponseller and a running friend, Kirby Herschberger of Goshen, who tied at 1:11:08.

Loucks eventually finished seventh in a tie with Bluffton's Doug Sundling, clocking 1:12:58.8.

On his way to the championship, Wells



THE WINNER! — Parlor City Trot champion Brady Wells raises his arms in victory as he crosses the finish line Saturday in downtown Bluffton.

passed through 3 miles in 15:49, 10,000 meters in 33:04, and 10 miles in 53:28. He noted afterwards he was feeling better than usual as he ran, especially after Loucks slowed down.

"I really didn't know what Tom (Loucks) was going to run, but I knew he usually runs pretty well at this race. So I figured, if he takes off, I'll just go with him for as long as I can," Wells said.

"We were cranking along at about 5:20 per mile and all of a sudden Tom said he was going to back off, and away he went," the men's champ added. "I felt really good and relaxed, so I just kind of took it from there. It came easy. To tell the truth, I was kind of surprised."

As the overall winner, Wells received a \$200 gift certificate to Sport Tech sporting goods stores. Garcia received a \$100 certificate for his second-place effort.

The third through 10th place finishers also received gift certificates in varying smaller amounts.

Trophies were awarded to the 11th through 25th-place finishers, and plaques went to places 25-50.

A total of 270 runners registered for this year's Parlor City Trot, down slightly from last year's high of 344.

Of those registered, at least 258 reported

to the starting line Saturday morning. All but 19 finished the race, including 31 women.

According to race registration chief Eulalia Loucks, 20 runners were from Wells County.

In addition to the previously-mentioned awards, age group awards were given out in 11 different men's divisions. The top 10 overall finishers were not included in the age-group competition.

Winners were:

Age 0-14 — Mike Lindley; 15-19 — John Stryker; 20-24 — Dale Jacobson; 25-29 — Rev. Rick Wallin; 30-34 — Dan Kaufman; 35-39 — Paul Sibray; 40-44 — Ken Prior; 45-49 — Larry Averbek; 50-54 — Gene Gran; 55-59 — Myron Meyer; 60-69 — Wendell Parson.

While race champion Wells was pleased to receive his award, he was even more pleased to know that he is coming out of his recent slump.

"At the end of July, I had a virus. I wasn't able to run at all for two weeks, and since then, I just haven't been mentally able to get into my races," the champ noted.

"Coming up here today, I was a little more in my element. I like the longer stuff," he continued. "After today, I think I'll have a little more positive outlook."

PARLOR
CITY TROT

Don't forget the J. P. Jones
10K. in December at Foster
Park



SHARE AWARD — Bluffton's Doug Sundling (left) and Ossian's Tom Loucks grin and play tug-of-war with the Trotter Trophy during award ceremonies Saturday following the 11th annual running of the Parlor City Trot. Loucks and Sundling tied for seventh overall, and thus shared the award given each year to Wells County's top finisher in the 13.1-mile race.

There will be a caroling party/newsletter party in December — more info next month

BORED MINUTES

The following members were present at the September 8 board meeting of the FWTC: Bob and Sharon Pauley, Tom Wagner, Tim Fleming, Greg Schmidt, Judy Tillapaugh, Don Lindley, Randy Levine, Jim Bushey, and Mike Robbins.

Equipment Update--No major problems with equipment rental. One timer is being sent in for repairs.

Don Lindley presented the treasurers report. Income exceeded expenses for August by \$250, but the August newsletter printing had not yet been paid.

Tim Fleming reported that FWTC merchandise was moving reasonably well. After a long discussion a motion was approved that the FWTC "loan" money to "Runners Week" for the purchase of a video camera which will greatly aid the production of the show. An agreement will be defined for the repayment of the loan.

Mike Robbins made several announcements. One regarding the Vince Lombardi run for cancer. King Sullivan is organizing a group of FWTC runners participating in this. The annual election and picnic will require help from the board in organizing, etc. A volunteer was requested as "head organizer." Sam Bell, track coach at IU will be guest speaker at the annual awards banquet.

Jim Bushey and Randy Levine reported on membership. Next year's (1986) dues were discussed and various options were explored to resolve the deficit budget situation. A

motion was made and passed to raise the dues to \$12 per year for individuals and \$6 per year for each additional family member with a maximum of \$24 per year per family. Don Lindley made this motion, seconded by Randy Levine.

Old Business--Tim Fleming mentioned that we might want to consider additional entertainment at the annual banquet. An agreement was signed for the 25K with Homestead High School for use of their facilities.

New Business--Don Lindley requested a card be sent to those high schools receiving newsletters to determine if they wish to continue receiving them. The entire list of complimentary newsletters was reviewed and the appropriate deletions were made.

Meeting was adjourned.

Respectfully submitted,

Mike Glasper
/dg

It's Loucks! Wait, It's Sundling! No, It's Loucks! Oh, It's a Tie!

