

# the inside track



FORT WAYNE  
TRACK CLUB

JUNE 1986

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

## RAIN OR SHINE



WE RUN . . . .

# Fort Wayne Track Club

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### From the Editor's Desk... Janelle Graber

Changing our newsletter has been a major undertaking and I appreciate all the feedback members have shared with me. I like to hear both negative and positive comments about the newsletter. After the April issue was distributed, word got back to me that it lacked articles and looked like a series of ads. I heartily agree and made appropriate changes in this issue.

This is your newsletter and should reflect what is happening in the Fort Wayne Track Club. If any of you would like to submit articles, anecdotes, and photos, please do. All items to be included in the newsletter should be submitted by the 15th of the month and all articles should be typed. Please, let me hear from you!

### Don't forget . . .

to support your advertisers.

### Don't forget . . .

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

### Don't Forget...

The Wednesday night Fun Run every Wednesday night at Foster Park near the volley ball courts at 6:00 p.m. sharp.

# 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**

Canai 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 8:00 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 12**

White River Parks Games

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 Bushay 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

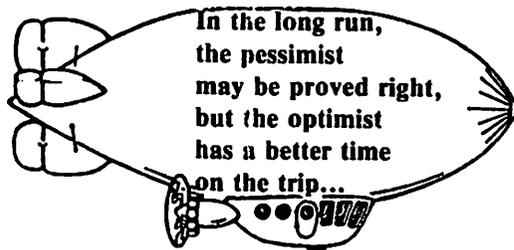
**November 1\***

Ultra — 50 miler

**December 13**

Just Jones 10K

\*Non Points Race



# PRESIDENT'S COLUMN

By Jim Bushey

## Pre-Marathon Article

A special "thanks" is in order for Don Lindley. In addition to organizing the aid stations. Collecting supplies and helping race director Ron Horan with last minute marathon plans, Don put on "The 13.1 mile prediction run." The prediction run is a low key fun event where speed is not a factor. I enjoyed running in a pack for most of the run as conversation was lively and everyone traded marathon training tips. This kind of track club event should be shared by all members. Maybe we can come up with some more races that stress participation rather than competition. Any suggestions?

Chuck Devault, John Treleaven, Tom Loucks and I met Sunday morning, April 27, to re-mark the course. We were all a little sore from the NAVL 15K the day before. Chuck was tanned and rested from a weeks vacation on a cruise! Thanks for the help guys!

Terry Shipley and all the crew at North American Van Lines should be commended for a fine race. Approximately 450 runners showed up for the 15K and 5K races on a hot sunny April morning. That goes to show you don't need a big advertising budget to have a lot of runners at your race. Just do a good job, year after year, and the reputation will take care of entries. Once again, great job Terry!

Date Line: May 22, 1986

The 12th annual Fort Wayne Marathon is history and overall, I think we can say it was a success for the Fort Wayne Track Club. Despite the rain and Brady Wells being led off the course some very positive things were accomplished.

Those who attended the sports and fitness expo found Jeff Galloway to be a very interesting and sincere person. Jeff is full of knowledge and gave very good training tips. Parkview, St. Joseph, Lutheran Hospitals, along with Metro-Health and many other health organization, were excellent exhibitors. If you were there, you could have had your body thoroughly tested. Hal Higdon is truly "The Expert" in running for the State of Indiana, if not the entire country. I enjoyed working with Hal doing live cut-in's on WMEE during the race.

With 474 runners, I think we had a fine field. The \$7.00 entry fee kept out people who were not in shape to run, unlike in past years when the race was free. All of you who finished the race can be proud to wear your medallion. The extra effort many FWTC members put into finish the race under adverse running conditions was important to show WMEE that we really do appreciate their efforts. Roseann ran an excellent race and got a trophy for her efforts. Way to go, Roseann!

Back to Brady Wells. What a "Class" individual, Brady downplayed the being led off the course incident to the press. He ended up running 562 yards extra and his actual time would have been approximately 2:23:45. Good luck this summer, Brady! You deserve to win a lot of races with your hard work and great attitude.

Tom Herman and everyone at Parkview Hospital did their usual good job with the wheelchair division. But good was not enough this year. Parkview had the largest and fastest field ever. Many of the wheelers told Tom the course and the race is one of the finest around. Congratulations Parkview, the FWTC appreciates your effort.

Ron Horan and everyone at WMEE should be commended for pulling off the impossible - putting on a marathon with only three months to prepare. Never before had Fort Wayne had a marathon that took care of its runners so well. Overall awards, age division awards, medallions, certificates, a pre-race magazine, computerized finish line and plenty of T-shirts for all the volunteers are just a sampling of what WMEE did to improve our marathon. But most of all the concerted effort by all the staff of WMEE during the long rainy day on May 18th was a real team effort. I for one, am proud to have been a part of that team.

Finally, I cannot forget to thank the Red Cross, REACT, the Police Department, and all 300 volunteers who made up the heart of the marathon. Rest, Rest and more rest after 26.2 miles in order for all you marathoners! See you at the June races...

P.S. We already had our first meeting with WMEE for next year. The race will be held on May 17, 1987. An 8K race will be included and will start 30 minutes after the marathon. The course will be slightly changed and will be certified by the FWTC. More meetings are planned throughout the summer.

# 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

Trek on for size.

It'll sweep you off your feet.

Over 100 Bikes on Sale  
Free Layaway  
90 Day Interest Free Financing  
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**TREK**<sup>®</sup>  
FURTHER THAN YOU'VE EVER GONE.<sup>™</sup>

**Denny's Bike Shop**  
3496 N. Clinton  
Fort Wayne, IN  
484-6990

# JEFF ADDRESSES SPORT & FITNESS EXPO

Jeff Galloway: A Report  
By: Mike Robbins

Though Jeff Galloway came prepared to speak to a large group, a scheduling mix-up prevented that. However, anyone who was fortunate enough to attend the WMEE Fort Wayne Marathon Sports and Fitness Expo and talk with Jeff came away impressed with what they saw and heard.

Jeff Galloway was extremely personable, unassuming and interested in each runner he spoke with. He responded to each question deliberately, thoughtfully and directly to the person who asked it. He regarded each question as important and each person as significant. This type of "humanness" from a successful, former world-class athlete is very refreshing.

The one overwhelming idea that Galloway stressed was to not "over do" running. This may sound somewhat strange from someone known for advocating runs as long as 30 miles in preparation for a marathon. (I will summarize Galloway's training principles in a future newsletter. For now, let it suffice that his ultra-long runs are generally discussed out of context and misunderstood.) His own running plans, new that he has reached age 40, are to enjoy running with the guys he used to compete against. These include such people as Bill Rodgers, Frank Shorter, Don

Kardong and Amby Burfoot among others. Galloway readily volunteers that his competitive career has long since ended and his perspective has evolved since then.

When asked what advice he would give someone who runs every day Galloway responded, "run every other day." He indicated that most runners do not rest enough. By substituting biking or swimming or some other form of exercise on the "other" days, a runner develops different muscles while avoiding the continued pounding of running. The variety of activities also contributes to overall enthusiasm and fitness.

For those who requested specific types of training ideas, Galloway advised a long run every other week, hill work and eventually speedwork. The speedwork is designed to develop both form and endurance. For shorter races (5K, 10K) 440's were suggested while mile repeats were more appropriate for marathon training. Again, more information will be presented in a future newsletter.

book to facilitate the sales. Galloway the person and Galloway the runner provided great value to those who attended the Expo. I hope this type of program can be repeated in future years. Thanks to WMEE a great experience was available this year. And next year promises to be even better.

Jeff Galloway was pleasant, informative and entrepreneurial. Though he was perfectly willing to talk about his running views, he also suggested buying his book in order to get the entire story and had brought a supply of the book to facilitate the sales. Galloway the person and Galloway the runner provided great value to those who attended the Expo. I hope this type of program can be repeated in future years. Thanks to WMEE a great experience was available this year. And next year promises to be even better.



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## **\* FWTC SUPPORTS WHITE RIVER PARKS GAMES...”**

Tom Loucks is working with the White River Parks Games and is organizing a 5 mile road race on July 12.

The FWTC Board decided to support Tom, and his efforts with equipment,volunteers and support. Call Tom for more details.

# Tom Louck's Race Schedule

**June 7**

Canal Days 10K - New Haven  
7 A.M. - Tom Gratz 749-0982

**June 7**

A.V.L. Governors Cup Run 8K  
Indiana Dunes State Park  
Chesterton - 9 A.M. 800/622-3931

**June 7**

South Bend Sunburst Marathon  
6 A.M. 5K & 10K 7 A.M.  
Joyce Fox 219/233-6161  
Ext.232

**June 8**

A Day At The Races 10K  
St. John 9 A.M. Ron Estep  
219/365-3565

**June 14**

Homestead Hilly 4 mile  
9 A.M. John Treleaven  
432-5315

**June 14**

Lugar Fitness Festival  
10K & 5K Indy (Butler Univ.)  
8 A.M. Runners Forum  
317/882-1800

**June 14**

St. Johns White River Run 15K  
Janet Knick 317/646-8103  
Anderson - 9 A.M.

**June 14**

A.U.L. Governors Cup 8K  
Harmony State Park - 10 A.M.

**June 14**

Strawberry Stroll 10K  
Crawfordsville 8:30 A.M.  
D.L. White 317/339-7947

**June 15**

Green Town Glass Festival  
Triathlon -.8 mile swim, 37 mile bike  
9 mile run

Wildcat Creek Reservoir Park  
Greg Smith 317/628-2071

**June 15**

Bud Light Tri Indiana  
1500 meter swim 40K bike  
10K run - Bloomington  
(Lake Monroe) 9 A.M.  
Warren Smith 812/825-2548  
Deadline 6/8

**June 21**

One Mile Trophy Race  
Memorial Coliseum  
Parking Lot - Tim Fleming  
749-8027

**June 21**

Lime City 5 mile - Huntington  
10 A.M. - Steve Hacker  
219/356-3040

**June 21**

Buzzard's Roost 10K -  
Hamilton Heights H.S.  
Arcadia - 6:30 P.M.  
Evan Achenbach 317/984-3019

**June 22**

Shelbyville Triathlon  
5 mile swim - 17½ mile bike  
4 mile run Fairland Rec.  
Center - 9 A.M. Deadline 6/16  
Bob Chaney 317/897-5906

**June 28**

Shipshewana Classic 5K &  
10K - Phil Hostetler 219/463-7088  
- 8 A.M.

# **TOM LOUCK'S RACE SCHEDULE cont.**

**June 28**

Strohs Run For Liberty 8K  
Indy - Athletic Department

**June 28**

White River Park State Games  
Sectional

**June 29**

Monument City Classic 10K  
& 2 mile - Angola Commons  
8 A.M. - Jim Scott 665-5582

**July 3**

(Thur.) Under The Lights  
6 mile - Sylvania, OH.  
Northview H.S.) 8:30 P.M.

