

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

MAY 1988

FORT WAYNE
TRACK CLUB



the inside track

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 482-2272 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!

OVER 40 STORE
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CARPETLAND USA
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PRESIDENT'S COLUMN

By Jim Bushey

Well here we are, well into spring and I'm sure everyone feels differently about their conditioning and training. Some take the winter off and are just starting to build a base mileage of 15-25 miles, while others are holding a steady 35-45 mile base. Then there's the group of runners pushing hard to get ready for an early Spring race...

Myself, I am gearing up for the marathon on May 18th. Some Reflections On The Spring;

"I'm stiff, sore, and ache all over"

"It's not the 20 mile training runs that hurt so much, but the following week of training"

"Training is 75% motivation and 25% perspiration"

"Where do people find the time to do speed work" and the motivation...

Whatever your goal is this summer with your running; relax, enjoy the sport and help your Fort Wayne Track Club have another successful year!

Hope to see you May 18th...

Why not plan to work as a volunteer at one race this summer.

Support WMEE and the Fort Wayne Marathon! Send in your application today or call Ron Horan at 447-5511 and volunteer to help on race day May 18th.

Central Soya/WOWO 5 mile race update. Randy Lavine and Denny Zech are hard at work planning for the 5 mile race July 26th at 6:00 P.M. downtown. At least 12 volunteers are needed to help at the finish line. Call Randy at 493-2420 to volunteer.

Runners Week 5K Trophy Run. Support Tim Fleming and his fund raiser race for the Fort Wayne Track Club "Runners Week" television program. May 10th, 8:00 A.M. at Arlington Park. You must pre-register, no same day registration. (There is an application in this edition).



TURTLE 10,000 RACE

WHEN Saturday, June 28, 1986 -8:00 A.M.

WHERE Churubusco High School - West Lot
Churubusco, Indiana 10 K Race Only

COURSE Start & Finish - West Loop Course
To Blue Lake With Some Hills



TIMING & RACE RESULTS By ACTION STATS

- * Immediate Overall And Division Results (Mailed On Request)
- * Overhead Digital Clock
- * Chronomix Timer

SPLITS Every Mile **AID STATIONS** On Course With Ice & Water, **RESTROOMS** Available - No Showers

AGE GROUPS - AWARDS *Awards Ceremony - 9:30 - 10:00 A.M.

Men	(A)	Women	(A)
14 & under	3	14 & under	3
15 - 19	5	15 - 19	3
20 - 24	5	20 - 24	3
25 - 29	5	25 - 29	
30 - 34	5	30 - 34	3
35 - 39	5	35 - 39	3
40 - 44	5	40 - 44	3
45 - 49	3	40 - 44	3
50 - 59	3	50 & over	3
60 & over	3		
	42		27

-----DETACH-----

REGISTRATION FEE Must Accompany Registration Form

_____ **BEFORE** Saturday, June 21, 1986
\$6.00 (T-Shirt) \$3.00 (No T-Shirt)

_____ **AFTER** Saturday, June 21, 1986
\$8.00 (T-Shirt) \$4.00 (No T-Shirt)

PLEASE CHECK T-SHIRT SIZE (ADULT SIZES) _____S _____M _____L _____XL

WAIVER: I fully understand that sponsors, race directors, Turtle Days Association, Smith-Green Comm. Schools and Action Stats are not responsible for any injury, loss of property or death as a result of this race. I certify that I'm physically fit for this race and waive all rights with this agreement. **SIGNATURE** _____

IF UNDER 18, PARENT OR GUARDIAN MUST SIGN

Name _____ Address _____

Age _____ Sex _____ Date _____ Phone _____

MAKE CHECKS PAYABLE TO: TURTLE 10,000
MAIL ENTRIES TO: Larry L. Shively RR 3 Co. Rd. 375 North
MAIL ENTRIES TO: Churubusco, Ind. 46723 Phone: 219-693-2761

RULES FOR THE ROAD

RUNNING has become one of our nation's more popular sports. As more and more RUNNERS-JOGGERS take to the urban and rural roadways, the incidence of RUNNER/MOTOR vehicle accidents increase.