Prior to the start of Saturday's Parlor City Trot, Ossian's Tom Loucks decided on a plan for the event.

Meanwhile, Bluffton's Doug Sundling also worked out a strategy for the contest.

Little did either one realize, though, that their respective strategies would carry them together across the finish line of the 13.1-mile race.

Loucks started fast; Sundling began the journey slowly. At the end, they tied for seventh place overall in 1 hour 12 minutes and 58.8 seconds.

Loucks and Sundling were the first local runners to complete the race. Thus, for the first time in the 11-year history of the event, two runners shared the Trotter Trophy, the award given each year to Wells County's top finisher.

Prior to the race, Loucks decided he was going to run the first 5 miles hard, with the leaders. Then, he planned to ease up and "jog" the rest of the way, saving himself for the AUL-Governor's Cup contest in Indianapolis next weekend.

That's just what he did, too. After running the first 5 miles with eventual champion Brady Wells, Loucks slowed down to his "jogging" pace of six minutes-per-mile.

Sundling, meanwhile, started the contest in the middle of the pack. Running a steady, 5:40-per mile pace, he moved up as he went along. By the time the course entered the Ouabache State Park, Sundling was pretty much on his own.

And then he saw a figure running up ahead.

"We were going around the (Kunkel) lake at the 8-mile mark, and I saw a guy in front of me," Sundling recalled later. "I thought, 'Who is that?' And then I got a little closer, and I realized, 'It's Loucks!'"

The two runners met as they came out of the park, and Sundling passed by. Then, after a short hesitation, Loucks threw away his race plan. He sped up, caught Sundling, and the two of them ran step-for-step the rest of the way.

"I remember turning around at eight miles, because I didn't think he'd be coming up that soon," Loucks said afterwards. "And I remember thinking, 'Oh, nuts. There's Sundling.'"

"He just went flying by," Loucks continued with a laugh. "And I thought, 'Well, I'm not going to let him embarrass me.' So I caught up, and away we went."

"It was pretty fun," Sundling stated. "Tom more or less paced me to the finish. I'm glad for that. He kept me going."

Loucks and Sundling were the fastest of 19 Wells County runners who completed the half-marathon race (20 started). Another fast finisher was Bluffton's Bret Curry, who finished 36th overall in 1:21:23.

Other Wells County finishers, and their places, were:

Jerry Diehl, Uniondale, 54th in 1:24:57; Dick Lautzenheiser, Bluffton, 64th in 1:26:56; Dr. Joe Greene, Bluffton, 79th in 1:30:34; Max Murchland, Markle, 93rd in 1:31:55.

Also, Norm Bailey, Bluffton, 101st in 1:33:45; Floyd Lobsiger, Bluffton 110th in 1:35:35; Tom Archbold, Ossian, 122nd in 1:37:30; David Dale, Bluffton, 143rd in 1:42:18.

And, Harley Pugh, Markle, 158th in 1:45:28; Ann Strehler, Bluffton, 169th in 1:47:38; Jay Brower, Ossian, 182nd in 1:49:53; Charles Mosure, Poneto, 201st in 1:53:17.

Also, David Hans, Bluffton, 204th in 1:53:48; David Butler, Bluffton, 210th in 1:55:40; Jody Mousel, Bluffton, 217th in 2:00:33, and Sarah Kleinknight, Bluffton, 233rd in 2:16:17.

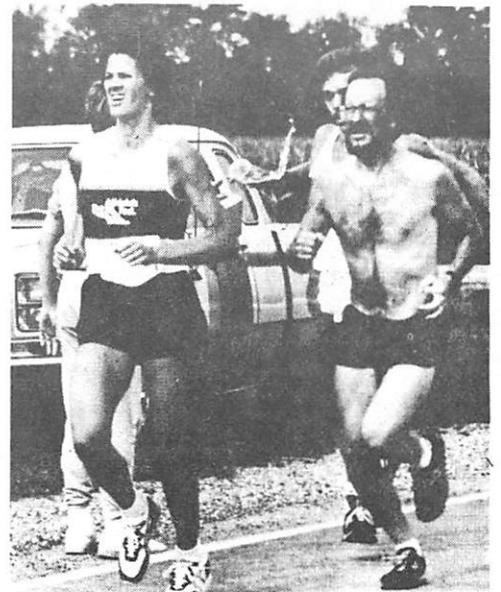
This is Jeff Beam's new address in the Air Force:

*Thomas J. Beam
315801468
4-5724 Lawry A.F.B.
Colorado 80230-45360*

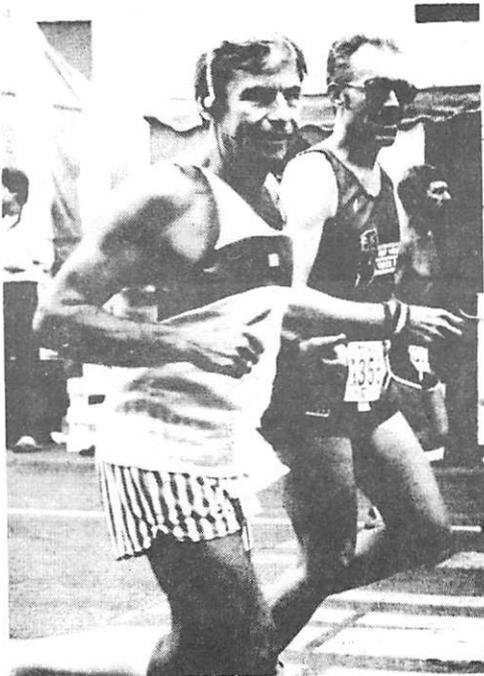
Drop him a line



TWO-FISTED DRINKER — Bluffton's Bret Curry (center) takes a cup of water in both hands — one to drink out of and one to splash himself with — as he passes an aid station at the Ouabache State Park during Saturday's 11th annual running of the Parlor City Trot. Curry, 25, went on to place 36th overall in a field which included over 250 runners. Behind Curry is Paul Shaffer of Monroe. News-Banner photos by Tim Creason)



HEADING TO VICTORY — Bloomington's Ruth Ozmun (left) paces herself with some men runners as she passes the three-mile point during Saturday's Parlor City Trot. Ozmun, 28, went on to win the women's championship in 1:18:36.



OUT FOR A STROLL — Ossian's Jay Brower (left) and Bluffton's David Dale (right) eye the camera as they run through downtown Bluffton at the start of Saturday's 13.1-mile Parlor City Trot. Both men finished the race tired but in good shape.



RUNNING TOGETHER — Goshen's Kirby Herschberger (left) and Fort Wayne marathon champ Bryan Sponseller (right) run together as they exit the Ouabache State Park during Saturday's Parlor City Trot. The former Manchester College track teammates stayed together the entire race and tied for third overall.

Ruth Ozmun Hasn't Slowed Down

It's a good thing for Bloomington's Ruth Ozmun that she knew someone traveling to Bluffton over the weekend.

Otherwise, she never would have won the women's division of the 11th annual Parlor City Trot.

"I didn't plan on running the race this year, because I didn't have any way to get to Bluffton. I didn't have a ride," explained the 28-year-old women's champ afterwards. "But on Wednesday, I found a guy coming up from Bloomington, so I just rode up with him."

Ozmun's appearance at the starting line ended speculation about who would be the first woman finisher Saturday. Ozmun ran in the 1984 U.S. Olympic marathon trials, and she hasn't slowed down any since then.

Bolting from the starting line at the gun, Ozmun was clearly ahead of her competition by the 2-mile mark. She was out of sight by 3 miles, which she reached in 17:51.

From that point on, Ozmun just kept increasing her lead. She scorched the 13.1-mile course in 1 hour 18 minutes and 36.5 seconds.

Her final time was just 18 seconds off the women's course record of 1:18:18, set by Karen McQuilkin in 1983.

Second-place Mary T. Connolly of Fort Wayne reached the finish almost seven minutes behind Ozmun, clocking 1:25:18. Fort Wayne's Judy Tillapaugh took third in 1:26:39.

Ann Strehler of Bluffton was the first Wells County woman to finish the race, placing 14th in 1:47:05.

Ozmun's final time was her personal-best at the half-marathon distance by almost two minutes. But afterwards, the soft-spoken women's winner said she had not been thinking about records or easy victories.

"I went out kind of slow and just tried to keep a real even six-minute (per mile) pace," Ozmun stated. "I'm training for a marathon (in Columbus, Ohio) on Oct. 13, and I was hoping I wouldn't have to push too much today."

"I kind of used this race as a training run," she said "A good training run, though. It went pretty fast out there."

Besides being the first woman finisher, Ozmun was the 25th overall finisher of the race. That's the best performance by a woman since Huntington's Michelle Bickel placed 22nd overall in the 1977 Parlor City Trot.

When Bickel competed, however, there were only 34 runners in the entire

race. On Saturday, Ozmun ran again almost 300 others.

As the first-place woman, Ozmun received a \$100 gift certificate to Sport Tech sporting goods stores. Because she works only part-time in Bloomington (where her husband is graduate student at IU), the win noted she can use the prize.

"I try to find races that offer some money, because I'm still paying for my equipment and travel expenses she said.

The second through fifth-place finishers also received gift certificates in varying smaller amounts. Fowle Janet Hancock was the fourth woman to finish the race, while Fort Wayne's Linda Conrad placed fifth.

Age group awards were presented seven different women's divisions, with the top five overall women not including the age winners were:

Age 0-14 — Chris Perrin; 20-24 — Betty Dewells; 25-29 — Cindy Sabrack; 30-34 — Kathy Widau; 35-39 — Connie Hoverman; 40-49 — Ann Carter; 50 — Gloria Nycum.

A total of 31 women entered this year's Parlor City Trot, including three from Wells County.