**July 4**

Runners Week 5K - Hamilton  
Lake - 8 A.M. - Tim Fleming  
749-8027

**July 12**

Indianapolis Triathlon  
Eagle Creek Park - 1.5 K  
swim - 40K bike - 10K run  
8 A.M. - 317/USA-0000

**July 12**

White River Park State Games  
Regional Road Race - 5 mile  
Foster Park - Deadline 6/23  
7 P.M.

**July 18**

Old Settler's 10K  
Columbia City - 6:30 P.M.  
Carl Fields 244-5500/244-7726

**July 19**

Elephant Walk 10K - Peru  
8:50 A.M. - Phil Siple

**July 20**

Diet Pepsi 10K  
Ft. Wayne - Downtown 8 A.M.

**July 26**

WOWO/Central Soya  
5 mile - Downtown -  
Ft. Wayne - Randy Lavine  
493-2420



Fort Wayne Track Club  
13.1 Mile Prediction Run  
May 5, 1986

Overall Place	Name	Prediction	Actual	Differs
27	Steve Yager	1:39:40	1:39:42	:02
28	Don Ashton	1:41:00	1:41:06	:06
49	Sharon Pauley	3:30:00	3:29:52	:08
09	Dennis Kroells	1:27:27	1:27:12	:15
10	Gary J. Rickner	1:30:00	1:29:41	:19
38	Gary Hooten	1:49:00	1:49:40	:40
35	Paul Sabrack	1:48:17	1:49:06	:49
29	Dennis Stonebraker	1:42:38	1:41:41	:57
23	Pat Hermann	1:34:54	1:35:58	1:04
05	David Ruetschilling	1:25:12	1:24:04	1:08
04	Ed Stuart	1:25:12	1:24:03	1:09
07	Jim Bushey	1:25:30	1:24:11	1:19
06	Tony Gatton	1:25:30	1:24:05	1:25
25	Chuck Okorowski	1:36:30	1:37:59	1:29
15	Mike Zurzolo	1:35:00	1:33:28	1:32
14	Don Lindley	1:35:00	1:33:24	1:36
02	Tom P. Yoder	1:25:30	1:23:04	2:26
01	Steve McNulty	1:25:30	1:23:03	2:27
22	Tom Felger	1:38:00	1:35:31	2:29
11	Larry Averbek	1:27:30	1:30:09	2:39
16	Ray Sibrel	1:36:51	1:34:02	2:49
20	Bernie Motycka	1:37:30	1:34:30	3:00
33	David S. Miller	1:45:00	1:48:21	3:21
34	Cliff Ditto	1:45:00	1:48:23	3:23
08	Tom Rentz	1:28:50	1:25:07	3:43
19	Myron Meyer	1:38:15	1:34:30	3:45
32	Michael Callahan	1:44:10	1:47:59	3:49
39	Joseph Brooks	1:50:00	1:54:11	4:11
21	Rodger Puckett	1:39:30	1:34:57	4:33
45	Gloria J. Nycum	2:07:03	2:02:25	4:38
41	Curtis Nold	2:00:00	1:55:19	4:41
42	Joan Weller	2:07:00	2:02:16	4:44
43	Ron Motycka	2:07:00	2:02:16	4:44
03	Jerry Diehl	1:28:43	1:23:56	4:47
37	Barbara O'Neil	1:54:37	1:49:25	5:12
36	Jack O'Neil	1:54:37	1:49:25	5:12
48	Robert Hockensmith	2:14:00	2:08:32	5:28
17	Don Kawiecki	1:40:00	1:34:04	5:56
40	Wendell Adams	1:48:30	1:54:32	6:02
26	Cynthia Sabrack	1:45:48	1:39:39	6:09
12	Mark A. Brattoli	1:38:01	1:31:39	6:22
18	Phil Suelzer	1:28:00	1:34:29	6:29
47	J.P. Jones	1:59:00	2:05:30	6:30
46	Charles Mills	2:13:40	2:05:00	8:40
24	Doug Ulmer	1:45:00	1:36:06	8:54
30	Joe Nycum	1:32:00	1:41:50	9:50
13	Gary Mullendore	1:45:00	1:33:14	11:46
31	Richard L. Shepherd	2:00:00	1:47:03	12:57
44	Betty DeWells	2:20:00	2:02:25	17:35

### 13.1 Prediction Run

Many thanks to those that participated this year in the FWTC 13.1 Prediction Run. We all should be proud that we collected \$56.00 in donations on behalf of Nat Leamon. Nat is a 5 year old Ossian boy who was born with quadri-plegic spastic cerebral palsy.

Congratulations on Steve Yager for winning this year's run within two seconds of his prediction time. I hope Steve enjoys the three foot trophy he won that I donated. Steve McNulty and Tom Yoder were your overall winners, they finished together as the fastest runners of the day. But the thrill of victory was to those that came the closest to their time.

Again, thanks to all of the volunteers. Ron Heimberger and his son, Doug; and my two sons, Brian and Michael, all manned the aid stations for 3 mile, 8 mile and 13 mile. While Bob Pauley and Chuck DeVault handled the finish with their expert experience; my wife, Rosann and Valerie Puckett handled all registration and results. Without all of their help, I would have not been able to run in the race. Thank you.

Race Director - Don Lindley

Fort Wayne Track Club

Congratulations to Tom Wagner for a well-laid-out course for the American Cancer Society 5K run - none of those grueling hills or wet grass to run through. I hope other races at Canterbury will be run on the same course.

Ruth Hyndman

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Thank you

WMEE

For a great  
Race





# Kendallville Park and Recreation Department

211 Iddings Street P.O. Box 518 Kendallville, Indiana 46755 Phone 347-1064

## RUN RESULTS

### MOTHER'S DAY RACE 5-11-86

#### NEWS-SUN/KENDALLVILLE PARK DEPARTMENT

FASTEST FINISHERS		5 MILE RUN	
<u>MALE</u>	1st	Tim Grant	28:38
	2nd	Rich Hamlin	29:21
	3rd	Hal Pearson	29:45
<u>FEMALE</u>	1st	Sue Cleland	33:53
	2nd	Julie Manger	38:59
	3rd	Maribeth Shea	41:09

FASTEST FINISHERS		FUN RUN	
1st	Nikki Laughlin	MEN 40 - 44	
2nd	Adam Mapes	1st	Stan Wong
3rd	Ryan Todd	2nd	Michael Lykins

#### AGE DIVISION WINNERS

##### MEN 14 & UNDER

1st	Brian Durbin
2nd	Chad Felger
3rd	Sean Cleland

##### MEN 15 - 19

1st	Tim Rayle
2nd	Buff Dormcier
3rd	Eric Kell

##### MEN 20 - 24

1st	Rich Hamblin
2nd	Ken Babcock
3rd	Chris Edington

##### MEN 25 - 29

1st	Chuck Putterbaug
2nd	Jim Bryant
3rd	Mike McKinney

##### MEN 30 - 34

1st	Tim Grant
2nd	Hal Pearson
3rd	Richard Jaymes

##### MEN 35 - 39

1st	Jed Pearson
2nd	Wendell Fritz
3rd	Dave Desper

##### MEN 45 - 50

1st	Larry Taggart
2nd	Dick Hornly
3rd	Bob Harter

##### MEN 51 - 54

1st	Alton Myers
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##### MEN 55 - 59

##### MEN 60 & OVER

1st	John Atz
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##### WOMEN 15 - 19

Judy Hulbert
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##### WOMEN 20 - 24

Maribeth Shea
---------------

##### WOMEN 25 - 29

Sue Cleveland
---------------

##### WOMEN 30 - 34

1st	Julie Manger
2nd	Wanda Myers
3rd	Debbie Rose

#### TEAM

1st	Slo - Pokes
2nd	Skinner Lake Striders
3rd	Fantasma

#### TOTAL RUNNERS

5 MILE	61
FUN RUN	<u>37</u>
TOTAL	98

# NUTRITION IN QUESTION

- Q:** Does eating "quick energy foods" a half hour before an event increase performance?
- A:** The advertisement for "quick energy foods" can be deceiving. These foods may actually impair performance. Eating concentrated sugars increases plasma insulin, and can give you a temporary "high." However, the increase in plasma insulin causes a reaction called **hypoglycemia** or low blood sugar. Low blood sugar can make you feel weak, nauseous, shaky and zap your energy. The energy used for competition or practice comes from foods eaten days and even weeks prior to an event.
- Q:** Is it helpful to drink a solution such as Gatorade during exercise?
- A:** Sugar or electrolyte solutions can be detrimental to performance. Research indicates the best way to replace fluids is to drink cool water. The addition of glucose (sugar) to the water actually retards water absorption and may actually draw water into the gut and cause distention and cramping. On very hot days, it's recommended to drink 1 to 1½ cups water ½ hour before the event or practice and ½ cup of water every 1 to 20 minutes during the event or practice. This will replace water lost during performance.

Including this month's recipe in your diet with its nutritious complex carbohydrates is sure to improve performance.

## BRAN-APPLE SQUARES

**Yield:** 20 servings

**Serving Size:** 1/20 of recipe

**Use:** Sodium controlled

Ingredients	Measure	Method
40% bran flakes	1c	Spray a 9 x 9 x 2 inch baking pan with non-stick vegetable spray coating. In a large mixing bowl stir together bran flakes, wheat germ, dry milk powder, and baking powder. In a small bowl combine egg, brown sugar, apple, oil, molasses, and vanilla. Add egg mixture to dry ingredients; mixing well. Stir in walnuts. Turn into prepared pan. Bake in 350 F oven about 25 minutes. Cool on wire rack. Cut into squares. Makes 20 servings.
wheat germ	1/2c	
nonfat dry milk powder	1/2c	
baking powder	1/2 tsp.	
beaten eggs	2	
packed brown sugar	1/2c	
peeled and finely shredded apple	1/2c	
cooking oil	2 Tbsp.	
light molasses	1 Tbsp.	
vanilla	2 tsp.	
chopped walnuts	1/2c	

**Calories Per Serving:** 85

10 gm. carbo. 3 gm. pro.; 4 gm. fat; 36 mg. sodium; 28 mg. chol.

Exchanges per serving: 1 bread, 1/2 fat

Reference: Good Food and Fitness - Better Homes and Gardens

Note: For low cholesterol diets replace eggs with 1/2 cup liquid egg substitute.

**FWTC BOARD MEETING**  
April 26, 1986 - 11:30 a.m.  
North American Van Lines Lobby

The April meeting of the FWTC Board was held after the NAVL Spring Classic Race. The following members were present: Jim Bushey, Tom Wagner, Russell Suever, Deb Glasper, Judy Tillapaugh, Sue Long, Roger Wilson, Gary Hooten, and Tom Loucks.

Jim Bushey, President, called the meeting to order.

**Treasurer's Report**--In Don Lindley's absence, Jim Bushey handed out the treasurer's report for the month and year-to-date at March 31, 1986. Total income for the month was \$1,482, with the major portion coming from membership dues. Expenses were \$878 for March showing an ending balance at March 31 at \$604 above the February 28 balance. A list of advertisers with outstanding balances was reviewed briefly.

