

the inside track



**FORT WAYNE
TRACK CLUB**

April 1986

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



Fort Wayne MARATHON 1986

May 18, 1986 • \$4,000 Cash Prizes

RUN INFORMATION

Certified Marathon Course by
Road Runners Club of America
and TAC

Out and Back through Fort Wayne

Race Date: Sunday, May 18, 1986

Wheelchair Start: 7:55 A.M.

Runners Start: 8:00 A.M.

RECORDS

Men's Time: 2:25:22.5 (1978)

Women's Time: 2:41:47.8 (1978)

Wheelchair: 2:11:03 (1982)

ENTRY FEE

\$7 Early Registration

\$10 Late Registration
(After May 8, 1986)

PRIZE MONEY

\$4,000 Cash Prizes:

\$1,000 First Place
Male and Female

\$500 Second Place
Male and Female

\$200 Third Place
Male and Female
Age Group Awards



SPONSOR:



FORT WAYNE
TRACK CLUB



REGISTRATION INFORMATION

Call or Write:

Ron Horan, Race Director

WMEE

P.O. Box 6000

Fort Wayne, Indiana 46896

(219) 447-5511

**Registration Form
Inside**

Fort Wayne Track Club

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Board Meeting Immediately Following NAVL 15K on April 26

Don't forget . . .

A weekly Marathon training run commences at the downtown YMCA on Saturday mornings at 7 a.m. Contact Tim Fleming at 749-8027 for more details.

Don't forget . . .

Race directors — the FWTC has camera ready logos that are available to use on FWTC points race applications.

Don't forget . . .

to support your advertisers.

Don't forget . . .

Marathon volunteers: Call Chuck Devault at 456-5434 to arrange a meeting.

Don't forget . . .

Sorry the newsletter is late this month. However, newsletter articles should be typed and handed in by the 15th of each month. There will be no exceptions!

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PRESIDENT'S COLUMN

By Jim Bushey

Just some notes about what's happening with your FWTC:

WMEE Marathon: Plans are progressing, smoothly for the 12th Annual Marathon, but we need your entries. If the Marathon is to continue in Fort Wayne, we must show our support by either entering the race or working as a volunteer. Contact Ron Horan at 447-5511 if you can help.

Nutra 20K Results: I had to miss the Judy Tillapaugh's race last month with a sore throat and cold, but we all should congratulate Judy for a fine job. From everyone I talked to, there was a great turnout and everyone had fun.

Road Runners Club of America has informed us that we no longer have liability insurance. In the past years, for a fee of approximately .75 a runner per year, RRCA carried a liability policy on all members.

What are the ramifications of not having insurance?

1. Having runners sign waivers, releasing the sponsor and all involved in holding a race of any responsibility is a must.
2. In Track Club sponsored races, who is liable? The President, the FWTC Board - who?

3. Can the FWTC continue to hold picnics, meetings, banquets?
4. If a waiver is signed, but a non-participant is in some way harmed, is the FWTC protected?

These are all questions the FWTC Board and all members must address at our next meeting. That meeting will be held after the NAVL 15K on April 26 at 9:00 a.m.

St. Joseph Hospital has announced it will no longer sponsor the Triathlon held each year in July during the Three Rivers Festival. Look to see an announcement about St. Joe's participation in sponsoring the White River Park games!

The Elkhart Truth has announced a new race to be held on Memorial Day, May 26. A half marathon and 10K are planned as well as other events. As a highlight, anyone who can beat Greg Meyer's 29:55 10K time will receive a \$1,000.00 bonus. Contact the Elkhart Truth at (219) 294-1661 for more details.

RUNNERS WEEK

WEDNESDAY 8 PM - CHANNEL 10

FEATURING:

- EXCITING RACES
- INTERESTING INTERVIEWS
- UP-CLOSE LOOK AT SPECIAL RUNNERS
- ANALYSIS OF INDIVIDUAL RUNNING STYLES
- TRAINING TIPS
- REPORTS FROM TRAVELING RACERS



INTRODUCING:

"GETTING BACK ON YOUR FEET"

with DR. GEORGE BOWMAN DPM.

NEW THIS SEASON ON RUNNERS WEEK DR. BOWMAN, A PRACTICING FT. WAYNE PEDIATRIST AND FOOT SURGEON, WILL BE DISCUSSING RUNNING PAIN AND INJURIES. HOW TO TREAT THE ACHE AT HOME AND WHEN TO SEEK PROFESSIONAL HELP. GREAT INFO!!

HOST TIM FLEMING-ANN JAMISON

March

Board of Directors Minutes

The following members were present at the March 4, 1986, FWTC Board meeting: Jim Bushey, Tim Fleming, Bob Pauley, Sharon Pauley, Tom Wagner, John Treleaven, Ken Miller, Russell Suever, Denny Zech, Chuck DeVault, Gary Rickner, Don Lindley, Deb Glasper, and Roger Wilson.

Jim Bushey, President, called the meeting to order.