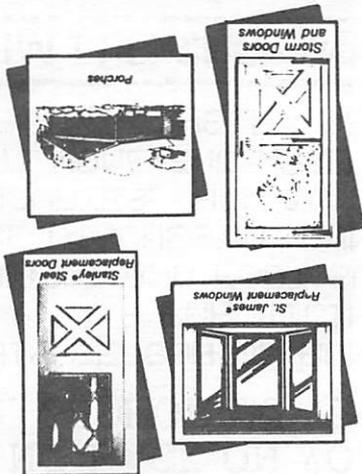
Educating RUNNERS-JOGGERS about the many roadway hazards, may aid in the prevention and reduction of JOGGER-MOTOR vehicle accidents that occur each year.

The INDIANA DIVISION OF TRAFFIC SAFETY urges each and every HOOSIER JOGGER to REMEMBER.....

- RUN FACING TRAFFIC when at all practical
 - Try to establish eye contact with driver at intersections, eye contact with those turning across your path at least establishes that you have been seen.
 - DON'T DASH ACROSS ROADWAYS OR IN FRONT OF CARS
 - TRY TO AVOID RUNNING ON THE ROAD, JOGGING and bike paths are all preferable routes if available
 - WATCH THE VEHICLE'S FRONT WHEELS as the wheels of a car are generally the first tip indicating a change in direction
 - BE CAUTIOUS OF CARS ENTERING THE ROADWAY FROM CROSS STREETS OR DRIVEWAYS
 - DON'T ASSUME A MOTORIST'S COURTESY
 - DON'T ASSUME THAT YOU HAVE BEEN SEEN
 - OBEY TRAFFIC SIGNALS - you are still a pedestrian
 - WEAR HIGHLY VISIBLE CLOTHING reflective vests, wristbands, headbands and white or light colored clothing
 - ALWAYS CHECK WITH A PHYSICIAN before beginning any strenuous physical activity
 - CARRY PERSONAL I.D. and MEDICAL INFORMATION, specifying blood type and/or special medical condition(s)
 - REMEMBER when RUNNING or JOGGING on HOOSIER roadways.....
- BE ALERT!!!!*

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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

DELUXE VIDEO



PRODUCTIONS

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TRAINING TAPES VIDEO WILLS

WEDDING VIDEOS

TIM FLEMING

219-749-8027

1986 POINTS

The following are the basics of the 1986 points system. The rules will be about the same as last year.

1. All FWTC member's points will be compiled. No sign up will be required.
2. Standard FWTC age groups for both men and women will be used.
3. Points will be assigned by "overall" finishing position. All FWTC finishers will receive points. The points will be computed as a percentile of finishing position in the race. (e.g. In a race with 100 runners, 1st place receives 1, 2nd place .99, 3rd. .98, etc.). The points
4. assigned for each race will be averaged to determine the final standings.
5. A maximum of 10 races, the top 10 will be used and the others dropped. A minimum of 8 races will be used when computing the final point average. For example, if a runner has only run 7 races at the end of the point season, we would use 8 when calculating the final average. This would give an advantage to those runners who've run at least 8 point races. If you have any questions or comments, contact Ken Miller or Russ Suever.



and

Gwen's
FINER FOODS



Present the 5th ANNUAL

Spring Fever 5 and 1 Mile Fun Run on May 31

TIME

8:00 a.m. — Fun-Run (walk, run, jog)

8:30 a.m. — Spring Fever 5

LOCATION

Both races will begin and end at Huntington Memorial Hospital where refreshments will be available. Aid stations will be located at two and four miles. Splits will be given at every mile.

COURSE

Runners will leave HMH and follow a rural and city course. The accurate, well marked course will be paved and flat. Traffic control is adequate.

COST

Pre-registration is \$5 for the 5-Mile Run, and \$3 for the Fun Run until May 30. Late registration is an additional \$1 for each run. Make check or money order payable to Huntington Memorial Hospital. T-Shirts will be awarded to the first 200 entrants in the two runs combined.

AWARDS

- PORTABLE TV — awarded to overall male winner.
- PORTABLE TV — awarded to overall female winner.
- TROPHIES awarded to first, second and third place winners in 5-mile race in all divisions.
- TROPHY award to first place winner in wheelchair division.
- TROPHIES awarded to men and women first and second place winners in fun run.
- Various other prizes will be given away.