**Membership**--There have been requests from FWTC members for membership cards to be used for discounts on running gear purchases. Jim Bushey proposed printing membership cards on the outside cover of the Inside Track. Briefly discussed giving breaks on half-year memberships for new members joining in the middle of the year.

**Equipment**--No report.

**Liability Insurance**--Jim Bushey has done some investigation on liability insurance. Sue Long will check into liability insurance with Mutual Security.

**Advertising**--Currently the Inside Track has been running 4 or 5 ads per newsletter which bring in \$40-50 each per month.

**Points**--Russ Suever reported 1985 awards are at Sports Tec. There will be a points update next newsletter.

**Runners Week**--No report.

**Merchandise**--Inventory of singlets is low. Discussed whether to invest money to build up stock. The Board decided to put an order form in the newsletter for ordering merchandise. When a sufficient amount of individual orders are received, the bulk order will then be submitted to the vendor.

**Race Schedule**--Denny Zech and Randy LaVine report plans are underway for the WOWO/Central Soya 5 Miler scheduled for July 25. Race applications will soon be available.

Tom Loucks, Director for the White River Park race, reported there will be a souvenir stand at the race offering a 60/40 split with the FWTC for monies collected. He is still in need of volunteers. Volunteers will receive t-shirts and also free entry into the finals in Indianapolis. They are expecting 500 runners for the race. Race aps are available at Sports Tech.

**WNEE Port Wayne Marathon**--As of two to three weeks ago, 285 runners have registered for the marathon. This is higher than last year at this time. The Club will have a booth at the Expo at the Coliseum. Hours will be Friday 5/16 10 a.m. - 7 p.m., Saturday 5/17 10 a.m. - 6 p.m., and Sunday 5/18 10 a.m. to 5 p.m. May need more finish line volunteers. Jim Bushey and Mike Robbins are trying to get or make mile ground markers for the marathon.

Old Business--Groups that get together on a regular basis for all types of runners are as follows:

6 p.m. Wednesday - 5 Mile at Foster Park - Meet at parking lot near volleyball courts

6 p.m. Tuesday & Thursday - Meet at American Health Fitness Center on N. Clinton - 9 mile on Tuesday, 10-12 mile on Thursday

New Business--A board member will be obtaining information regarding TAC memberships.

Denny Marks, Director of Southeast YMCA, has expressed interest in becoming more affiliated with the RWTC.

Meeting adjourned at 12:33.

Respectfully submitted,

Deb Glasper  
Secretary



1986 THREE RIVERS FESTIVAL

**DIET PEPSI 10K**

FORT WAYNE PARKS & RECREATION

**RACE STARTING TIME:**

8 AM EST, SUNDAY  
JULY 20, 1986

**START:**

DOWNTOWN, MAIN STREET  
IN FRONT OF THE COURT HOUSE  
FORT WAYNE, INDIANA

**ENTRY FEE:**

\$6.00 PRE-REGISTRATION (Postmark July 14)  
\$7.00 AFTER JULY 14

**AGE GROUPS:**

WOMEN: 14 and Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 and Over  
MEN: 14 and Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 and Over

**AWARDS:**

First place awards will be presented to overall winners in both men's and women's divisions (overall winners do not qualify for age group awards). Awards will be presented the day of the run to the top three finishers in each age group. All runners will receive a T-Shirt.

**RACE COURSE:**

SAME AS HOME LOAN 10,000

1986 THREE RIVERS FESTIVAL

**DIET PEPSI 10K**

FORT WAYNE PARKS & RECREATION

**REGISTRATION FORM**

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age (on 7-20-86) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ T-Shirt Size: (Circle) Small Medium Large X-Large

Waiver of Responsibility: In consideration of the acceptance of this entry to the Three Rivers Festival 10K Run, I waive all claims for myself, my heirs, and assigns against the race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parents Signature \_\_\_\_\_  
(If Under 18 Years Old)

Mail Entry Form To: 3 Rivers Festival Diet Pepsi 10K  
P.O. Box 12224  
Fort Wayne, Indiana 46863

For Additional Information Call: Clark Hamilton, (219) 427-1270

# PREFERRED

INC. MIRACLE MILE TROPHY RUN

June 21, 1986 Ft. Wayne Memorial Coliseum  
Age Group Runs will commence at 8 AM

A fund raiser for The Fort Wayne Track Club. The Fort Wayne Track Club has been in existence over a decade. We believe that the Club's existence within the community has helped improve the quality of life in the Fort Wayne area, as well as the surrounding neighboring cities.

All walkers, joggers, and runners who finish the ONE mile run around the Coliseum will receive a 7" Marble based medal figure trophy inscribed with your placement finish on it. Example: If you finish 101st place in your 30-34 Age Group, your trophy would be inscribed:

101st PLACE  
PREFERRED, INC.  
MIRACLE MILE

Finishers will also receive a PREFERRED, INC. Miracle Mile running band.

Note: Because of the short distance of run, individual races will be held within age groups, male and female combined.

- 15 & Under
- 16 - 19
- 20 - 24
- 25 - 29
- 30 - 35



- 36 - 40
- 41 - 50
- 51 - 60
- 60 & Over

ENTRY FEE - \$6.00 - Includes trophy and merchandise  
Packup pickup 3:30 day of Race, June 21, 1986 (No Same Day Registration)  
Place: Fort Wayne Memorial Coliseum

Make check payable to: FORT WAYNE TRACK CLUB  
c/o Tim Fleming  
3120 Country Park Lane  
Fort Wayne, In 46815

Mail entry by June 18, 1986

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

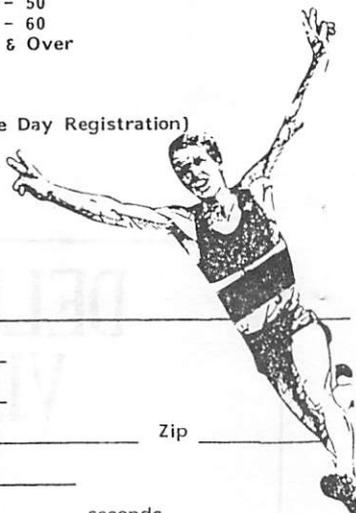
Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_

Estimated Finish Time of 1 mile \_\_\_\_\_ minutes \_\_\_\_\_ seconds

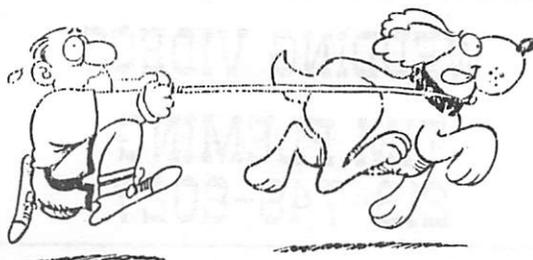
I have conditioned myself to compete in the ONE mile competition. I waive any rights I may have against Preferred, Inc./Fort Wayne Track Club and "Runners Week" for damages or injuries occasioned by my participation in the ONE mile event June 21, 1986.

Date \_\_\_\_\_ Entrant's Signature \_\_\_\_\_

If under 18, parent or guardian must sign here \_\_\_\_\_



FORT WAYNE  
TRACK CLUB

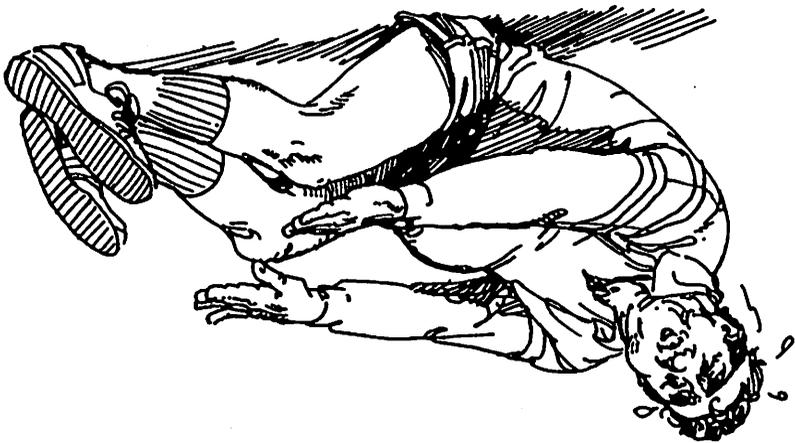


TIM FLEMING  
219-749-8027

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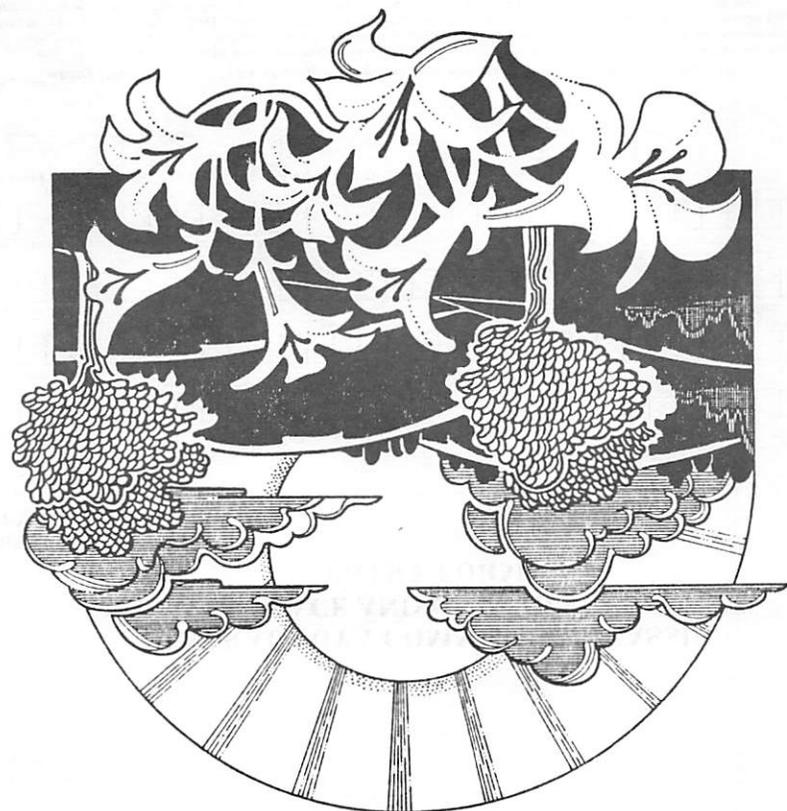
DELUXE  
VIDEO



## 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 conditions)
- REMEMBER when RUNNING or JOGGING on HOOSIER roadways.....

BE ALERT!!!!

# CENTRAL SOYA COMMUNITY CLASSIC FIVE-MILE RACE AND ONE-MILE "FUN RUN"

Saturday, July 26, 1986  
Fort Wayne, Indiana

Entry Deadlines:  
Mail In: July 18, 1986  
Race Day: 6:30 p.m.,  
July 26, 1986


**Eligibility** Any male/female runner in good physical condition is eligible.

**Registration and Entry Fee** **Five-Mile Race:** The entry fee is \$8.00 if you register and mail your application before July 18, 1986. The entry fee is \$10.00 if you mail your application after July 18, 1986 or if you register on the day of the race. Make checks or money orders payable to "Central Soya Community Classic". Send to P. O. Box 1400, Fort Wayne, IN 46801; Attn: Mr. Tom Krumme.