The Blustery

12K at Homestead

11/16/85

1 PM

Something

for

everyone who

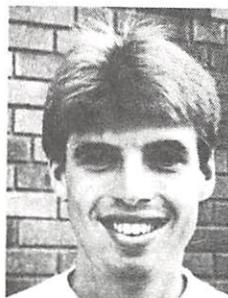
competes on this challenging new course

Parlor City Trot Top 50 Men

1 — Brady Wells, 24, Salem	1:09:59.0
2 — Vince Garcia, 31, Fort Wayne	1:10:22.5
3 (tie) — Bryan Sponseller, 26, Warsaw	1:11:08.6
3 (tie) — Kirby Herschberger, 24, Goshen	1:11:08.6
5 — Brian Zellner, 22, Winona Lake	1:12:03.5
6 — Duane Dye, 26, New Castle	1:12:04.8
7 (tie) — Doug Sundling, 30, Bluffton	1:12:58.8
7 (tie) — Tom Loucks, 26, Ossian	1:12:58.8
9 — Jerry Williams, 25, Fort Wayne	1:13:07.2
10 — Scott Wareham, 33, Indianapolis	1:13:24.6
11 — Dale Jacobson, 23, Anderson	1:13:41
12 — Dan Kaufman, 34, Fort Wayne	1:14:13
13 — Ken Prior, 44, Vandalia, Ohio	1:14:34
14 — Rev. Rick Wallin, 29, Columbia City	1:14:52
15 — Paul Sibray, 37, Silver Lake	1:15:15
16 — Mike Huber, 33, Upland	1:16:06
17 — Jim Fitzgerald, 23, New Haven	1:16:23
18 — Brian Shortridge, 25, Tipton	1:16:34
19 — Christopher Farrell, 27, Indianapolis	1:16:52
20 — Ron Wilkinson, 30, Rochester	1:16:57
21 — Tim Grant, 29, New Castle	1:17:21
22 — Randy Harsard, 29, Wapakoneta, Ohio	1:17:28
23 — Arni Placencia, 35, Fort Wayne	1:18:31
24 — David Schmidt, 25, Montpelier	1:18:33
25 — John Treleaven, 33, Fort Wayne	1:18:43
26 — Roger Wilson, 32, Fort Wayne	1:19:07
27 — Terry Diller, 27, Churubusco	1:19:08
28 — James Bushey, 27, Fort Wayne	1:19:30
29 — Randy Palmer, 29, Marion	1:20:37
30 — Dave Charters, 31, Muncie	1:20:47
31 — Rex Reed, 44, Warsaw	1:20:51
32 — John Stryker, 18, Muncie	1:20:54
33 — Brad Middleton, 28, Auburn	1:21:07
34 — Larry Burton, 25, Lafayette	1:21:21
35 — Bret Curry, 25, Bluffton	1:21:23
36 — Alan Fulton, 31, Rochester	1:21:24
37 — Mike DuBois, 35, Rochester	1:21:30
38 — Miguel Mendez, 33, Auburn	1:21:42
39 — Doug Crawford, 25, Huntington	1:21:56
40 — Dennis Kroells, 36, Fort Wayne	1:21:58
41 — Don Lindley, 41, Fort Wayne	1:22:01
42 — Steve Smith, 27, Fort Wayne	1:22:02
43 — Paul Shaffer, 27, Monroe	1:22:35
44 — Larry Averbeck, 45, Fort Wayne	1:22:39
45 — Bernie Motycka, 43, Ohio City, Ohio	1:22:43
46 — Rex Piercy, 33, Logansport	1:22:53
48 — Glen Davis, 47, New Castle	1:23:47
49 — Ronald Motycka, 40, Fort Wayne	1:23:52
50 — Paul Bauman, 29, Fort Wayne	1:24:09

Top 15 Women

1 — Ruth Ozmun, 28, Bloomington (25th overall)	1:18:36.5
2 — Mary T. Connolly, 29, Fort Wayne (56th)	1:25:18
3 — Judy Tillapaugh, 26, Fort Wayne (62nd)	1:26:39
4 — Janet Hancock, 37, Fowler (90th)	1:31:14
5 — Linda Conrad, 22, Fort Wayne (113th)	1:36:10
6 — Ann Carter, 41, Van Wert, Ohio (125th)	1:37:45
7 — Kathy Widau, 32, Fort Wayne (139th)	1:39:40
8 — Cindy Sabrack, 28, Fort Wayne (141st)	1:40:27
9 — Connie Hoverman, 39, Van Wert, Ohio (142nd)	1:41:54
10 — Vickie Gilbert, 40, Fort Wayne (144th)	1:42:24
11 — Roseann Simmons, 41, Fort Wayne (147th)	1:43:39
12 — Patti Fleming, 35, Fort Wayne (161st)	1:45:35
13 — Betty Dewells, 24, Fort Wayne (162nd)	1:45:53
14 — Ann Strehler, 22, Bluffton (169th)	1:47:05
15 — Brynn Weller, 40, North Manchester (177th)	1:49:00



Brady Wells



Ruth Ozmun



2525 Lake Avenue
 Box 5038
 Fort Wayne, In 46895
 (219) 484-4153

September 24, 1985

Fort Wayne Track Club
 Mr. Jerry Mazock
 PO Box 11703
 Fort Wayne, IN 46860

Dear Mr. Mazock:

I hope you will share with the members of the Fort Wayne Track Club our deep appreciation for the effort given by the club in carrying out the Kent Davis fun run and 5K event August 17. It was pleasant to be associated with the members who made all the arrangements for what appears to have been a successful and happy morning.