Treasurer's Report — Don Lindley, Treasurer, handed out a monthly report at February 28, 1986. After income and expenses, the balance at February 28 dropped \$400 from the balance at January 31, 1986.

Membership — Randy LaVine reported 298 members have renewed through 1987. Expects about 400 total for the year.

Banquet Wrap-Up — 112 members attended the banquet on February 8. Jim asked for opinions of board members about banquet. Discussed possible alternatives to attract more members to the banquet and to make it more fun and interesting for runners as well as spouses, family, and friends.

Equipment — No report.

Advertising — Half of the expense of the newsletter is covered for the year by ads.

Points — Russ Suever reported trophies not claimed at the

banquet will be available at Sports Tech.

Runners Week — Tim Fleming handed out a list of expenses for January and February for Runners Week. Balance in the Runners Week account is \$85. Discussed possible dates and locations for the Runners Week fund-raising race to be sponsored by Preferred Painters. Roger Wilson volunteered to check into the Coliseum parking lot. Tim will be promoting the FWTC at the Sports Vacation and Boat Show.

Merchandise — No report.

Race Schedule — Chuck DeVault reported the race schedule is basically done for the year. September and October have available dates.

Meeting adjourned at 8:22 p.m.

Respectfully submitted,
Deb Glasper, *Secretary*

Wrap Up: Cholesterol

Cholesterol is a waxy, white substance that is classified as a fat. Although we usually think of it as found in the bloodstream, it is actually in all tissues. Cholesterol is essential to life; among other things, cholesterol is used in the outer membrane of cells. It is also used to provide a fatty insulation sheath around nerve fibers, and serves as a building block for certain hormones.

Too much cholesterol in certain parts of the body, however, can be devastating. Cholesterol and other fats may build up in the bloodstream, accumulating on the walls of the blood vessels until circulation is impaired or cut off (a condition known as atherosclerosis), which leads to heart attack or stroke.

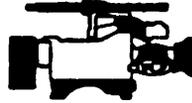
Most cholesterol is produced in the liver, which manufactures about 1,000 milligrams of it every day from the fats, protein, and carbohydrates we eat. In addition, Americans consume on the average 400 to 500 milligrams of cholesterol directly in their diets every day. Preformed cholesterol is found in animal products only — in meat, eggs, poultry, fish, and dairy products. Vegetable food products contain no cholesterol at all.

Just how cholesterol is distributed throughout the body is not entirely clear, but some

researchers hypothesize that the mechanism works like this. The liver puts together packages of proteins, cholesterol, and triglycerides (fats). These packages are called very-low-density lipoproteins, or VLDL. As they circulate through the system, they drop off the triglycerides to the muscle and fat cells to be used for energy or stored for later use. When VLDL drops off its triglycerides, it becomes low-density lipoproteins, or LDL. The LDL then carries the cholesterol through the system, dropping it off where it is needed for cell building — and leaving a residue of cholesterol in the bloodstream.

The liver makes another molecular package, high density lipoproteins, or HDL. Like the other lipoproteins, HDL is composed of proteins, cholesterol, and especially a fat known as phospholipids. HDL has less cholesterol than LDL. As it circulates through the bloodstream HDL seems to have the beneficial capacity to pick up “old” cholesterol and bring it back to the liver for reprocessing and/or excretion. In very simple terms, then, LDL takes cholesterol into the system, and HDL clears cholesterol out of the system. It is for this reason that the packages of LDL cholesterol have been dubbed “bad” cholesterol, and the packages

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of HDL cholesterol have been called "good" cholesterol.

FOOD	SERVING SIZE	CHLOES- TEROL
Beef (lean)	3 oz.	77 mg.
Liver (beef)	3 oz.	372
Chicken (light meat,	3 oz.	76
Egg	1 large	250
Fish	3 oz.	42-69
Lobster meat	3 oz.	175
Shrimp, shelled	3 oz.	110
Whole milk	1 cup	34
Skim milk	1 cup	5
Butter	1 tbsp.	35
Margarine,	1 tbsp.	0
polyunsaturated	1 tbsp.	0
Ice cream	4 oz.	40

One more factor appears to be crucial to understanding this mechanism: the fats from

which LDL and HDL are made differ from one another. LDL is composed mainly of saturated fats, which are generally solid at room temperature, such as butter, bacon fat, the fats that marble beef, two vegetable oils (coconut and palm oil), and the saturated fats made by the liver. HDL is composed largely of polyunsaturated fats, which cannot be manufactured by the body and must be consumed. Typically these fats are liquid at room temperature, such as corn, safflower, soybean, and sesame oil.

For reasons that are not clear, a large intake of saturated fat in the daily diet

(Continued)

Wrap Up: Cholesterol

raises cholesterol levels. At the same time, if we substitute polyunsaturated fats for saturated fats, we cut down on LDL cholesterol; we reduce the number of "oil trucks" that deliver artery-clogging cholesterol to the system. This is why we constantly hear the advice to cut down on cholesterol and fats — particularly saturated fats.