DIVISIONS — 5 MILE

MEN		WOMEN
15 and under	40-49	19 and under
16-21	50-59	20-29
22-29	60 and over	30-45
30-39		46 and over

Ossian Running Bears Raise Money for Wheelchair

The Ossian Running Bears featured in the **Inside Track** last May, are alive, well and still running, three days a week with the encouragement of their teacher Sharon Pauley at Ossian School in Ossian. In fact, their running has become well enough known in Ossian that they were invited by the PSI IOTA XI Sorority to put on a fun run for Nat Leamon. Nat is a 5-year-old Ossian boy who was born with quadri-plegic, spastic cerebral palsy. The sorority is, attempting to raise \$5,000 for a new wheelchair. Nat is going to need within the next two years.

The Running Bears want to help with this project, so they are sponsoring a "Walk Run, or Roll for Nat Leamon" at 11 A.M. on **Saturday, May 17**. The course starts at Ossian School goes north to the Ossian Health Care Center and then back to school for a distance of about 1¼ miles. The Bears have designed ribbons which will be awarded to all finishers. Trophies will also be awarded to the first finisher in each of these age groups; 6 and under 7 & 8, 9 & 10, 11 & 12. No trophies will be awarded to those over 13, but their participation is warmly invited.

In fact participation is going to be the major emphasis of the event. With his father's help, Nat is going to take part himself, as is Mindy Smith an accomplished wheelchair student also from Ossian. Butch Martin, last year's champion wheelchair marathoner, has promised to set the pace for these young wheelers. There are even some rumors that some clowns may be going the distance to support Nat.

There is no entry fee, but all participants must register beginning at 10 A.M. at the school. Obviously, donations are encouraged and appreciated; but even if you can't make a donation the Ossian Running Bears would love to have you join their 1¼ mile party for Nat Leamon.



4th ANNUAL
CANAL DAYS 10-K

Date: Sat., June 7, 1986
Check-in Time: 6 a.m.
Run starts at 7 a.m.

Place: Jefferson Twp. Park
3 miles east of New Haven, IN
on Hwy. 14 at Webster Road

REGISTRATION & ENTRY

Before May 31, 1986: \$5.00

After May 31, 1986: \$7.00

★ FORT WAYNE TRACK CLUB POINTS RACE ★

Sponsored by: **The Marine Corps League and Coca-Cola®**
(All runners will receive Gold, Silver, or Bronze medals)

For more information call: TOM GRATZ at 749-0982

10K Runners Awards Chart						
MALE				FEMALE		
Gold Medal	Silver Medal	Bronze Medal	Age	Gold Medal	Silver Medal	Bronze Medal
47:00 & Under	47:01-54:49	55:50 +	11 & Under	49:30 & Under	49:31-56:00	56:01 +
39:55 & "	39:56-53:30	53:31 +	12-15	47:30 & "	47:31-55:00	55:01 +
38:00 & "	38:01-43:30	43:31 +	16-19	44:30 & "	44:31-53:30	53:31 +
37:00 & "	37:01-44:00	44:01 +	20-24	44:45 & "	44:46-54:00	54:01 +
37:50 & "	37:51-45:30	45:31 +	25-29	46:15 & "	46:16-54:45	54:46 +
38:30 & "	38:31-46:10	46:11 +	30-34	47:30 & "	47:31-55:30	55:31 +
39:00 & "	39:01-46:45	46:46 +	35-39	48:00 & "	48:01-56:30	56:31 +
39:35 & "	39:36-47:20	47:21 +	40-44	48:15 & "	48:16-56:50	56:51 +
41:00 & "	41:01-48:10	48:11 +	45-49	48:40 & "	48:41-58:00	58:01 +
41:50 & "	41:51-49:00	49:01 +	50-54	48:55 & "	48:56-59:00	59:01 +
42:45 & "	42:46-51:00	51:01 +	55-59	51:50 & "	51:51-61:00	61:01 +
45:30 & "	45:31-52:30	52:31 +	60-64	53:00 & "	53:01-63:00	63:01 +
47:00 & "	47:01-54:00	54:01 +	65-69	53:31 & "	53:32-65:00	65:01 +

ENTRY FORM AND WAIVER OF LIABILITY

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Your estimated time to complete the race _____.