**One-Mile "Fun Run":** The One-Mile "Fun Run" in cooperation with the YMCA is free to all participants. We ask that all participants register in advance or at one of the many "Fun Run" tables on race day from 10:00 a.m. to 6:15 p.m. Come run with your friends.

**Distance** 5.0 mile footrace through downtown Fort Wayne and along the St. Mary's River. Start at the intersection of Main and Calhoun streets in front of the City-County Building.

1.0 mile "Fun Run" (Same start and finish as Five-Mile Race)

**Check-In** **Five-Mile Race:** Packet pick-up point and times — tent next to Freimann Square from 10:00 a.m. to 6:30 p.m. on Saturday, July 26, 1986.

**One-Mile "Fun Run":** Registration at special tables or in tent.

**Telephone Information** For information, call 219-425-5107 (Tana Harter).

**Awards** **Five-Mile Race:** Special awards to the overall first place male and female runner and the first place masters (40/over) male and female runner. Also, awards to a minimum of the top three runners in each male and female age divisions.

**One-Mile "Fun Run":** Ribbons to all participants.

<b>Race Divisions</b>	<b>WOMEN</b>	<b>MEN</b>	
	19 and under	14 and under	35-39
	20-29	15-19	40-44
	30-39	20-24	45-49
	40-49	25-29	50-59
	50 and over	30-34	60 and over

**Pre & Post Race Activities** Numerous activities in FREIMANN SQUARE for all runners, families, and friends including:

- WOWO Personalities at the Sunshine Studio
- Live Music
- Food and Beverages
- Door Prizes (Drawn from Group of Five-Mile Race Finishers)

Listen to WOWO Radio 1190 am for further exciting details on these activities.

# FESTIVAL OF PEACE AND UNDERSTANDING 5K RUN

Saturday, Aug.9

3.1 mile race - 6 p.m.

Sponsored by: IPFW International Students Organization

Course: Out and Back Course - IPFW Campus, Fort Wayne, IN

Entry Fee: \$5 per runner. Pre-registration deadline is Saturday, Aug. 2  
\$6 registration fee day of race.

Entry fee includes a T-shirt. No refunds if unable to participate.

Awards: Every finisher is a winner in this all community expression of a desire for peace and understanding.

Age Groups: Male and Female:

14 and under

15 - 19                      30 - 34                      45 - 49

20 - 24                      35 - 39                      50 - 59

25 - 29                      40 - 44                      60 and over

Directed by: Jim Bushey  
Fort Wayne Track Club  
450-1247

Don McCord  
Associated Churches  
744-4950

Janelle Graber  
IPFW  
482-5408

Make Checks  
Payable to: IPFW

Send to: Janelle Graber  
Neff Hall 350H  
Indiana University-Purdue University at Fort Wayne  
2101 Coliseum Blvd. East  
Fort Wayne, IN 46805

---

## FESTIVAL OF PEACE AND UNDERSTANDING 5K RUN ENTRY FORM

Saturday, Aug. 9

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_ Female \_\_\_ Age \_\_\_ Birthdate \_\_\_\_\_

T-Shirt Size: Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_

I, the undersigned, hereby agree, in consideration of my voluntary participation in the 5 K Run for Peace to be held at Indiana University-Purdue University at Fort Wayne on August 17, 1985, that I shall indemnify and hold harmless Indiana-Purdue Foundation at Fort Wayne, Indiana University, Purdue University, their respective trustees, officers, agents, appointees, and employees from and against any losses, costs, damages and expenses, including attorney's fees, arising out of or resulting from claims or suits, by or on behalf of any person, for any injury to my person, including death, or for any damage to my property, occurring during the course of my participation in the said run, alleged or claimed to have been caused, in whole or in part contributed to, by any act or omission of any of the indemnities hereunder.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_  
Parent or Guardian (if participant is a minor)

# ORDER FORM

## RUNNING OUTFITS:\*

SHORTS S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

SINGLETS S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

\* CALL FOR QUOTE

RUNNING LOGS 2.00 \_\_\_\_\_

BUMPER STICKERS 1.00 \_\_\_\_\_

T-SHIRTS 6.00 \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

LS T-SHIRTS 9.00 \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

HEAD BANDS 3.00 \_\_\_\_\_

SWEAT SHIRTS (HOODED) 17.00 \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

POLO SHIRTS 13.00 \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

## SEND CHECKS TO:

FORT WAYNE TRACK CLUB

C/O SUE LONG

237 WEST ESSEX LANE

FORT WAYNE, IN 46825

## FOR MORE INFORMATION CONTACT:

SUE LONG 484-1373 (HOME) OR

484-0511 EXT: 2369 (WORK)

## SEND MERCHANDISE TO:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY & STATE \_\_\_\_\_

PHONE \_\_\_\_\_

## Maumee Valley Associates, Inc.

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Mary Kay Solon, P.T.

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10,000 METER RACE\*

DATE: Friday, July 18, 1986  
Registration starts at 5:00 p.m. - 10K starts at 6:30 p.m.

WHERE: First Church of God parking lot, North Main Street (state road 9),  
Columbia City, Indiana

ENTRY FEE: \$6.00 (\$7.00 after July 8, 1986)

COURSE: This years 6.2 mile course starts the 82nd edition of the Old Settlers Day Association and American Legion Festival parade. The course is routed through the city and out into the country and back. Approximately 10,000 to 15,000 people line the parade route to cheer you on.

COURSE RECORD: MEN: Jesse Garcia - Chicago, Illinois - 32:19.86  
WOMEN: Betty Nelson - Columbia City, Indiana - 37:21.35

SPLITS: At every mile mark.

AID STATION: Ice and water at every mile mark and finish. Restrooms available, no showers.

AGE CATAGORIES: MEN: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 44-49, 50-59, 60-over  
WOMEN: 19-under, 20-29, 30-39, 40-49, 50-over

AWARDS: Award for the best time overall for male and female winners. Awards to top three in each age group. Overall winners do not qualify for age group awards. T-shirts to all runners.

FINISH LINE: TIMING AND RACE RESULTS BY ACTION STATS

- Computerized results -
- Fast, reliable, accurate times -
- No finish line backup -
- Race results will be mailed to all runners -
- Refreshments will be served after the race -

\*Fort Wayne Track Club Points Race



-DETACH-  
OLD SETTLERS 10,000  
Official Entry Form

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ SEX: Male  Female

FORT WAYNE TRACK CLUB MEMBER: Yes  No  T-SHIRT SIZE: S  M  L  XL

In consideration of acceptance of this entry, I waive for myself, my heirs, and assigns, any and all claims for damage against the Old Settlers Day Association, Inc. and their representatives, for any and all injuries received during, before and after this event. I attest and verify that I am sufficiently conditioned to participate in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(Parent or guardian signature required if under 18 years of age)

Make checks payable to: OLD SETTLERS 10,000 Send entry & fee to: Carl R. Fields  
P. O. Box 271  
Columbia City IN 46725

For information call: (219)244-5500 or (219)244-7726

MIND GAMES, or  
A RUNNER IS A RUNNER IS A  
RUNNER NO MATTER WHERE  
by Doug Sundling

When: April 26, 1986 between  
9:00 and 10:00 AM.

Where: Somewhere on dusty  
and warm county roads northwest  
of Fort Wayne.

What: North American Van  
Lines 15KM, the local tune-up  
for the marathon in May.

Weather: Sunny. Clear,  
Sunny. Warm. Sunny. 70° F's,  
or was it 80° F's? Whatever, it  
was a good time to get that  
first sunburn of the year.

Wind: Southeast breeze -- a  
dry one that lifted off of the  
county roads the dust and heat  
which gently brushed around  
your body as you ran along.

Why? To expose what we fear  
but hope isn't true of our  
training schedule for the  
impending challenge of twenty-  
six point two miles.

After mile two, Tom Loucks  
was 10-20 seconds in front of  
Bryan Sponseller who was 20-30  
seconds in front of me, and I  
was quickly putting a 30+  
second gap between myself and  
the runner I had just slipped  
past.

So, what competitive, go-get-  
'em thoughts do the leaders  
have with over seven miles to  
go?

By mile 4 1/2, I was  
wondering whether I could run  
the second half of the race as  
fast as I had run the first  
half. Sucking on that warm air  
and pounding on that warm  
pavement weren't exactly  
enticing and encouraging my  
anticipation for the next 8 KM.  
Watching Spoz's unmistakable  
running wobble down the middle  
of the road in front of me, I  
reminded myself to run in the  
gravel shoulder to avoid  
absorbing the heat of the road.

Spoz reflected after the  
race and noted that at about  
mile 4 1/2 he started to feel  
worried about the run, thoughts  
like, "What am I doing out  
here?"

About a minute ahead of me,  
Tom, churning along on the  
gravel shoulder of the road,  
also had begun to wonder what  
he was doing out here,  
contemplating such inspiring  
thoughts like, "All I could  
think of was how dead I was  
feeling."

Mile 6.

Okay, the competitive fire  
should be boiling at its peak  
now. The leaders, evident to  
all three of us, have not  
gained or lost any ground on  
each other.

NOW is the time to make that  
move to reel in the runner in  
front of you.

NOW is the time to engage  
that killer instinct and make  
the legs churn out to the  
rhythms of Rocky's Theme Song  
revibrating in your head.

My thoughts at mile 6: "I  
said I wouldn't look back to  
see where the next guy is until  
I turn the corner after mile 8,  
but . . .," as I looked over my  
shoulder at the turn after mile  
6 -- and after mile 7.

Spoz at mile 6: "I knew I  
was within 10 seconds of  
Loucks, and all I could think  
of is that if Sundling is  
having a good race, he's going  
to catch me."

And the leader at mile 6? "I  
had a 20 second lead, and I was  
running to place second.  
That's how bad I felt."

Alright, so there is always  
a time of questioning during a  
race, when you -- competing  
with others or just with your  
own expectations -- have self-  
doubts, when you wonders if you  
can hold-up. Then, the second  
wind surges up from deep within  
and the newfound energy pushes  
you onward. Right?

Mile 7 to 8.

I had been cruising along at  
a 5:25 to 5:30 pace, but knew  
that my pace had been slowing.  
Mile 7 to 8 was a 6:00 minute  
mile -- just a wonderful  
feeling for the dying runner  
inside of me.

"You too, uh!" Bryan said  
after the race.

"Yea," I said, "I did notice  
that even though I was dying,  
you hadn't pulled any farther  
ahead of me."

"Mile seven to eight," Loucks  
would groan afterwards, "was  
horrible. A 5:50? Is that  
what I ran? Ugh."

There must have a certain  
spot, a certain wrinkle in the  
dimensions of time and space  
between mile 7 and 8 that day.  
At that spot, a little,  
invisible gremlin would wait  
till a beleaguered runner  
passed by, and then, instead of  
triggering the memory of  
Rocky's theme song or Chariots  
of Fire so that the second wind  
would surge through the body,  
that gremlin would prankishly  
plop a certain thought in the  
mind of that runner.