However this complex mechanism may work, the Russian pathologist Nikolai Anitschkow demonstrated as early as 1913 that rabbits would develop atherosclerosis if they were fed a diet rich in cholesterol. And in the following years other studies showed clear links between elevated blood cholesterol and atherosclerosis in humans. It also became evident that blood cholesterol level is related to intake of fats and cholesterol.

It is easy to see, for instance, that the Finns, who have the highest levels of saturated fat in their diets of any national group, have the highest cholesterol levels, and the highest rate of heart disease, too. Americans, with a slightly less rich diet, have the second highest level of heart disease. And the Japanese, with their low fat diet, have the lowest levels of blood cholesterol and cardiovascular disease of any

nation.

Recently several studies have provided more exact information about the relationship between cholesterol and heart disease. The National Heart, Lung, and Blood Institute, for instance, finished a 10-year study involving almost 4,000 men between the ages of 35 and 59. The drug cholestyramine was used to lower the blood cholesterol levels of one group of men (the other group was given a placebo). By the end of the study, the drug-taking group lowered their blood cholesterol level 8.5% below that of the control group — and those who reduced their cholesterol levels also reduced their incidence of heart attack by an astonishing factor: they

had 19% fewer heart attacks than the control group. As one of the participating physicians concluded, "For every 1% reduction in total cholesterol level, there is a 2% reduction in heart disease risk." So much for any doubt about the benefits of lowering cholesterol.

And yet, the National Heart, Lung, and Blood Institute had not proved that blood cholesterol could be lowered just with a change of diet. It took a group of physicians in Holland to deal with that question. They put 39 subjects on a strict vegetarian diet. The diet contained only 100 milligrams of cholesterol a day,

and fat consumption was tailored for a ratio of two parts polyunsaturated fat for every one part saturated fat. By the end of two years, the subjects had lowered their cholesterol levels by an average of 27 milligrams. Diet alone, it was demonstrated, could lower cholesterol levels and keep them low for at least two years.

But how far should blood cholesterol levels be brought down to be safe? The average American male has a cholesterol level of 230 to 260 milligrams per deciliter of blood depending on his age; the average American woman, 210 to 250 milligrams. Until recently this average was considered "normal." Lately, though, doctors have begun to question this easy assumption that average is normal; Americans as a whole, with their rich diet of meat and dairy products, probably have levels of cholesterol in their systems that are far too high — which explains why they have such a high incidence of heart attack and stroke. The "normal" American levels of cholesterol help to produce "normal" levels of one million heart attacks a year.

Several months ago, the National Heart, Lung, and Blood Institute gathered a panel of cardiologists, lipoprotein specialists, epidemiologists, and other experts to review all the latest information about cholesterol

and to arrive at some consensus about what they would recommend to most Americans. Their conclusion was that blood cholesterol levels above 200 to 230 milligrams per deciliter are associated with an increased risk of developing premature coronary heart disease. Fully one half of all the adults in America have levels above this danger line. Here are the target levels you should aim for, according to Dr. Henry Ginsberg of Mount Sinai School of Medicine in New York:

OPTIMUM CHOLESTEROL LEVELS
(TOTAL AND LDL CHOLESTEROL IN MG/DL)

AGE	MALES		FEMALES	
	TOTAL	LDL	TOTAL	LDL
Under 20	150	90	160	90
20-40	190	110	195	110
40-60	200	120	210	120
Over 60	210	140	210	140

Still, overall cholesterol levels are only part of the story. Since LDL takes cholesterol into the system, and HDL brings it out of the system, it is important not only to lower total cholesterol levels, but also to be sure that those total levels are in a ratio no higher than three parts LDL to one part HDL.

A large number of factors affect your levels of fats and cholesterol. The chart below summarizes the most important factors and gives you an array of techniques to begin to bring your cholesterol levels down to the optimum level.

(Continued on following page)

Factors that affect cholesterol levels

FACTOR	EFFECT	RECOMMENDATION
Exercise	Increases HDL cholesterol while total cholesterol remains the same.	Most experts recommend sustained aerobic exercise at least 3 times per week.
Alcohol	HDL increases as alcohol consumption increases, but because of its toxicity, alcohol is not an effective way to cope with cholesterol.	1 or 2 glasses of wine, beer, or spirits can raise HDL a little and is generally safe.
Smoking	May increase total cholesterol and decrease HDL.	Don't smoke — smoking is a major risk factor in heart disease, aside from its effect on cholesterol.
Obesity	Obese individuals often have an elevated total blood cholesterol and decreased HDL. Weight loss lowers total cholesterol.	Weight loss is a good start for controlling cholesterol.
Saturated fat (butter and animal fats)	Increases total blood cholesterol. Reduction improves the polyunsaturated/saturated fat ratio.	Consensus panel recommends reducing saturated fat intake to no more than 10% of total calories consumed.
Polyunsaturated fat (corn, soy, safflower oils)	Decreases total blood cholesterol, with major effect on LDL. Thought to prevent accumulation of cholesterol in body by increasing its breakdown in the liver.	Despite the beneficial effect on cholesterol, do not increase intake (unless low). Should be 10-12% of daily calories.
Olive oil	Although not as polyunsaturated as corn or soy oil, it still decreases total cholesterol.	Should be no more than 5% of daily caloric intake.
Fish	Lowers total cholesterol due to components in its oil. Also, substituting fish for meat and eggs lower saturated-fat intake.	Eat both lean and fatty fish 3 - 4 times a week.
Fiber I (apples, carrots, legumes, nuts, soybeans, oatmeal)	Decreases blood cholesterol.	Consume 1 - 2 servings of foods from this group daily.
Fiber II (wheat, bran, whole-grain breads and cereals)	Does not affect cholesterol level.	This type of fiber is thought to help reduce the risk of certain types of cancer and should be a regular part of any healthy diet.
Foods high in pre-formed cholesterol (eggs, fatty meat,	Increase total cholesterol in the body. Eggs are the single largest source of cholesterol — about 250 mg. per egg yolk, the maximum total daily limit.	Limit daily cholesterol intake to 250-300 mg; limit eggs to 2-3 each week.