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waiver and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Marine Corps League, The Fort Miami Detachment, and The New Haven Canal Festival, its sponsors, agents, representative or assigns for any and all damages which may be sustained, and suffered by me in connection with my association with or entry or participation in the Canal Days 10 K.

Signature _____ Date _____

PARENT OR GUARDIAN IF UNDER 18

MAKE CHECKS PAYABLE TO: MARINE CORPS LEAGUE

SEND TO: 1075 KENWOOD AVE.
FORT WAYNE, IN
46805

Tom Louck's Race Schedule

May 3

We Are Winning Run 5K
-Canterbury Green.- 9 A.M.

May 3

Run For Life 10K -
Anderson 4:15 P.M.
Keith Trent 317/646-5102

May 4

Diet Pepsi 10K - West Lafayette
(Happy Hollow Pk.) 8 A.M.
Penny Ainsworth 317/463-4551

May 10

Runners Week Trophy Run - 5K
Arlington Park (Highway 37, 2
miles east of Maplecrest Rd.)
8 A.M. Entry must be received
by 5/7.

May 10

Sunrisers Kiwanis 15K
-Noblesville (High School).
9A.M. - 317/776-0180
after 5 P.M.

May 10

Gateway City Fitness Fun,
5K & 10K plus 5K walk
Sturgis MI. High School
8:45A.M. - 616/651-6270

May 10

Cardinal Run 5K & 10K
-Southport H.S. Indianapolis.
Linda Knight 317/784-1206

May 10

Run For Your Life 10K -
New Castle. - 8:30 A.M.
David Zook 317/966-2013

cont.

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.

**DELAY IN TREATMENT,
RATHER THAN SEVERITY
OF THE INJURY, IS OFTEN
THE CAUSE OF LASTING PROBLEMS.**

If you have had any injury, even a minor one, the sooner you see your chiropractor the more likely you are to be helped — but treatment can often be effective even years later.

Call today — most insurance plans cover chiropractic.

GOSSMAN CHIROPRACTORS CLINIC

Frank H. Gossman, D.C.

432-5880

3174 Mallard Cove Lane

Fort Wayne, IN 46804

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:

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

Date _____

Tom Louck's Race Schedule cont.

May 11

Whitley County Memorial Hosp.
4 Mile Health Run. - 2 P.M.
Rick Addis 244-6191 Ext. 108

May 11

Mother's Day Cross Country
Run - 5 mile.
Kendallville (Youth Center) 2
P.M.

May 17

A.U.L. 8 KM -
Anderson (Mounds State Park)
10 A.M. 317/232-4124

May 17

Metro Health Super Loop
5 mile - Indianapolis
(Shadeland Station Medical
Office) 9 A.M.

May 17

Indiana Spring Classic - 10K
Indy (Eagle Creek Park) 10 A.M.

May 18

WMEE - Fort Wayne Marathon
8 A.M.

May 18

Metric Madness/Indiana State
TAC Cross Country Champs
5K - 3 P.M.

Bob Cunningham 812/336-7131

May 23

500 Festival Mini - Marathon
13.1 mile - 9 A.M.

May 24

Elby's Distance Classic 20K
Wheeling W.VA. - 9 A.M.
Hugh Stobbs 304/233-5000

May 25

Crown Point 10 Mile
Crown Point IN
Tom Deardorff 769-7474

May 26

Great Race 10K & Half
Marathon
No Race Day Entries
Elkart Truth 219/294-1661
Ext. 262

May 31

Spring Fever 5 Mile
(1 Mile Jog)
Huntington (Memorial Hosp.)
8 A.M. - Holly Sale 356-3000
Ext.369

May 31

Terre Haute Triathlon

June 7

Canal Days 10K
New Haven
Tom Gratz 749-0982

June 14

Hilly 4 Mile
Homestead H.S.
9 A.M.