The one thought which goaded  
me all during that stretch from  
mile 7 to 8 and thereafter was,  
"This is the pace I want for  
the marathon? If I feel like  
this after 7 miles, what about  
the next 19 miles?"

"You know," said Sponz while we were talking after the race, "that's all I could think about also."

A few minutes later, we moved over to the awards ceremony and were talking with Tom. It wasn't long before Tom rolled his eyes to the side and exasperated, "Between mile 7 and 8 all I could think of was 'This is the pace I want for the marathon? I've got 19 more miles of this!'"

Bryan responded for both of us, "You too, uh!"

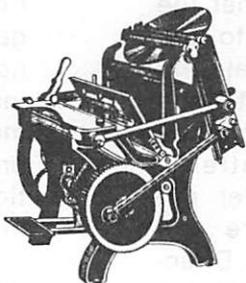
The mind games running plays on a runner: sometimes I wonder if what I am trying to challenge and to better are the times or the mind games running plays on me. There must some sort of amusement and satisfaction from that challenge because all three of us -- along with the other runners of the NAVL 15KM -- will probably go do it again.



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**Color Too!!**

A person couldn't ask for worse conditions the first year of organizing a marathon. Without the help of volunteers from the Fort Wayne Track Club, the event would not have happened as smoothly as it did. Jim Bushey, Mike Robbins, Don Lindley, Chuck DeVault, John Treleaven, and Roger Wilson offered invaluable advice and assistance. Their vision of what the WMEE Fort Wayne Marathon can become is one that promises to be an exciting, enjoyable, and rewarding challenge for runners of all abilities.

I also commend the many volunteers of the Fort Wayne Track Club that helped make the 1986 WMEE Marathon a success: People like Bob and Sharon Pauley who kept the clock going until the last runner crossed the finish line shortly after 2 P.M., people like and aid station volunteer at the 7/19 mile mark who coached that last runner the remaining 7.2 miles to the finish line and a medal, and all the other people that stood in the rain at aid stations, as timers and as spotter. Volunteer efforts under difficult conditions are appreciated by this Race Director and should be applauded by the community.

The WMEE Fort Wayne Marathon is a community event with many other volunteers. The American Red Cross provided a tremendous service with their First Aid assistance for runners, in-

cluding massage therapy, and was completely organized and supervised by Sherry Smith. Sherry's husband Dave, provided Amateur Radio operators for communication and swag wagons. This is the first year for "ham" involvement and we look forward to an expanded role for them next year. Aid stations were operated by Fort Wayne Parks and Recreation, Y.M.C.A. (both Southeast and Central), L.S. Ayres, Waterfield Mortgage, Lincoln National Corporations, and F.W.T.C.

WMEE is looking forward to next year. By the time you read this article, we will have had recap meetings with our staff, Fort Wayne Track Club members, American Red Cross, Allen County Amateur Radio Technical Society, Parkview Hospital staff, and the Fort Wayne Police Department. These meetings are our effort to improve the race, correct mistakes, and generate new ideas. Since we now have 12 months to plan, instead of a little more than 3 months, you will see improvements. Your suggestions are welcome. Put them in writing and send them to:

**WMEE Fort Wayne Marathon  
P.O. Box 6000  
Fort Wayne, IN 46896**

Thank you again for your help, and I hope to see everyone again in 1987.

Ron Horan, Race Director

# WMEE FORT WAYNE MARATHON

DATE) 5/18/86

FORT WAYNE, IN

WEATHER) RAINING

TEMPERATURE) 64

DISTANCE) 26.2 MILES

STARTING TIME) 8:00 AM

## RACING RESULTS BY ACTION STATS, INC.

\*\*\*\*\*

OVERALL	DIV	PL.	NAME	ADDRESS	CITY	STATE	ZIP	SEX-AGE	TIME
1	1		BRADY WELLS	RR 1 CARRIAGE HOUSE APTS, #11	SALEM	IN	47167	M24	2:25:30.60
2	1		DAVID RINEHART	1212 LA VALE AVE	LAWLAKE	ND	21502	M31	2:28:57.52
3	2		STEPHEN HOFFMAN	3116 UNIVERSITY	HIGHLAND PARK	IL	60035	M21	2:35:48.71
4	1		LEO TURCHYN	21 ALVINA ST	BATESVILLE	IN	47006	M29	2:36:18.03
5	1		PATRICK DAVIS	11380 194TH ST	MOKENA	IL	60440	M39	2:38:14.23
6	2		KEN HILLENS	311 RIVER VISTA DRIVE	GOSHEN	IN	46526	M39	2:38:57.92
7	2		KEVIN D'GRADY	1598 HARVESTER LN	COLUMBUS	OH	43229	M27	2:41:08.62
8	2		DOUG SUNDLING	936 SHERWOOD DRIVE	BLUFFTON	IN	46714	M30	2:41:27.47
9	3		SCOTT WAREHAM	4212 CLAYBURN DR	INDIANAPOLIS	IN	46268	M34	2:41:31.56
10	4		RICK REITZIG	119 TULIP TREE APT	BLOOMINGTON	IN	47401	M34	2:41:45.11
11	3		STAN HATCH	2116 SCIO CHURCH RD	ANN ARBOR	MI	48103	M24	2:42:47.86
12	4		BRIAN ZELNER	183 1/2 W. 12TH STREET	WINONA LAKE	IN	46590	M23	2:43:25.06
13	3		ALEX KYLE	558 1/2 IVA ST	HUNTINGTON	IN		M28	2:45:31.52
14	4		STEVEN RAY SMITH	1004 LINCOLN AVE	FORT WAYNE	IN	46807	M25	2:45:37.68
15	5		RONALD HOME	RR1 BOX 186	GEORGETOWN	IL	61846	M28	2:45:39.87
16	6		BRYAN SPOUSELLER	RR 5 BOX 307	WARSAW	IN	46580	M27	2:47:38.65
17	5		BRIAN GAGNE	1216 HONYHILL RD	ADDISON	IL	60101	M23	2:48:24.06
18	6		JEFFREY CLAY	183 N. BEARD ST	DAVILLIE	IL	61832	M24	2:49:57.12
19	5		ROBERT SCHEDEL	582 1MO ST	AUBURN	IN	46706	M30	2:50:12.88
20	7		CHUCK SCHLEMMER	1005 S. MAIN	LIGONIER	IN	46767	M25	2:50:49.54
21	3		BEN EKLOF	1000 SOUTH LINCOLN ST	BLOOMINGTON	IN	47401	M39	2:51:13.86
22	6		MARK CROOK	8716 CHLOE CT	POWELL	OH	43865	M32	2:51:39.96
23	4		PAUL SILBRAY	RR #1 BOX 27	SILVER LAKE	IN	46982	M30	2:51:49.76
24	8		STEPHEN McMULTY	3314 KIDDA CT	FORT WAYNE	IN	46815	M25	2:52:48.68
25	9		DAVE McCLURE	260 E. JACKSON ST	MARTINSVILLE	IN	46151	M26	2:54:28.12
26	5		DANIEL KRAUFMAN	7719 BRACKFIELD DR	FORT WAYNE	IN	46815	M35	2:54:39.33
27	1		RUTH OZMAN	621W W. 4TH ST	BLOOMINGTON	IN	47401	F29	2:55:04.93
28	7		RICHARD MYERS	266 S. JEFFERSON ST	MONTPELIER	IN	47359	M34	2:55:46.44
29	1		BOB FURNISH	388 EAST 12TH ST	BLOOMINGTON	IN	47401	M40	2:55:51.15
30	8		DOUGLAS ORDWAY	15 - 400 SR 18 - A1	HOLGATE	OH	43527	M30	2:56:09.94
31	9		HAL PEARSON	712 E HAZEL STREET	ALBION	IN	46701	M31	2:56:35.04
32	1		PETE BOWMAN	BOX 235 MANCHESTER COLLEGE	NORTH MANCHESTER	IN	46962	M19	2:57:22.03
33	6		TERRY FRENCHLING	8109 PARTRIDGE MEADOW DR	LOUISVILLE	KY	40222	M37	2:57:17.33
34	10		MIKE RICHARDSON	5772 BRENTWOOD TRACE	BRENTWOOD	TN	37027	M34	2:58:01.06
35	7		THOMAS DENDINER	812 ALLISON BLVD	AUBURN	IN	46706	M39	2:58:31.21
36	10		TERRY DILLER	ROUTE 2	CHURUBUSCO	IN	46723	M28	2:58:45.38
37	11		DOUG CRAWFORD	733 ELM STREET	HUNTINGTON	IN	46750	M25	2:58:54.22
38	1		BILL JACKSON	3601 ALMEDA DR	TOLEDO	OH	43612	M45	2:59:14.53
39	2		EDWIN STUART	2438 HOAGLAND	FORT WAYNE	IN	46807	M42	2:59:17.67
40	8		JOE S. GREENE, M.D.	APT 72 510 W. DUSTMAN RD	BLUFFTON	IN	46714	M37	2:59:26.77
41	9		MICHAEL WHITE	6506 KENWOOD RD	CINCINNATI	OH	45243	M37	2:59:53.36
42	7		STEVE GONES	4444 LOHR RD	ANN ARBOR	MI	48104	M24	3:00:11.99
43	12		RANDY PALMER	7083 N. 300 W-5	MARION	IN	46952	M29	3:00:38.06
44	1		BETTY NELSON	328 N. MAIN	COLUMBIA CITY	IN	46725	F40	3:00:48.38
45	11		MARLIN HOWE	503 GUMWOOD RD	NILES	MI	48120	M31	3:00:46.68
46	2		GLEN DAVIS	RR 6 BOX 2108	NEW CASTLE	IN	47362	M48	3:01:02.99
47	12		TOM RENZ	741 GERMAN ST	HUNTINGTON	IN	46750	M31	3:01:54.55
48	2		MARY HANUEL	136 MILFORD ST	TOLEDO	OH	43685	F26	3:02:15.68
49	10		GERALD STUTZ	2800 REEVESSTN	RICHMOND	IN	47374	M39	3:02:16.79
50	13		WILLIAM NICHOLS	3622 OLIVER ST	FORT WAYNE	IN	46806	M27	3:03:00.02
51	14		ROBERT HUNT	2010 CHARLES	VINCENNES	IN	47591	M29	3:03:12.80
52	11		STEVE KELLER	PO BOX 373	CONVOY	OH	45032	M39	3:03:37.34
53	2		ANN M. JAMISON	7228 HOSLER RD.	LED	IN	46765	F42	3:03:45.59
54	12		ROBERT BECZKIEWICZ	226 VILLAGE WAY	SOUTH BEND	IN	46619	M37	3:03:45.93
55	2		JERRY GERIS	4030 SOUTH WAYNE AVE	FORT WAYNE	IN	46807	M19	3:05:02.42
56	15		BRETT DAVIS	5769 OAKLAND TERRACE	INDIANAPOLIS	IN	46220	M27	3:05:52.10
57	13		TONY GATTON	6116 STONY BROOK DR	FORT WAYNE	IN	46815	M30	3:06:03.37
58	14		TOM YODER	2120 CRESCENT AVE	FORT WAYNE	IN	46805	M34	3:06:26.45
59	3		RODGER PUCKETT	RR 7 300E	COLUMBIA CITY	IN	46725	M42	3:06:38.00
60	8		JEFF PFEIFER	BOX 716	WINONA LAKE	IN	46590	M23	3:06:38.18
61	15		DAVID EUGENE LALLOW	26469 GRANT RD	SOUTH BEND	IN	46619	M31	3:06:52.41
62	13		BRUCE DAVIS	1507 MATTHEW LAKE	MARION	IL	62959	M39	3:07:05.91
63	16		DAVE DWORNIK	352 ROSEWOOD #14	DEFIANCE	OH	43512	M28	3:07:16.91
64	17		DAN MOORD	1308 KENWOOD AVE	FORT WAYNE	IN	46805	M29	3:07:28.52
65	18		THOMAS L. BALL	3844 TORRANCE	TOLEDO	OH	43612	M26	3:07:58.19