Tom Louck's Race Schedule

April

- 5 A.U.L. Governors Cup 8K
Lafayette McCutcheon H.S.
10:00 a.m., 800/622-4931
- 19 Big Boulder Dash 10K
Milford, IN (Big Boulder Golf
Course) 9:00 a.m.,
219/658-4927
- 19 A.U.L. Governors Cup 8K
Brown County State Park
10:00 a.m., 800/622-4931
- 26 North American Van Lines
15K, N.A.V.L., H.Q., 9:00 a.m.
- 26 Muncie Symphony Run 10K
Nautilus/YMCA Center 3500
Chadam Lane, 8:30 a.m.
317/289-3387
- 4 Canterbury Green, 9:00 a.m.
- 4 Foster Park 13.1 Mile
8:00 a.m., Don Lindley
- 10 Runners Week 5K
Arlington Park, 8:00 a.m.
- 11 Run For Health 4 Mile
Whitley County Mem. Hosp.
2:00 p.m., Rick Addis,
244-6191 ext. 108
- 18 WMEE Ft. Wayne Marathon
- 26 Great Race VI 10K & Half
Marathon - Elkhart, IN
30K & 50K bike events also.
- 31 Spring Fever 5 Mile
-Huntington (Huntington
Mem. Hosp.), 8:00 a.m.
Holly Sally, 356-3000 ext. 369
1 Mile Fun Run.

May

- 3 "We Are Winning" 5K

Chiropractors Treat A Lot of SPORTS INJURIES



Anyone who is seriously injured in sports will usually see the doctor right away. But minor injuries are frequently ignored, and acute injuries that don't heal become chronic. These can all too often lead to impaired function and altered lifestyle, or can set the stage for arthritis or other degenerative disorders.

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OF THE INJURY, IS OFTEN
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FORT WAYNE MARATHON OFFICIAL ENTRY FORM

Entry fee: \$7.00 (\$10 after May 8, 1986)

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Birthdate: _____

Division: Male Female Wheelchair (circle one)

What is your best marathon time? _____

Where run? _____

Fort Wayne Track Club member? _____

T-Shirt Size: Small Medium Large Extra Large (circle one)

If you are in a wheelchair division, in which class will you be racing?

_____ (IA, IB, IC, II, III, IV, or V)

In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, for myself, my executors, administrators and assigns do hereby waive and release all sponsors, officials, and all persons and agencies connected with the 1986 WMEE FORT WAYNE MARATHON from all claims for damages arising from my participation in, and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this event.

I also hereby give my permission to the sponsors of the 1986 WMEE FORT WAYNE MARATHON to use my name and/or picture in any newspaper, broadcast, telecast, or any other account of this event without limitation.

Signature _____

If under 18, parent or guardian MUST sign and a Medical Certificate is required.

Parent or guardian signature.

Mail entry form with
\$7 entry fee to:

Date _____

Ron Horan
c/o WMEE
P.O. Box 6000
Fort Wayne, IN 46896
(219) 447-5511

WMEE Marathon Update

An exciting field of runners are committing to the WMEE Fort Wayne Marathon for 1986. Invitations have been sent to past winners and outstanding runners in Indiana.

Ruth Ozmun and Mary Hanudel are two outstanding women that have committed to running May 18. Ruth Ozmun qualified for the Olympic Marathon Trials held in Olympia, Washington in 1984. She is 29 and her best time is 2:49.37 ran in the Carolina Marathon, Columbia, South Carolina. Ruth comes from Bloomington, Indiana.

Mary Hanudel is a retiring winner. Mary won the old TV33/Hook's Marathon in 1984. That same year she ran Revco/Cleveland for her best time of 2:52:32. Mary Hanudel comes from Toledo, Ohio and is 26 years of age.