June 15

Michigan City Run 15K
8:30 A.M. - Washington Park
219/872 9901 - 872-2827

June 21

One Mille Trophy Race
Coliseum Parking Lot
Tim Fleming 749-8027

June 28

Turtle Days 10K - 8:30 A.M.
(Churubusco High School)
Larry Shivley 693-2761

BUDGET:
a mathematical
confirmation of
your suspicions

NEIL'S
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Call... **423-2477**

Don't Hit the wall.....



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Service

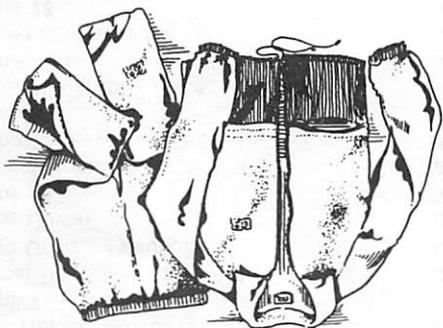
We'll run to you!!!



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BROOKS
High performance from the ground up.



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1986 FWTC Race Schedule

March 15

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

April 28

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

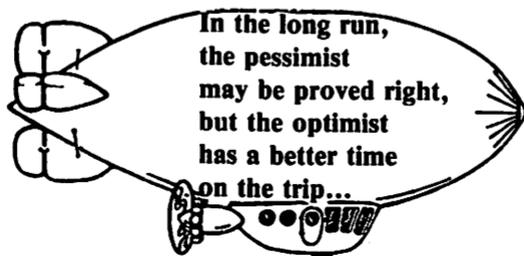
November 1*

Ultra — 50 miler

December 13

Just Jones 10K

*Non Points Race



NUTRITION IN QUESTION

What is the adult requirement of calcium each day? What foods should I eat to meet this need?

The current adult recommended daily allowance for calcium is 800 milligrams. There is a strong chance that this will increase in the next year due to the growing evidence of calcium health benefits. To meet your requirement use calcium rich food at meals and snacks. Each of the foods listed here contain 300 milligrams calcium. Use three or four of them each day and you will be calcium strong. If you're on a low fat diet use the lowfat choices.

1 cup of skim, low-fat, whole or buttermilk

1 cup of yogurt

2 cups of cottage cheese

1½ cups of ice milk or ice cream

1½ ounces of cheese

4 oz. salmon (with bones)

16 medium oysters

2½ oz. sardines (with bones)

8 oz. of Tofu (made from calcium coagulant)

Nutrition In Question" is a new addition to Inside Track. Any nutrition issues on your mind? Do you often wonder what is right to eat? Maybe we could help you. You are invited to send your nutrition questions to Judy Newman and Judy Tillapaugh both registered dietitians at St. Joseph Hospital. Answers will be included in the Inside Track. Mail nutrition questions to:

Judy Newman R.D. & Judy Tillapaugh R.D.

Nutrition Services

- St. Joseph Hospital

700 Broadway

Fort Wayne, Ind. 46802

FRESH FRUIT DIP

Ingredients:

Wp plain low fat yogurt

3 pkgs. equal

1½ tsp. cinnamon

½ cup mocksour cream

Method:

Combine all ingredients till smooth. Chill and serve. Ginger or nutmeg can be substituted for cinnamon.

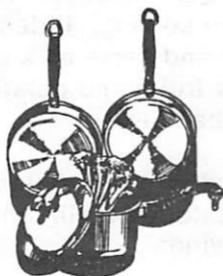
Yield = 1½ cups

serving size: 1 Tbsp.

Per serving: 10 cal, 1 gram

CHO, 1 gm. Pro., Tr. fat, 6mg.

NA, 0 mg. chol.



continued

MOTHERS S DAY RUN !



**STARTING TIME:
2 P.M.**

• **LATE REGISTRATION** •
BEGINS AT 1:00 P.M.