CROSSROAD expresses sincere appreciation for the gift of \$597.95 which was sent from the proceeds of the event. This gift will be placed in the funds we are using currently to refurbish our dormitories which house the residents. One of our current goals is to improve the quality of the environment in which our young people have to live while on the campus. Extensive refurbishing is going on in those units, and your gift will be a valuable part of the funds needed to upgrade the facility.

If there are others to whom I should address our thanks, such as Mr. Davis himself or specific individuals, please let me know who and to what addresses. I will be happy to express our gratitude to as wide a group as possible.

Thanks so much.

Sincerely,

[Signature]
 John M. Gantt
 Executive Director

JMG/ks

We love youth to life.

*Board Position
 OPEN.*

*Volunteer needed to
 fill the position of
 equipment Chairman
 and handle the
 equipment rental
 for 1986 season.*

*Interested persons
 call Jim Bushy at
 747-3770*

*and
 remind
 him
 the
 December
 Newsletter
 deadline
 is
 11/5/85*

"The Just Plain 10K"

Save a running "T" shirt, wrap it for Christmas so that you can enter the 10K and 3K race at 2 PM, December 7th at Foster Park. There is no pre-entry, just show up with your wrapped "T" shirt. Your award will be something hot from the Pauley van after the race. The "T" shirts will be given to local charities. Any questions, call J.P. Jones - Home 745-9724 Work - 745 - 7339.

*Don't forget! Thanksgiving
 morning at Jerry Mazock's for a
 5, 10, 15 mile training run at 8AM=
 NO awards-no splits - a fairly accurate course
 and coffee and stale doughnuts*

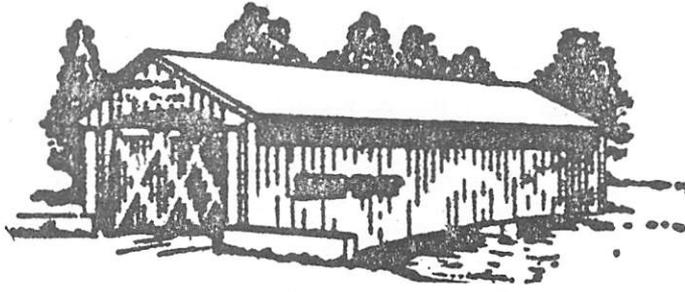
1985 run jane run Triathalon Fort Wayne Indiana

NAME	ADDRESS	AGE	BIKE	TOTAL
1 Kay Wende	Lima, OH	39	2:00:53	2:44:45
2 Cathy Schuster	Kokomo, IN	26	2:00:08	2:48:19
3 Maryann Gedritis	Grand Rapids, MI	25	2:03:42	2:48:28
4 Linda Taillen	Munster, IN	21	1:59:44	2:48:42
5 Kathy Barren	Notre Dame, IN	19	2:05:30	2:49:19
6 Sonya Buchanan	Troy, MI	40	2:07:35	2:52:44
7 Suzy Martin	McHenry, IL	29 *	2:03:27	2:53:19
8 Shelli Fullhart	Muncie, IN	24 *	1:56:46	2:54:33
9 Donna Fishback	Muncie, IN	28 *	1:59:49	2:54:34
10 Beth Betteil	Ft Wayne, IN	31	2:05:46	2:55:21
11 Pamela Stoner	Homewood, IL		2:05:38	2:55:48
12 Vicki Lawson	Lakeville, IL		2:06:28	2:58:57
13 Sandy Weber	Columbus, OH	26	2:06:50	2:59:15
14 Beth Rearer	Columbus, OH	37 *	2:04:00	3:00:44
15 Jane Hollingsworth	Ft Wayne, IN	29	2:11:14	3:04:51
16 Sherry Moser	Pickney, MI	28	2:12:45	3:09:18
17 Kathy Burke	Ft Wayne, IN	33	2:12:56	3:13:48
18 Julia Wilson	Kalamazoo, MI		2:13:59	3:21:41
19 Alice Atlas	Ft Wayne, IN	46	2:33:55	3:22:49
20 Wendy Schuman	Chicago, IL	27	2:17:02	3:23:31
21 Charlotte Candia	Columbia City, IN	23	2:49:01	3:31:54
22 Kathi Weiss	Madison, IN	39	2:33:46	3:32:46
23 Beverly Richards	Ft Wayne, IN	37	2:25:09	3:38:46
24 Gloria Nycom	Ft Wayne, IN	36	2:33:47	3:40:28
25 Lori Mills	Ft Wayne, IN	50	2:42:49	3:41:59
			2:55:39	4:14:56