## WMEE FORT WAYNE MARATHON CONT.

OVERALL DIV PL.	NAME	ADDRESS	CITY	STATE	ZIP	SEX-AGE	TIME
66	3	LARRY AYERBECK	4128 WEDGEWOOD DR	FORT WAYNE	IN	46815	M45 3:08:22.29
67	4	DON LINDLEY	6815 LANDSDOWNE DR	FORT WAYNE	IN	46816	M42 3:08:32.57
68	4	JOHN FORCHETTI	1610 COBBLESTONE CT	CHESTERTON	IN	46384	M49 3:08:53.79
69	19	RON ZARTMAN	7324 YOYNE RD	FORT WAYNE	IN	46809	M29 3:09:16.58
70	14	CRAIG TEW	510 12TH ST. N.W.	LARGO	FL	33540	M35 3:09:46.50
71	15	JERALD DIEHL	5130 N. 300 W.	UNIONDALE	IN	46791	M35 3:10:01.61
72	20	STEPHEN PEREZ	4914 BAHAMA LANE	FORT WAYNE	IN	46815	M28 3:10:07.76
73	1	MYRON MEYER	4727 WINTER	FORT WAYNE	IN	46806	M59 3:10:43.71
74	16	REX D. PIERCY	2681 POTTAWATOMIE RD	LOGANSPORT	IN	46947	M34 3:11:01.20
75	21	CHARLES PUTTERBAUGH	1115 W. WAYNE #6	FORT WAYNE	IN	46804	M29 3:11:24.16
76	17	DOUG FEKETE	RT 1 BOX 213A	ALBION	IN	46781	M34 3:12:29.59
77	3	DOUG SAWYER	5827 COUNTESS DR	FORT WAYNE	IN	46815	M18 3:12:30.26
78	18	PAUL BRETSCHER	RR 2 BOX 244	GREENCASTLE	IN	46135	M34 3:12:51.67
79	19	WILLIAM SECK	P.O. BOX 41	DECATUR	IN	46783	M34 3:13:03.29
80	9	JOHN PEA	7488 MERIWOOD	FORT WAYNE	IN	46815	M24 3:13:06.06
81	20	KEVIN ALBRIGHT	RR 3 BOX 2329	PAULDING	OH	45079	M33 3:13:14.52
82	5	RAY SIBREL	4126 E PAULDING RD	FORT WAYNE	IN	46816	M48 3:13:37.88
83	10	BILL FEDERSPIEL	2112	NEW HAVEN	IN	46803	M24 3:13:43.41
84	11	LYNN HEARLING	424 LENOX AVENUE	FORT WAYNE	IN	46807	M22 3:13:49.61
85	6	TOM FELGER	1310 PINEHURST DR	FORT WAYNE	IN	46815	M46 3:13:52.31
86	21	MARK BRATTOLI	1543 LAKEHURST DR	FORT WAYNE	IN	46815	M38 3:14:55.82
87	7	GARY MULLENDARE	2510 FARNSWORTH DR APT 301	FORT WAYNE	IN	46805	M45 3:15:40.86
88	22	JIM GARNER	RR #4 BOX 76C-9	SYRACUSE	IN	46567	M32 3:15:52.67
89	16	GEORGE WHITE	RR1 BOX 36	ETNA GREEN	IN	46524	M37 3:16:23.61
90	23	ROBIN C. HARTZELL	1127 PEMBERTON	FORT WAYNE	IN	46805	M31 3:16:45.56
91	17	GARY RICKNER	4633 CRESTWOOD DR	FORT WAYNE	IN	46807	M37 3:16:46.66
92	1	DON FORSHEE	110 COUNTRY CLUB CT	DAWVILLE	IL	61832	M50 3:16:49.75
93	5	JERE KUNKLE	1888 CHICAGO ST APT 87	VALPARAISO	IN	46383	M43 3:17:09.70
94	8	RICHARD LAUTZENHEISER	615 W. MARKET ST	BLUFFTON	IN	46714	M48 3:17:45.53
95	22	RUSS HOLLAND	2100 1/2 PLEASANT AVE	FORT WAYNE	IN	46805	M25 3:18:21.82
96	18	DAVE REICHWAGE	305 BLUE JACKET LN	FORT WAYNE	IN	46825	M39 3:18:43.22
97	23	DALVIN KINS	4411 SANFORD RD	FORT WAYNE	IN	46816	M29 3:18:47.95
98	24	LARRY ELLIS	4315 DICKE RD	FORT WAYNE	IN	46804	M38 3:18:53.22
99	19	ROBERT W. SCOTT	3933 YATES DR	OWENSBORO	KY	42301	M38 3:19:08.89
100	25	PAUL BAUMAN	2083 HAZELWOOD AVE	FORT WAYNE	IN	46805	M30 3:19:18.29
101	9	ROBERT WEST	2115 ALPINE DR H.V.L.L.	LAWRENCEBURG	IN	47825	M45 3:19:43.58
102	20	PAT HERMANN	211 WAYSIDE DRIVE	FORT WAYNE	IN	46818	M35 3:19:52.34
103	10	JOHN GOODHEART	1184 E. FIRST ST	BLOOMINGTON	IN	47401	M46 3:19:54.00
104	1	SUE CARNES	6921 ASHBROOK DR	FORT WAYNE	IN	46815	F39 3:19:58.00
105	26	MARK ELLIS	5331 S. HEIGHTS AVE	INDIANAPOLIS	IN	46237	M38 3:20:04.29
106	4	BUFF DORMEIER	15137 DUNTON ROAD	FORT WAYNE	IN	46825	M16 3:20:15.62
107	21	GERALD MATTINGLY	3910 PINECROFT DRIVE	LOUISVILLE	KY	40219	M37 3:20:18.01
108	3	MERLE FLORENCE FULTON	BOX 9A	MILAN	IN	47831	F41 3:20:21.25
109	22	TOM CAVACINI	5738 MONTAVILLA	FORT WAYNE	IN	46815	M39 3:20:41.22
110	6	CHUCK OKOROWSKI	8802 RAIL FENCE RD	FORT WAYNE	IN	46815	M41 3:21:09.49
111	11	TONY CLOUSE	RR #4 BOX 38 C-1	SYRACUSE	IN	46567	M48 3:21:18.77
112	27	VOYLE HARTLERDAD	6764 CR 3A	BUTLER	IN	46721	M31 3:21:22.89
113	2	HAL LEWIS	341 ARTHUR DR	BRYAN	OH	43506	M52 3:21:26.02
114	28	MICHAEL E. WEAVER	340 E. CLINTON ST	NAPOLEON	OH	43545	M32 3:21:39.51
115	23	LARRY JOHNSON	RR 1 BOX 40A	CARDEN	IN	46917	M36 3:21:49.18
116	7	MICHAEL BYERLEY	4985 SPEEDWAY DR	FORT WAYNE	IN	46825	M41 3:22:05.58
117	24	AL HENKEL JR.	9711 SILVER SHORES CT	FORT WAYNE	IN	46804	M37 3:22:12.57
118	29	DEL SUDKAMP	R.D. 1, EHELMARE RD	POTTSTOWN	PA	19464	M30 3:22:26.44
119	25	GARY LANE	P.O. BOX 12742	FORT WAYNE	IN	46864	M35 3:23:07.99
120	8	BERNIE BURGETTE	4830 WILLOWBROOK DR	FORT WAYNE	IN	46815	M42 3:24:23.09
121	30	DENNIS GROVER	1319 SCHULER DR	KOKOMO	IN	46901	M32 3:24:37.41
122	31	ERICK THORN	497 POSEY HILL TR CT LOT 51	RANDOLPH	IN	46783	M33 3:24:45.51
123	9	JOE DERVIN	1701 WOODWARD PL	GOSHEN	IN	46526	M41 3:25:00.32
124	26	DENNIS DOANE	25450 MAY ST	EDWARDSBURG	MI	49112	M39 3:25:57.31
125	32	JOHN MC PHERSON	1425 WEST WILLOWOOD AVE	FORT WAYNE	IN	46807	M33 3:26:22.40
126	3	JAMES MAGNETT	400 E. COLFAX ST	LOGANSPORT	IN	46947	M51 3:27:02.39
127	24	ROGER D. SMITH	7292 ST RD 1	SPENCERVILLE	IN	46788	M28 3:27:09.01
128	33	NEIL LIECHTY	7830 PINE FOREST RD	PENSACOLA	FL	32506	M34 3:27:25.23
129	2	TERI DAWSON	3082 SANDPOINT RD	FORT WAYNE	IN	46809	F36 3:27:42.14
130	34	SCOTT FRAZIER	PO BOX 1967 UNIV OF ALABAMA	UNIVERSITY	AL	35486	M31 3:28:15.59
131	25	DAVID KOCEJA	3315 LONGVIEW #75	BLOOMINGTON	IN	47401	M28 3:28:16.14
132	12	MATT ENLEY	827 HARRISON ST	HUNTINGTON	IN	46750	M22 3:28:19.69
133	2	RICHARD GOOD	8150 LAKECREST DR #421	GREENBELT	MD	20770	M56 3:28:47.08
134	27	JOHN PASALICH	15010 CHOPINE PASS	RANDOLPH	IN	46806	M39 3:28:53.94
135	35	ED BOAZ	171 ANDERSON FERRY APT 41	CINCINNATI	OH	45225	M31 3:28:59.89
136	10	JOHN PETERSON	2407 N. ANTHONY BLVD	FORT WAYNE	IN	46805	M40 3:29:01.84
137	36	DARRIEL SUFFEL	BOX 2190A	PAULDING	OH	45879	M31 3:29:02.36
138	1	MARNIE GAUTSCH	4822 ORCHARD GREEN	FORT WAYNE	IN	46804	F20 3:29:33.18