SEE RACE APPLICATION



STRAWBERRY TOFU DESSERT



Ingredients:

1 lb. Tofu or cottage cheese,
drained
1 cup frozen unsweetened
strawberries thawed
¼ cup boiling drained water
(reserve ½ cup juice)
2 pks. Equal or 1½ Tbsp. sugar
1 small pkg. strawberry
flavored gelatin - regular or diet
Graham cracker crust

Method:

Put tofu, strawberries, juice, & Equal in blender. Blend till smooth. Dissolve gelatin in ¼ wp boiling water. Turn on blender and gradually add to gelatin mixture, whip 1-3 minutes. Prepare graham cracker crust and put in the bottom of a 9 inch. sq. pan. Pour strawberry filling over crust and chill 3 to 4 hours till firm or overnight. Cut strawberry dessert in 9 pieces before serving. If desired omit crust and serve as a pudding. Other fruits and gelatin flavors may be used.

1 serving = 115 cal. (if using low calorie gelatin and Equal)
6 servings



**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

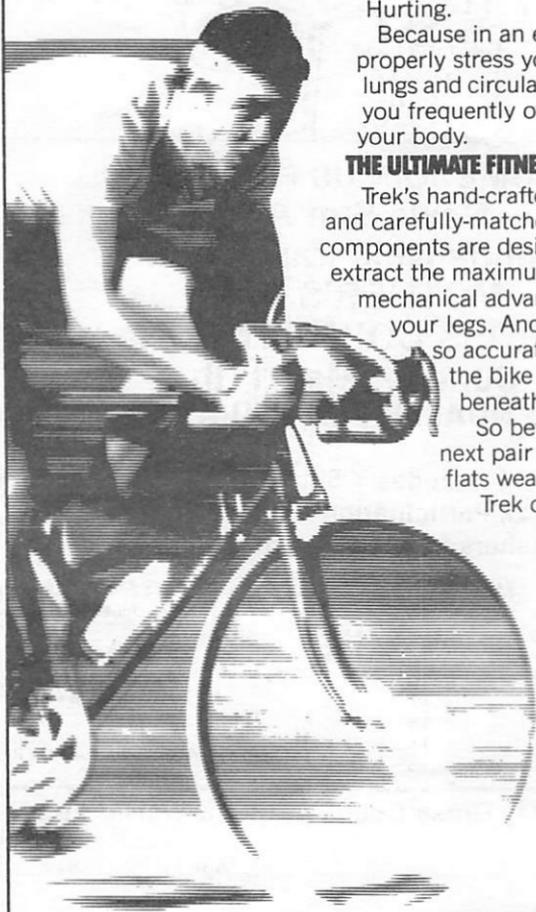
I acknowledge that I have trained sufficiently to participate in this event. I or my heirs waive all rights and claims against the Kendallville Park & Recreation Dept. and The News-Sun in connection with this event. Send form to: Kendallville Park & Recreation Dept., P.O. Box 516, Kendallville, IN 46755.

Entrant's Signature

Signature Of Parent Or Guardian
if Under 18 Years Old

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RUN THE LIME CITY 5 !!

**1st Unit Of Huntington's Famed
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Featuring
Indiana's Fastest First Mile Record:
4:33 Tim Mylin Jeff Beam Mick Schlahter(1985)

JUNE 21, 1986 - 10:00 A.M.

Contact: Steve Hacker
7 Parkmoor Dr.
Huntington, IN 46750
219-356-3040

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HAPPY HEART RUN
Branch County Community Health Center
Coldwater, Michigan
May 3, 1986

FUN RUN

9 A.M. (Mich. Time) 8 A.M. (Ind. Time)

5 & 10

10 A.M. (Mich. Time) 9 A.M. (Ind. Time)

Age Groups:

12 and under, 13-19, 20-29,30-39,40-49,50-59,60 and over

For information contact Jean Waters at 517-278-7361

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.

ENTRY FEE
 \$6.00 includes a 6" Marble
 Based Metal Figure Trophy and
 Refreshments.
(ENTRIES MUST BE RECEIVED BY MAY 7, 1986)
 All Proceeds go to Runners Week

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

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 _____

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Sex _____ Birthdate _____

Address _____ Phone _____

City _____ State _____ Zip _____

If Renewal, Your Current Track Club # _____

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Make Checks Payable To:

Fort Wayne Track Club and Mail To

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

Membership Fee \$12.00

Ea. Add'l Family Member \$6.00 (\$24.00 Max. Per Family)

(List The Names, Birthdates and Sex of Each Family Member)



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