In the Men's Division we have commitments from Tom Loucks and Brady Wells. Tom Loucks is a local favorite and won the Fort Wayne Marathon in 1983 and 1984. Tom's best time is the 2:27:49 run in Fort Wayne in 1984. Tom is from Ossian and is 26 years old. Brady Wells comes from Salem, Indiana. Brady won the Louisville Marathon this past fall, 1985 and the Indianapolis Marathon in 1984.

Butch Martin from Noblesville, Indiana will be retiring to defend his 1985 Fort

Wayne victory in the wheelchair division. Butch is 27 and his best time was done in Louisville, a 2:19.

Race Director Ron Horan said, "With a quality field like this we should see an exciting, fast race and an excellent shot at a new course record."

The current course records are: men's time of 2:25:22.5 set in 1978 by Thomas Blumer; Women's time of 2:41:47.8 set in 1978 by Celia Peterson; and Wheeler time of 2:11:03 set in 1982 by Marty Ball.

Recipe of the Month Pumpkin Muffins

Combine and set aside:

1 cup boiling water

1 cup raisins

Mix together till smooth:

3/4 cup margarine, softened

3/4 cup brown sugar

1 egg

1 1/4 cup fresh or canned pumpkin

1 tsp. vanilla extract

1 to 2 tsp. cinnamon

1/2 tsp. salt

1/2 tsp. nutmeg

Add dry ingredients to liquid

just till blended: 2 cups whole wheat flour or use flour and 1 cup whole wheat flour. 1/4 cup wheat germ, optional.

1 tsp. baking powder

1 tsp. baking soda

1/2 cup chopped nuts

Fill muffin cups 2/3 full and bake in a 350° oven about 10 minutes or until they test done.

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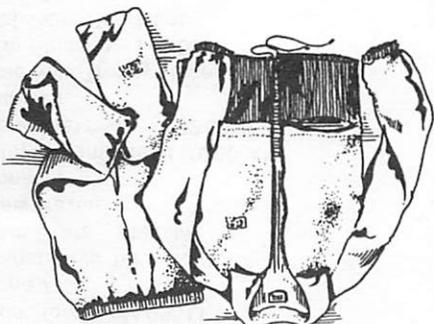
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1986 FWTC Race Schedule

March 15

20K Nutra Run 2:00 PM
Woodside School, Homestead Rd.

April 26

North American Van Lines 15K
9:00 AM Terry Shipley 429-2733

May 3

"We are winning" 5K 9:00 AM
American Cancer Society
Canterbury Green

Tom Wagner 485-0587

May 4*

Foster Park 13.1 8:00 AM
Don Lindley

May 10*

Runners Week 5K 8:00 AM
Arlington Park
Tim Fleming 749-8027

May 18

WMEE Fort Wayne Marathon
8:00 AM
Ron Horan 447-5511

June 7

Canal Days 10K 7:00 AM
Tom Gratz 749-0982
New Haven

June 14

Hilly 4 Homestead 9:00 AM
John Treleaven 432-5315

June 21

One Mile Trophy Race 7:00 AM
Tim Fleming 749-8027
Coliseum Parks Lot

June 28

Turtle Days 10,000 8:30 AM
Larry Shivley 693-2761

July 4*

Runners Week 5K 8:00 AM
Tim Fleming 749-8027
Hamilton Lake

July 13*

White River Park Course
5 miler 7:00 PM
Foster Park Tom Loucks 622-7108

July 18

Old Settler's 10K 6:30 PM
New Course - Night Race
Carl Fields 244-5500/244-7726

July 20

Diet Pepsi 10K 8:00 AM
3 Rivers Festival Event

July 26

WOWO/Central Soya 5 miler 6:00 PM
Randy Lavine 493-2420

August

1 Hour Run Northrop H.S. 8:00 PM

Jim Mazock 747-1064

August 9*

Peace and Understanding 5K
6:00 PM IPFW Jim Bushey 747-3770

August 16*

Kent Davis 5K 7:00 AM
Georgetown Square Bill Schmidt
749-0562

August 23

Big Brothers/Big Sisters
5 miler 5:00 PM
424-1600

August 31

8K Love Run Canterbury
Green 5:00 PM
Muscular Dystrophy

October 5*

5K Lutheran Hospital Race 2:00 PM
Foster Park Sharon Glick

October 26

Homeloan 10,000 2:00 PM
Dan Kaufman 485-5241
Mary Gardner 422-3502

November

10 miler Downtown
Fort Wayne 8:30 AM

November 1*

Ultra — 50 miler

December 13

Just Jones 10K

*Non Points Race

Sports & Fitness Show & Sale Scheduled For Marathon Weekend

Area businesses dealing with
Sports, Fitness and Health will

get the opportunity to display
and sell goods at the Coliseum

during Marathon weekend at the 1st Annual SPORTS/FITNESS SHOW & SALE. The promotion is designed to give local merchants and services the chance to expose their businesses to the Marathon's runners and spectators, as well as the chance to sell fitness products directly.

The SPORTS/FITNESS SHOW & SALE will take place Saturday, May 17, and Sunday, May 18 (race day) in the Exhibition Hall at the Memorial Coliseum. Race sponsor WMEE-FM will be doing remote broadcasts from the event each day.