TEAM RELAY (deduct 6 min from swim time)

	swim	bike	run
1 Jody Beck			
Cindy Goller	18:24		
Betty Hite-Nelson		2:09:03	2:47:16
2 Kathy Bryan	18:09		
Linda Duncan			
Judy Tillapaugh			2:48:58
3 Meribeth Fegel	18:22		
Kath Stachowski		2:10:46	
Ann Jamison			2:49:28
4 Pam Summers	19:45		
Vioa Graf		2:17:39	3:04:45
Kathy McCrady			
5 Regina Fink	20:23		
Susan Graven		2:27:39	****
Mary Jo Ardington			3:15:10
6 Helen Weber-McReynolds	27:41		
Therese Weber		2:29:55	3:16:27
Elizebeth Weber-Wadecki			
7 Maria Fryman	18:24		
Sarah Witmer		2:37:00	3:24:05
Karen Swanson			
8 Michelle McElhane	18:47		
Cynthia Lonerag		2:43:18	3:39:18
Nan Saver			
9 Susan Trzynka	26:25		
Cindy Sabrack(breakdown)		3:39:19	4:20:26
Betty Bubb			

*****we subtracted 00:01:45 from this time because of a train in Ossian



Roann Covered Bridge Festival Run
RR#1 Box 209
Roann, Indiana 46974

September 14, 1985

Results of the 6th Roann Covered Bridge Festival Run, on a cool and dry Saturday Morning: 5 miles, a field of 65

Overall Winner: Phil Treckman, age 25, 27.05, Indianapolis

Overall Runner-up- David Dorais, 30, 29.27, from Wabash
David Cox, Wabash, 62, Oldest Finisher

Men's Divisions: Jeff Frank, Macy, 10, Youngest Finisher

12& under: 1. Rodney Obregon, 11, 37.07, Pierceton
2. Jeff Frank, 10, 41.45, Macy + Youngest Finisher

13-15: 1. Todd Davis, 13, 32.30, Wabash
2. Larry Cox, 15, 34.08, GAFFB

16-18 : 1. Troy Johnson, 31.27, Warsaw, age 16
2. Dennis Brown, 18, 35.11, GAFFB

19-24: 1. Steve Kirtlan, 20, 37.06, Wabash

25-29: 1. Phil Treckman, 25, 27.05,
2. Orlando Cruz, 26, 33.16, GAFFB

30-34: 1. David Dorais, 30, 29.27, Wabash
2. Neil Tate, 34, 30.41, N. Manchester

35-39: 1. Art Obregon, 38, 29.59, Pierceton
2. Tied: Brent Hines, 35, 35.16, N. Manchester
George Hernandez, 39, same, Peru

40-44: 1. Brad Yoder, 43, 30.31, N. Manchester
2. Bernie Burgette, 42, 33.06, Ft. Wayne

45-54: 1. Don Kline, 47, 30.47, Rochester
2. Jeff Lazo, 45, 31.13, Indianapolis

55& over: 1. Myron Meyer, 58, 31.36, Ft. Wayne
2. Duke Davis, 62, 40.00, Wabash

Women's Divisions: Overall: Brynn Weller, Runner-up: Betty Oliphant

30-39: 1. Betty Oliphant, 38, 39.05, Peru
2. Cathy Carpenter, 32, 39.29, Wabash

40& over: 1. Brynn Weller, 40, 35.54, N. Manchester
2. Gloria J. Ribar, 44, 40.47, Ft. Wayne

"The Formerly Don Lindley 10K"

Plan for the December 7th 10K and 3K race at 2:00 PM at Foster Park. This is the only race in town where the entry requires that you give a "T" shirt instead of getting one. This is a good race to test your ability to dress for whatever weather occurs. No pre-entry - just show up. No awards - the Pauleys are planning to serve something hot. Please wrap up your entry "T" shirts individually for Christmas. They will be donated to charities. Any questions, call J.P. Jones Home - 745-9724 - Work - 745-7339.

Sincerely
Valerie David
317-833-6122

Those who show up for Mazocks Thanksgiving morning run will be on the front cover of our holiday Newsletter. (A promise)



**HOLIDAY EATING:
FOR THE HEALTH OF IT**

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

Holidays can be a constant source of temptation to overeat for many people. It's not just one meal that can wreck havoc with good intentions, it's often the parties, special dinners before the holiday and the leftovers after that which add up. A little prior planning can help avoid the urge to splurge and you can have it all in the end.