REGISTRATION NO.	NAME	ADDRESS	CITY	STATE ZIP	SEX-AGE	TIME
139	ROBERT B. ERS	2895 CASPER	KAMARZOO	MI 49801	M 43	3:29:48.55
140	STEVEN WEAVER	11701 CARROLL LANE	FORT WAYNE	IN 46810	M 35	3:30:28.18
141	MICHAEL JOHNSON	RR #1 BOX 28	DETIKON	OH 43912	M 26	3:30:28.55
142	ROBERT HULT	109 E. FAIRBANKS ST	WALTON	OH 43382	M 35	3:30:42.73
143	GARY BEAN	BOX 289 COUNTRY FOREST DR	FORT WAYNE	IN 46810	M 25	3:30:52.95
144	ALLEN BEST	225 E. WILSON ST	WATERLOO	IN 46793	M 48	3:31:02.04
145	DONALD ROHWERK	3888 SCHROFF DR	FORT WAYNE	IN 46806	M 33	3:31:11.61
147	DANN PATLICK	4430 HESSCHACHTS ST	EAST GLEN PARK	IN 46489	M 49	3:31:17.37
148	JOHN HADJIAN	412 GORME AVE	KOKOMO	IN 46901	M 27	3:31:24.48
149	JOHN MADISON	633 LINCOLN HWY. E.	NEAR HAVEN	IN 46774	M 22	3:32:00.14
150	CHRIS ANDREWS	3722 WASHINGTON TRAIL	FORT WAYNE	IN 46809	M 19	3:32:22.13
151	BRUCE COYLE	286 N. MADISON	COLUMBIA CITY	IN 46725	M 27	3:32:31.95
152	BRUCE COYLE	315 E. ELLSWORTH ST	COLUMBIA CITY	IN 46725	M 31	3:32:32.65
153	DELORIS A. FJANDT	P.O. BOX 285	FREELANDVILLE	IN 47525	F 37	3:32:39.43
154	L. K. CHRISTENSEN	1512 REED RD	FORT WAYNE	IN 46815	F 37	3:32:54.94
155	ALEX BRITTON	726 N. BRISTOL #117	ELKHART	IN 46514	M 48	3:32:58.49
156	TONI LATRO	802 BOX 445	KOCHTER	IN 46862	M 49	3:33:24.67
157	GARY P. KILAN	4938 FOREST AVE	FORT WAYNE	IN 46815	M 29	3:34:38.36
158	DARRELL PENNYDORF	585 HILLCREST DR	FORT WAYNE	IN 46901	M 49	3:34:38.17
159	BUJ STIFFER	P.O. BOX	ANDERSON	IN 46814	M 46	3:34:48.95
160	TONI FRANCIS	RR 4 BOX 7615	SPENCER	IN 46567	F 27	3:34:48.95
161	TONI MCDEWITT	882 BRYNARV CIRCLE	YDSTER	OH 43985	M 31	3:34:56.78
162	CLYN GETTY	RR 1 BOX 768	ADLER	OH 46790	M 31	3:35:47.98
163	THOMAS I. KINGS	3215 BELMONT BLVD	FORT WAYNE	IN 46815	M 50	3:35:55.42
164	MICHAEL YERLOLO	2413 SHERBORNE BLVD	FORT WAYNE	IN 46805	M 30	3:36:12.66
165	JERRY WISE	RR 12 412 NESEA DR	MUNCIE	IN 47382	M 35	3:36:19.47
166	RON BOROWSKI	7319 KNIGHTWOOD	FORT WAYNE	IN 46819	M 46	3:36:28.28
167	RON BOROWSKI	2428 LORIE AVE	FORT WAYNE	IN 46805	M 46	3:36:28.28
168	LOUIS ROMAN	4812 BIESCHING DR	FORT WAYNE	IN 46815	M 14	3:37:03.66
169	DONALD RAYTON	1292 PLOK ST	HUNTINGTON	IN 46750	M 34	3:37:13.23
170	DONALD RAYTON	481 HARTLAND DR	FORT WAYNE	IN 46825	M 35	3:37:17.26
171	PHILLIP WISNIEWSKI	5117 GARDEVIEW AVE	FORT WAYNE	IN 46809	M 38	3:37:42.56
172	DEWIS HADSON	2213 A. GREENLEAF	INDIANAPOLIS	IN 46725	M 41	3:37:45.49
173	DOWND THORPFF	2213 A. GREENLEAF	INDIANAPOLIS	IN 46227	M 38	3:38:15.45
174	BOB MILLER	6720 CLOVERCREST DR	FORT WAYNE	IN 46815	M 32	3:38:28.86
175	JAMES MCGRIB	5525 STONE AVE	PORTER	IN 46368	M 46	3:38:49.67
176	JOSEPH BILES	1806-B RIDEWOOD DR	FORT WAYNE	IN 46805	M 41	3:38:58.99
177	TONI TRZCINSKI	253 S. SPRAGUE	COVINGTON	MI 49836	M 31	3:39:13.73
178	LEE STICKLER	84522 TRI TOWNSHIP RD	MINSTER	OH 43865	OH 43	3:39:17.99
179	DENNIS STONBRORER	5283 W. DUPONT RD	FORT WAYNE	IN 46818	M 35	3:39:28.93
180	CHARLES E. SMITH	985 E. HIGH	BRYAN	OH 43586	M 34	3:40:31.47
181	JIM SCHEELE	6515 DONNA	FORT WAYNE	IN 46819	M 31	3:41:04.67
182	GEORGE PAUL KIRBY	P.O. BOX 964 R. #5	AMSDEN	IN 46783	M 37	3:41:31.64
183	LARRY SHIVELY	RR 3 CO RD 375 NORTH	CHAMBERSCO	IN 46723	M 36	3:41:59.53
184	CYNTHIA SARRACK	1256 EKERD DR	FORT WAYNE	IN 46804	F 28	3:42:38.76
185	THOMAS TRAY	313 COTTAGEWOOD LN	KOPPELVILLE	IN 46840	F 28	3:42:51.62
186	THOMAS BLAINES	124 BARKMAN PLACE	BATTLE CREEK	MI 49815	M 41	3:42:51.62
187	JOHN CHAMBERLIN	RR 1 BOX 135	BRYAN	OH 43886	M 27	3:43:10.75
188	GENE BAHN	RR 3 LOON LAKE	COLUMBIA CITY	IN 46725	M 35	3:43:18.59
189	JED PEARSON	RR #3 LOON LAKE	COLUMBIA CITY	IN 46725	M 35	3:43:19.28
190	RICK WILCOX	77 HATCH AVE	COLUMBIA	MI 49836	M 47	3:43:28.56
191	CHARLES BARNOT	5334 MONROCK CT	FORT WAYNE	IN 46804	M 46	3:43:22.47
192	JOHN BUFFINGTON	4875111 ST	HOLGATE	OH 44849	M 33	3:44:03.66
193	RODOLFO CASTILLO	RR 127 NEWT ST	WOLFE	OH 43227	M 40	3:44:18.74
194	TONY DOWNS	6589-13 ST. JOE RD	FORT WAYNE	IN 46815	M 16	3:44:25.73
195	TONY CONNELL	311 W. MADISON	FORT WAYNE	IN 46807	M 33	3:44:45.75
196	THOMAS N. JOHNSON	RR #8 SPENCER	COLUMBIA CITY	IN 46725	M 31	3:44:55.68
197	MARK KERN	7128 CTY. RD 17	RAUBEN	IN 46786	M 28	3:45:04.51
198	DONALD MINER	RR 2	COLUMBIA CITY	IN 46725	M 39	3:45:32.87
199	BRUCE KOENIGSWAN	4415 S. LAFAYETTE ST	FORT WAYNE	IN 46806	M 39	3:45:34.61
200	JOHN HILKER	3815 CHERYL LAKE	FORT WAYNE	IN 46804	M 42	3:45:34.61
201	TONI FISHER	BOX 12821	FORT WAYNE	IN 46862	M 36	3:45:34.96
202	RICHARD LYSBENT	184 N. MAPLE	SOUTH WITTELEY	IN 46787	M 16	3:45:57.82
203	JAMES BUTTS	728 MAPLEWOOD DR	INDIANAPOLIS	IN 46234	M 41	3:46:07.42
204	JOHN R. LUTES II	1728 MAPLEWOOD DR	MILES	MI 49128	M 39	3:46:42.64
205	STEVEN BULLI	2216 HAZEL DELL RD	SPRINGFIELD	IL 62783	M 27	3:46:56.88
206	WALTER M. THIBERT	1681 SUPERIOR DR #18	RAUBEN	IN 46786	M 23	3:47:54.17
207	DUANE VONK	6120 SR 181	ST. JOE	IN 46785	M 45	3:48:17.48
208	ROSEMARY SIMONS	4711 BARRINGTON DR	FORT WAYNE	IN 46806	F 42	3:48:18.36
209	GEORGE BRYMAN	1138 PLEASANT AVE	MUNCIE	IN 47384	M 35	3:48:35.19
210	RONALD HERRBERG	5214 PLEASANT AVE	FORT WAYNE	IN 46815	M 48	3:48:54.37
211	SHELBA BUNCHETT	651 KING HARRY PL	WINDSBAW	OH 45342	M 33	3:49:55.28