Additional features to the SPORTS/FITNESS SHOW & SALE include the race clinic on Saturday (featuring Jeff Galloway and Hal Higdon), a power-lifting bench press competition, and demonstrations on aerobic workouts.

The show is being produced by JMA Promotions of Fort Wayne. For information on how your business can participate, contact Jim Amstutz by calling 219-482-4626.

20 KM Nutra Run Race Results

Held March 15 at 2:00 p.m. with the start and finish at Woodside Middle School. Weather conditions: temperature was 35 to 40 degrees Fahrenheit and the day was cloudy with west winds blowing.

WOMEN OVERALL	FWTC MEMBER	AGE	TIME
MARNIE GAUTSCH	NO	20	1:30:18
KATHY WIDAU	YES	32	1:38:32
SUSAN PETERSON	YES	31	1:37:44
MEN OVERALL			
DOUG SUNDLING	YES	30	1:11:13
CHRIS NORRICK	NO	20	1:13:01
DAN KAUFMAN	YES	35	1:13:20
WOMEN			
20-29			
LYNN HANDLIN	YES	29	1:38:35
CINDY SABROCK	YES	28	1:40:54
JULIE BOSSARD	NO	26	1:58:02
30-39			
TERI DAWSON	YES	36	1:37:55
JOYCE WALTERS	YES	31	1:41:05
SUE SIPE	YES	30	1:49:23
SUE COLE	YES	35	2:23:04
40-49			
ROSEANN SIMMONS	YES	42	1:38:48
ANN MIZE	YES	40	1:49:27
50 & Over			
GLORIA NYCUM	YES	50	1:55:47
MEN			
14 & Under			
TIM GORRELL	YES	14	1:26:37
15-19			
20-24			
TOM HOFFMAN	YES	21	1:19:29
KEN BABCOCK	YES	23	1:27:51
CHRIS EDINGTON	YES	24	1:27:H1
PHILIP MOYER	NO	21	1:49:26
25-29			
TOM LOUCKS	YES	26	1:13:21
STEVE SMITH	YES	28	1:14:43

(Continued)

25-29 (Cont'd)

	FWTC MEMBER	AGE	TIME
BRAD MIDDLETON	YES	28	1:16:02
TERRY DILLER	YES	28	1:16:10
DOUG CRAWFORD	NO	25	1:18:13
CALVIN KING	YES	29	1:19:41
PAUL SHAFFER	YES	28	1:20:10
KEITH CAUDILL	YES	29	1:30:33
RANDY JOHNSON	YES	25	1:45:53
30-34			
JOHN TRELEAVEN	YES	33	1:14:59
ROGER WILSON	YES	32	1:17:16
TONY GATTON	YES	30	1:19:13
TOM YODER	YES	33	1:19:20
STEVEN CASWELL	YES	32	1:19:25
TOM RENZ	YES	30	1:19:46
JERRY MAZOCK	YES	33	1:21:49
BILL JENKINS	NO	32	1:21:56
DANIEL MINNICH	YES	32	1:22:19
MARK BRATTON	YES	30	1:22:35
JED PEARSON	YES	34	1:23:50
LARRY ELLIS	YES	30	1:24:50
PHIL RIZZO	YES	33	1:25:25
BOB MILLER	YES	32	1:25:31
BILL SECK	YES	34	1:25:35
TIM ZUMBAUGH	NO	33	1:25:49
DON KAWIECKI	YES	33	1:28:02
DENNIS ZECH	YES	32	1:28:28
THOM JOHNSON	YES	31	1:29:15
DENNIS CONNER	YES	33	1:30:50
PAUL BAVRAN	YES	30	1:32:10
BILL TOWNSEND	YES	34	1:33:17
KELLY CLEVANGER	YES	33	1:36:45
DON WESTRICK	YES	34	1:37:41
GARY HOOTEN	YES	30	1:38:23
HAL ATKINSON	YES	31	1:38:24
PAUL SABRACK	YES	33	1:43:57
TOM ROEHLING	YES	34	1:44:37
RON HORAN	YES	34	1:46:44
DAN WEIRICH	YES	33	1:52:26

35-39

ART OBREGON	YES	38	1:20:55
ROBERT BYERS	YES	36	1:21:24
PAT HERMANN	YES	35	1:24:34
NORM SPITZIG	YES	36	1:25:00
GARY LANE	YES	35	1:27:46
AL HENKEL	YES	37	1:28:25
STEVE GOLDDAWAITE	YES	37	1:29:49
TIM BOLIN	YES	35	1:30:26
GEORGE KIRBY	YES	36	1:30:56
JACK REINFING	YES	38	1:31:46
JOE HILGER	YES	36	1:32:43
IVAN PAINTER	YES	38	1:33:12
RUSS SUEVER	YES	38	1:34:48
PHIL WISNIEWSKI	YES	38	1:35:29
RON STONE	NO	39	1:37:10
JEFF RAFF	YES	38	1:40:21
CHARLEY KNEDDLE	NO	38	1:44:40
DON NOTTINGHAM	YES	37	1:45:54
JIM DEITLE	YES	38	1:49:43
MICHAEL COLE	YES	37	2:02:55
CHUCK MILLS	YES	39	2:13:42