Maintaining your health and fitness does not mean only low-calorie meals of cottage cheese and carrot sticks. Early basic guidelines to follow include:

- Don't shop for food too early
- Don't spend days preparing food
- Don't plan enough left-overs to feed an army

When choosing foods weigh the trade-offs:

- Is it worth the calories?
- Will you wish you hadn't eaten it later?
- Will the food or drink do good things for your body?

Sometimes the answers will be yes and sometimes no, but if staying healthy and fit is important, it's also important to weigh the options. The following are some tips to keep unnecessary calories low and nutritional values high:

Beverages - Water or club soda with a twist of lemon or lime contains zero calories, 6 ounces of tomato juice contains 35 calories, and unsweetened fruit juice contains 60 to 100 calories in 6 ounces. As for alcohol, dry wine will have the fewest calories, (but few nutrients), and could be mixed with club soda or diet soda for a spritzer. For a hot beverage, add cinnamon and cloves to tea or heated fruit juice.

Appetizer - Consider crunchy vegetable sticks with yogurt or bean dip, mini - fruit - cheese kabobs, or chilled shrimp and avoid fried appetizers.

Salads - Serve your salad before the entree and try vegetables marinated in a light vinaigrette, mix vegetables and fruits for new flavor combinations or select a variety of greens like spinach or chicory. Make your own cranberry sauce to control the amount of sugar or sugar substitute you use.

Bread - Leave the butter off the table and serve healthy whole wheat bread, muffins or bread sticks.

Vegetables - Butter and sugar toppings can be substituted with fruit juice for sweet potatoes or squash. Stew, steam, bake or boil other favorites without adding cream, butter or sauces. Use different combinations to enhance flavors and try adding spices or herbs for unusual taste treats.

Potatoes - Baked, boiled, steamed new potatoes, or even mashed with skim milk and no butter, the potato can offer nutrients, fiber and few calories. Top with fat-free gravy for extra flavor without extra calories from the fat.

Meat - Turkey is a good lean choice if you choose a plain not a "self basted" one and bast it yourself with wine, broth or fruit juice. Also, now that ham is being bred differently, it is a leaner choice than a few years ago if you're selective (some brands are still higher in fat than others).

Gravy - Make a fat-free gravy from canned broth or cook your turkey as above, remove juices and let the fat rise to the surface and harden (in freezer or refrigerator). Fat can then be removed or you may purchase a small pitcher especially made with a spout at the base so fat-free broth can be poured off while the fat remains. Every teaspoon of fat you can remove reduces 50 calories from the calorie count for the gravy.

Stuffing or Dressing - a healthier stuffing can be made by using fat free broth and more celery, onion, vegetables or fruit (try chopped apple or raisins). Don't add oils or butter and steam the vegetables before adding to the mixture instead of sauteing in butter.

Dessert - The finale for the meal doesn't need to contain more calories, fat and sugar than the meal itself. Choose fruit cobbler or crisp instead of gooey pies. Make a glamorous fruit and pudding (Make with skim milk) parfait where there will be few left-overs or consider pumpkin custard instead of pie. Try sherbet or frozen yogurt topped with fruit or angel food cake topped with fresh fruit. For a gelatin dessert try using the new sugar-free gelatin or try the recipe I've included. This cheesecake recipe replaces the high fat - high calorie cream cheese with cream-style cottage cheese. It makes a light attractive dessert.

*Next month
is Mazock's
final editorial
and final
edition as
newsletter editor.
He'll tell you where
he's been the last
6 mos.*

HOLIDAY EATING TIPS

The following eating tips go along with parties and celebration's away from home:

- Never arrive early. When you arrive people will be there and you'll have something to do besides eat.
- Never arrive hungry. Eat a mini-meal earlier so temptation will be lessened.
- Wait to go to the buffet table. Give yourself time to survey what's there and make your decision before filling your plate.
- Take a salad plate if available. It'll look full with less food.
- Pick one meat, one vegetable, one starch.
- If you must eat the dessert you only eat once a year, take a bite of a friend's or cut a small portion for yourself.
- Do a lot of conversing. The more you talk, the less you'll eat.

HAPPY HOLIDAYS! AND HAPPY EATING!!

CHEESE CAKE

Yield: 8 servings

Serving size: 1 piece 4x2"

Ingredients	Measure	Method
graham wafers, plain (2 1/2 x 2 1/2" ea.)	6	Prepare an 8 x 8 x 2 inch cake pan with vegetable pan coating (spray or solid; set aside. Make fine crumbs with graham crackers (1/2 cup), and mix press into bottom of prepared pan. Soak gelatin in cold water to soften. Add boiling water to dissolve the gelatin. Add lemon juice and artificial sweetener, stirring until completely dissolved. Chill until it is the consistency of unbeaten egg whites. Put 2 Tbsp water, cottage cheese, lemon rind, and lemon extract into a blender and cover; turn to high speed for 10 to 15 seconds. Add partially set gelatin mixture; turn to high speed 15 seconds or until well blended. Pour into prepared pan. Cut strawberries into halves lengthwise. Arrange on top of Cheese Cake so that when cut into 8 servings (4x2"), each will have a strawberry garnish in center. Chill several hours until set.
margarine, melted	1 1/2 T	
granulated gelatin	1 T	
cold water	1/2 c	
boiling water	1/3 c	
grated lemon rind	1/2 tsp	
lemon juice	1/2 c	
Artificial sweetener to substitute for 1/4 cup sugar		
water	2 T	
cream-style cottage cheese (4% fat)	2 c	
lemon extract	1/2 t	
strawberries	4 lg	