40-44

JACK OYER	YES	44	1:20:53
DENNIS HUDSON	YES	42	1:21:35
DON LINDLEY	YES	42	1:23:41
RODGER PUCKETT	YES	42	1:23:59
JACK HAMILTON	YES	41	1:25:21
DAVID BOYLAN	YES	43	1:25:41
KEN MILLER	YES	44	1:34:56
RUDY KLEINKNIGHT	YES	42	1:36:19
JOHN PETERSON	YES	40	1:36:42
RICHARD ZINK	YES	44	1:38:16

	FWTC MEMBER	AGE	TIME
40-44 (Cont'd)			
RON HABEGGER	YES	40	1:38:54
DICK WATERFIELD	YES	41	1:40:46
F. JOHN ROGERS	YES	43	1:44:16
LARRY YANT	YES	43	1:48:48
45-49			
FRED ROSS	YES	45	1:20:25
J. MORRIS	YES	48	1:29:42
LARRY AVERBECK	YES	45	1:24:56
TOM FELGER	YES	46	1:25:58
RAY SIBREL	YES	48	1:26:16
GARY MULLENDORE	YES	45	1:28:55
KEN CLARK	YES	47	1:31:34
DON ASHTON	YES	45	1:33:13
TOM LAIRD	YES	49	1:34:33
JOHN RASMUSSEN	YES	45	1:44:11
50-54			
CLEM GETTY	YES	51	1:26:57
TERRY GAUTSON	YES	53	1:35:15
CLIFF DITTO	YES	52	1:43:57
DON MYERS	YES	51	1:53:43
ROSS MOYER	YES	54	2:04:32
55-59			
GENE GRAN	YES	55	1:26:22
JACK HILKER	YES	57	1:33:18
DAVID MILLER	NO	56	1:43:01
CURT NOLD	YES	55	1:48:52
KING SULLIVAN	YES	55	1:49:21
J.P. JONES	YES	57	1:58:03
PAUL SNYDER	YES	57	1:59:32
R. HOCKENSMITH	YES	57	2:02:27
ALFRED MOORE	YES	56	2:08:35
60 and Over			
GILES TOMLINSON	YES	60	1:30:09
PHIL BURNS	YES	63	1:50:58
JACK ONID	YES	60	1:55:18

3/4 Mile Fun Run (Or Close to It)

	TIME
JAMIE GORRELL	4:17:74
RODNEY OBREAON	4:26:74
BRIAN LINDLEY	4:56:94
MICHAEL LINDLEY	5:03:29
KELLEY OHLWINE	5:11:18
DAVID BELL	5:39:70
RICH KAUTMAN	5:42:90
ANDI MINNICH	6:08:53
KIP MINNICH	6:15:92
MARSHA MINNICH	6:20:79
JENNY BELL	6:24:52
JOSHUA WEYRICK	6:58:93
DARLA ASHER	7:10:08
MELISA WEIRICH	7:10:71
SUE WEIRICH	7:21:21
MICHAEL MINNICK	7:26:48
BEA LAIEN	7:30:81
SHARON PAULLY	7:43:50

I would like to take this opportunity to thank all those runners and non-runners who helped make the 20 km Nutra Run so successful. Out of the 127 entrants 124 finished the race. Congratulations to all who proved they could run those Homestead Hills and face the wind - each one is a winner in their own special way.

My support crews deserve much thanks. Chris Welling and her little sister, Darla, Deb Glasper, John Everhart, J.P. Jones, Bob and Sharon Pauley, and Mike Kast all did a fantastic job helping at the finish line. Betty and Cliff Deweles and Cliff Gorrell took good care of the aid stations. Mike Kast, my assistant race director, deserves special recognition. His supply of shoe boxes and finish folders made completing race results a breeze! Road races are organized for the runners, but it is the race helpers and the track club families who make good races possible.

Happy Eating! Judy Tillapaugh
Race Director - Nutra Run

Arlington Park RUNNERS WEEK 5K TROPHY RUN May 10, 1986

ALL WALKERS, JOGGERS AND RUNNERS WILL RECEIVE
A BEAUTIFUL TROPHY INSCRIBED WITH FINISH
PLACEMENT - LIMITED TO FIRST 400 ENTRIES
(EXAMPLE: IF YOU FINISH 132 YOUR TROPHY
WOULD BE INSCRIBED ARLINGTON PARK-RUNNER
WEEK TROPHY RUN 132ND PLACE)

EVERY FINISHER IS A WINNER!

LOCATION

The Beautiful Arlington Park
Club House
in Arlington Park Addition
off Highway 37, 2 miles East
of Maplecrest Road
Starting Time - 8:00 a.m.

Registration - 7:00 a.m.