Per Serving: 106 Cals.; 7 gm. carbo.; 9 gm. pro.; 5 gm. fat; 192 Exchanges per serving: 1/2 bread 1 Medium fat meat

TOM'S CALENDAR

NOVEMBER

- 2 RUN FOR HUNGRY CHILDREN Dowagiac, MI - RonGunn 616-782-5113
- 3 CALUMET CITY MINI MARATHON 13.1 mi - Calumet City, IL - 9:00 a.m. - Calumet Region Striders, Box 225, Griffith, IN - 312-862-6440
- 3 WILLOW CREEK 10,000 - 1/4 mi fun run, 1 mi fun run, 1/2 mi fun run - 2:00 p.m. - Huntertown Elem. School
- 9 WENDY'S 10K CLASSIC - Bowling Green, KY - 11:30 a.m. - David Mason 502-781-2834
- 10 METRO PARKS DERBY CITY MARATHON, Cox Park, Louisville, KY - 8:40 a.m. - Gil Clark 502-459-5606
- 10 FALL FROLIC 10K - Hammond 9:00 a.m. - Calumet Region Striders - 219-845-1977
- 10 COUGAR CLASSIC 10,000 2 mi fun run - Kenton Ridge HS, Springfield, OH - 1:30 p.m. - Mark Scholl 513-390-3629
- 16* CHALLENGING 25K - Home-Stead HS - 1:00 p.m.
- 17 (Tentative) Ouabache State Park Cross Country 9K - Bluffton - 1:30 p.m.

- 21 TURKEY TROT 7 mi & 4 mi - Valle Vista Athletic Club - Greenwood - 8:00 a.m. - Runner's Forum 317-882-1800
- 21 TURKEY TROT 1 mi to 10 mi - Ball State Gym, Muncie 8:00 a.m.
- 21 NILES THANKSGIVING RUN 10K - 1.5 mi jog - YMCA 9:00 a.m. - Niles, MI 616-683-1552
- 23 MANCHESTER TURKEY TROT Cross Country Run - Men's 5 mi/Women's 5000M Manchester College Campus 1:30 p.m. - Steve Jungbauer 219-982-2141
- 24 BEARS OF BLUE RIVER 5K National Guard Armory-Shelbyville, IN - 1:00 p.m. Ray Sears 317-392-1903
- 24 TURKEY TROT 10K, 3.76 mi - Dowagiac, MI - 1:00 p.m. Ron Gunn 616-782-5113
- 24TH - 8 AM - MAZOCK'S HOUSE (6135 ORCHARD LANE) 5-10-15 mile training run Coffee and talk provided Bring doughnuts
- 28 GREAT TURKEY ESCAPE 4 mi Buck Creek State Park - Springfield, OH - 8:30 a.m. - Bob Cardosi, 627 Suncrest Drive, Springfield, OH 45503
- 30 TREE CITY 10K RUN - Greensburg, IN - Junior HS - 10:00 a.m. - Paula Robinson 812-663-9622

DECEMBER

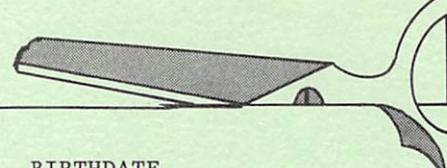
- 7 SNOWFLAKE DERBY 8K - Evansville, IN - Bill Stegemoller 812-464-47712
- 7 J.P. Jones 10K - Foster Park 2:00 p.m. -
- 8 REINDEER CLASSIC 2K & 8K - North Montgomery HS, Linden, IN - D.L. White 317-339-7947
- 31 AULD LANG SYNE 5 mi - YMCA Fort Wayne - 11:30 p.m. - Myron Meyer 219-456-6041
- 31 FRIGID 5000, 5K - Plymouth 11:45 p.m. - Debbie Boyd 219-936-7609

Don't for the great fun time at Ouabache State Park Cross Country 9K on 11-17-85 at 1.30 PM

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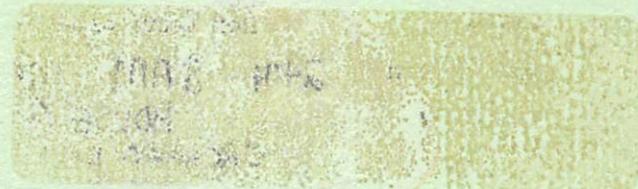
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