(Note: No Same Day Registration.)
May 10, 1986

ENTRY FEE

\$8.00 includes a 6" Marble
Based Metal Figure Trophy and
Refreshments.

(ENTRIES MUST BE RECEIVED BY MAY 7, 1986)

All Proceeds go to Runners Week

Mail entry by May 7, 1986 to:
RUNNERS WEEK c/o Tim Fleming
3120 Country Park Lane
Fort Wayne, IN 46815

For further information contact Tim Fleming (219) 749-8027

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Sex _____

Phone No. _____

*Estimated Finish Time of 3.1 mile _____ minutes _____ seconds

*Entry must be received by May 7, 1986

I have conditioned myself to compete in the 3.1 mile competition. I waive any rights I may have against Arlington Park Addition, Clubhouse, and "Runners Week" for damages or injuries occasioned by my participation in the 3.1 mile event May 10, 1986.

Date _____ Entrant's Signature _____

If under 18, parent or guardian must sign here _____



**COME JOIN US FOR THE
News-Sun And
Kendallville Park Dept.
MOTHER'S DAY
CROSS COUNTRY RUN
Sunday, May 11th
KENDALLVILLE, INDIANA**

Entry Fee:

- 5 Mile Run - \$5.00 Includes T-Shirt To Preregistered Entrees (Deadline May 2), Participation Ribbon, Awards To Top 3 Finishers in Each Category Below.

WOMEN		MEN		3 MEMBER TEAM			
Under 14	1-3	Under 14	1-3	51-54	1-3	All Finishers Count	
15-19	1-3	15-19	1-3	55-59	1-3		
20-24	1-3	20-24	1-5	60-Over	1-3	Junior - 19-Under	1-3
25-29	1-3	25-29	1-5			Men's Open	1-3
30-34	1-3	30-34	1-5			Master's Men-40 up	1-3
35-39	1-3	35-39	1-5			Women	1-3
40-49	1-3	40-44	1-5				
50-Over	1-3	45-50	1-3				

● 1 Mile Run - Free, Includes Participation Ribbon

Mother's Day Cross Country Entry & Waiver Form

Name _____ Age _____ Sex _____

Address _____ City _____

State _____

CIRCLE EVENT
5-Mile Run - 1 Mile Run

CIRCILE T-SHIRT SIZE (5 Mile Only)
S · M · L · XL

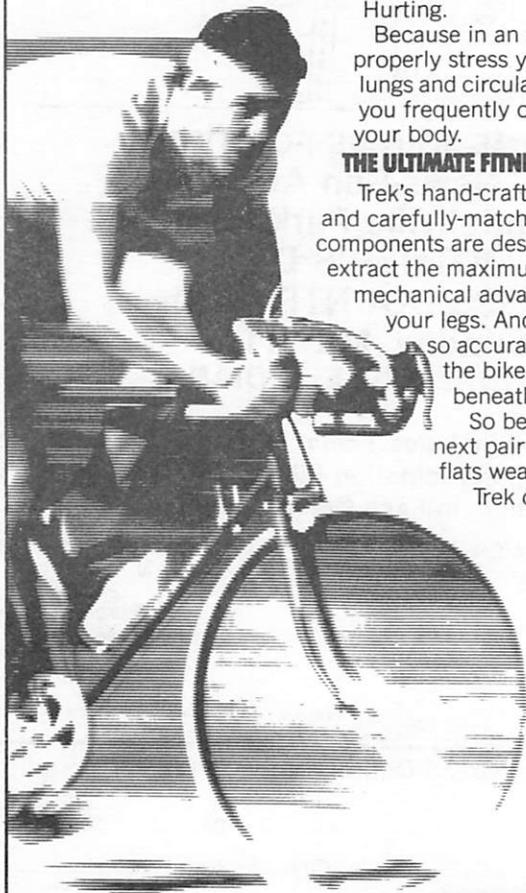
I acknowledge that I have trained sufficiently to participate in this event. I or my heirs waive all rights and claims against the Kendallville Park & Recreation Dept. and The News-Sun in connection with this event. Send form to: Kendallville Park & Recreation Dept., P.O. Box 516, Kendallville, IN 46755.

Entrant's Signature

Signature Of Parent Or Guardian
if Under 18 Years Old

DO SOME OF YOUR BEST TRAINING SITTING DOWN.

If you run alot, there's something else you're probably doing quite a bit of, too.



Hurting.

Because in an effort to properly stress your heart, lungs and circulatory system, you frequently overstress your body.

THE ULTIMATE FITNESS MACHINE.

Trek's hand-crafted frames and carefully-matched components are designed to extract the maximum

mechanical advantage from your legs. And to respond so accurately that the bike disappears beneath your body.

So before your next pair of training flats wears out, try a

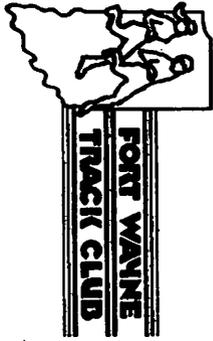
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It'll sweep you off your feet.

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