## WMEE FORT WAYNE MARATHON CONT.

OVERALL	DIV	PL.	NAME	ADDRESS	CITY	STATE	ZIP	SEX-AGE	TIME
212	47		JOSEPH NYCOM	2718 N. ANTHONY BLVD	FORT WAYNE	IN	46885	M31	3:58:59.82
213	44		RICHARD SHEPHERD	1939 WOODHAVEN DR	FORT WAYNE	IN	46819	M39	3:51:19.73
214	2		BETH BATTLE	3744 S. WASHINGTON RD	FORT WAYNE	IN	46804	F31	3:51:22.24
215	3		NILA APP	19933 CR 16	BRISTOL	IN	46587	F33	3:51:23.94
216	7		SY MAH	M286 UNIVERSITY OF TOLEDO	TOLEDO	OH	43686	M58	3:51:24.31
217	16		SCOTT REILING	1813 RIO VISTA DR	FORT WAYNE	IN	46815	M23	3:51:24.61
218	45		JEFF RAFF	8819 FORTUNA WAY	FORT WAYNE	IN	46815	M38	3:51:32.79
219	7		DAVID WILSON	4735 RALEIGH CT	FORT WAYNE	IN	46815	M52	3:51:43.45
220	1		JAWALEE MEDENDORFF	138 W. ANDREWS	MONROE	IN	46772	F19	3:51:59.12
221	18		RICHARD ZIM	16428 HARPER RD	NEW HAVEN	IN	46774	M44	3:53:53.53
222	24		KEN THRASHER	142 BERTHA AVE	CLYDE	OH	43410	M49	3:54:16.97
223	8		ERIC KELL	16823 KELL RD	HUNTERTOWN	IN	46748	M17	3:54:28.47
224	4		SHARON GETTY	1983 WELLS APT B	FORT WAYNE	IN	46688	F27	3:54:29.52
225	9		MATTHEW MOLL	749 SEATTLE DR	LEXINGTON	KY	44583	M18	3:54:33.92
226	3		AMY ANDERSON	73488 MILL RUN DR	FORT WAYNE	IN	46819	F24	3:54:48.82
227	17		BRIAN TRAY THOMAS	639 COLUMBIA DR. APT 12	LIMA	OH	45885	M23	3:55:08.46
228	25		G. JIM FULTON	801 9A	MILAN	IN	47831	M45	3:55:08.78
229	46		JAY BUTLER	1228 SALISBURY RD 50	RICHMOND	IN	47374	M39	3:55:09.34
230	47		BILL CROUSE	5411 BRADMORE PL.	INDIANAPOLIS	IN	46288	M38	3:55:16.19
231	4		GINGER MARCINKOWSKI	5424 RIVERVIEW	ELKHART	IN	46514	F32	3:55:16.88
232	48		STAN VEIT	12433 FACKLER RD	MOKROEVILLE	IN	46773	M33	3:55:45.66
233	19		LARRY LEE	11888 WEIGELA CT	FORT WAYNE	IN	46884	M41	3:55:59.49
234	35		MIKE MCKINNEY	R 3 BOX 26	ALBION	IN	46701	M28	3:56:01.24
235	48		PAUL FISHER	389 S WALNUT ST	YORKTOWN	IN	47396	M36	3:56:48.93
236	49		LEE PEARSON	RR 1 BOX 127	ALBION	IN	46701	M37	3:57:14.84
237	50		PHIL LUTTMAN	121 LARWINE TRACE	KENDALLVILLE	IN	46755	M38	3:57:38.35
238	49		DEAN ZIGANTI	2381 HARDING HWY	LIMA	OH	45884	M30	3:57:56.88
239	50		ROD CARPENTER	3129 SHILOH DR	LTRA	OH	45801	M32	3:57:57.32
240	51		KEITH DEMERITT	8311 OKLAHOMA TRAIL	FORT WAYNE	IN	46815	M34	3:58:05.96
241	51		LARRY APP	19933 CR 16	BRISTOL	IN	46587	M35	3:58:33.85
242	1		JOSEPH WHEELBARGER	2571 ECKLEY BL.	WEST CARROLLTON	OH	45449	M61	3:58:43.58
243	52		PAUL SABRACK	1256 EDGEMONT DR	FORT WAYNE	IN	46884	M34	3:58:56.47
244	18		BREEN L. PECK	9520 ABOITE CTR. RD	FORT WAYNE	IN	46884	M22	3:59:01.88
245	5		LINDA GLUSAC	542 GLENDALE BLVD APT 389	VALPARAISO	IN	46777	F26	3:59:23.92
246	52		JOE DALY	3111 RAINIER AVE	COLUMBUS	OH	43229	M38	3:59:27.13
247	8		KING SULLIVAN	4138 S HANNA	FORT WAYNE	IN	46886	M55	4:00:15.97
248	20		BUD SAWYER	6123 GATES DR	CENTERVILLE	IN	47338	M48	4:00:19.84
249	21		JOSEPH JOHNSON	RR 3 BOX 178	DECATUR	IN	46733	M41	4:00:27.66
250	26		GEORGE VINSON	3588 MANCHESTER RD	ANDERSON	IN	46812	M45	4:00:59.86
251	5		JONI MACALUSO	2826 NW 73E ST	GAINESVILLE	FL	32689	F22	4:00:59.84
252	27		ROBERT STOVER	RR 1 BOX 377	ARCADIA	IN	46838	M48	4:02:07.86
253	53		GARY HOOTEN	1933 PAPERMILL CROSSING	FORT WAYNE	IN	46825	M38	4:02:25.75
254	9		CURTIS MOLD	535 W. WAYNE ST	FORT WAYNE	IN	46882	M55	4:02:38.39
255	54		HAL ATKINSON	4111 DIPLOMAT PLAZA	FORT WAYNE	IN	46886	M31	4:02:53.18
256	53		JACK REINKING	2783 N. CLINTON	FORT WAYNE	IN	46885	M37	4:03:25.87
257	54		JOHN MOLL	7624 VALLEY MEADOWS DR	FORT WAYNE	IN	46815	M47	4:03:24.28
258	28		HARRY L. CASTETTER	P.O. BOX 313	TOPEKA	IN	46751	M47	4:04:05.74
259	55		JERRY SCHONE	1818 KENNINGSTON BLVD	FORT WAYNE	IN	46825	M31	4:04:18.62
260	56		DONALD SPELLMAN	2988 GREENHILLS LN. SO. DR.	INDIANAPOLIS	IN	46222	M32	4:04:18.33
261	22		KEN IVAN	7687 HERMITAGE PLACE	FORT WAYNE	IN	46815	M41	4:05:25.82
262	55		JAMES HUFFER	R#9 BOX 199	WARSAW	IN	46588	M35	4:05:42.83
263	8		BILL SCHASKI	1931 KENDAWA DR	FORT WAYNE	IN	46815	M51	4:06:08.82
264	23		MARK D. ROGERS	184 BUCKEYE CIRCLE	WRIGHT-PATTERSON A	OH	45433	M48	4:06:05.34
265	5		ANN NITZ	9511 ABOITE RD	ROANOKE	IN	46783	F48	4:06:12.68
266	9		DONNIE MYERS	5289 FOREST GROVE DR	FORT WAYNE	IN	46815	M52	4:06:21.89
267	4		BETH BERRY	75388 MILL RUN DR	FORT WAYNE	IN	46819	F23	4:06:31.77
268	57		MICHAEL KACHLAN	2480 BRANCHBROOK DR	BELLEVILLE	NJ	07109	M30	4:06:42.53
269	6		SHERRY YODER	2128 CRESCENT AVE	FORT WAYNE	IN	46885	F32	4:08:01.18
270	56		JOHN FRANK	612 S. HARVEY RD	MUNCIE	IN	47384	M36	4:08:22.89
271	58		JOE KUHN	P.O. BOX 489	PAYNE	OH	45888	M31	4:08:32.21
272	10		VERN CHOVAN	2827 WESTBROOK DR APT 422	FORT WAYNE	IN	46885	M39	4:10:09.44
273	18		HEAR FANNO	325 LITTLE JOHN DR	SCHERERVILLE	IN	46375	M51	4:10:28.83
274	29		RICHARD MEY	7414 OLD TRAIL RD	FORT WAYNE	IN	46889	M49	4:10:41.23
275	11		WALT OSTERMEYER	2415 FOREST PARK	FORT WAYNE	IN	46885	M58	4:10:53.29
276	11		GAYLORD DAVIS	5769 OAKLAND TERRACE	INDIANAPOLIS	IN	46228	M51	4:11:17.69
277	59		JOHN B. SHEDDEN	4889 CALUMET AVE	FORT WAYNE	IN	46886	M32	4:11:19.38
278	57		PHILIP KENNERK	838 BILMUI LANE	FORT WAYNE	IN	46815	M35	4:11:28.57
279	7		SUSAN PETERSON	ROUTE 1, BOX 355	ALBION	IN	46701	F31	4:11:25.93
280	58		PAUL GILLEY	1783 CAMERON LAKE	NEW HAVEN	IN	46774	M35	4:11:34.53
281	6		JOANNA BREEDEN	1118 SO 9TH ST	RICHMOND	IN	47374	F29	4:11:36.11
282	5		JULIE PETZOLD	1723 HOBSON	FORT WAYNE	IN	46885	F22	4:11:41.93
283	24		RONALD MOTYCKA	4287 STANTON DR	FORT WAYNE	IN	46815	M41	4:11:42.55
284	8		SUSAN SIPES	1919 CURDES AVE	FORT WAYNE	IN	46885	F38	4:11:53.37

## WMEE FORT WAYNE MARATHON CONT.

OVERALL	DIV PL.	NAME	ADDRESS	CITY	STATE	ZIP	SEX-AGE	TIME
285	1	JOYCE FUZY	5816 POPP ROAD	FORT WAYNE	IN	46825	F48	4:12:34.01
286	2	PHIL BURNS	123 E. LUDWIG	FORT WAYNE	IN	46825	M53	4:13:06.46
287	19	MARK VOELKEL	3909 N. KINSEY PIKE	BLOOMINGTON	IN	47401	M50	4:13:18.63
288	12	DAVID S. MILLER	721 ELM ST	VAN Wert	OH	45891	M56	4:13:37.85
289	38	BRAD DEEL	RT #3 BOX 2382	PAULDING	OH	45879	M46	4:14:03.32
290	10	TODD JENKINS	222 S. STATE STREET	SOUTH WHITLEY	IN	46787	M16	4:14:10.85
291	12	HOWARD BASH	2341 OPENHEE WAY	FORT WAYNE	IN	46807	M53	4:14:39.34
292	11	SCOTT CHAMBERLAIN	511 S. MEYERS ST	BRYAN	OH	43586	M17	4:14:58.73
293	9	LINDA C. GENSHEIMER	4419 INDIANA AVE	FORT WAYNE	IN	46807	F33	4:15:06.74
294	68	LEW WILLIAMS	1825 W RUDISILL BLVD	FORT WAYNE	IN	46807	M39	4:16:32.68
295	61	JAN VOORHEES	3113 1/2 S. HARRISON	FORT WAYNE	IN	46807	M31	4:17:26.97
296	36	MARC STUMP	2736 PAULING APT. 4	FORT WAYNE	IN	46816	N29	4:18:27.00
297	62	BILL DUFFY	288 N. WALNUT ST	COLUMBIA CITY	IN	46725	M30	4:18:42.91
298	63	JAMES D. CARR	2800 SPRING LK.	MARCIE	IN	47304	M33	4:18:51.30
299	7	THERESA MUNDINGER	909 W. MAIN	FORT WAYNE	IN	46805	F29	4:19:54.88
300	59	JIM DEITLE	455 EMMENLOD CT	FORT WAYNE	IN	46807	M39	4:19:55.52
301	1	GLORIA NYCOM	1201 THREE RIVERS APT. N	FORT WAYNE	IN	46802	F51	4:20:09.79
302	20	RICHARD STIFFLER	5128 APT #8 TRUENPER WAY	FORT WAYNE	IN	46815	M20	4:20:46.18
303	13	REX MCKINNEY	8301 COMBY RD	COMBY	IN	46113	M52	4:20:58.00
304	2	PATRICIA BYERLEY	982 E. GUMP RD	FORT WAYNE	IN	46825	F19	4:20:58.56
305	25	JOHN THIEL	23242 ALLEN RD R 2	DEFIANCE	OH	43512	M44	4:21:00.83
306	31	DON JANTZ	1007 NORTHWOOD BLVD	FORT WAYNE	IN	46805	M49	4:22:01.55
307	14	TERRY GAUTSCH	4822 ORCHARD GREEN	FORT WAYNE	IN	46804	M52	4:22:02.59
308	15	RODDA HOUSE	ROUTE 1	SNEDWOOD	OH	43556	M51	4:23:19.69
309	16	VAUGHN ROBERTS	5112-10 STONEHEDGE BLVD	FORT WAYNE	IN	46815	M50	4:23:41.85
310	3	JACK O'NEIL	5749 NORTHCREST DR	FORT WAYNE	IN	46825	M60	4:27:15.23
311	2	BARBARA O'NEIL	5749 NORTHCREST DR	FORT WAYNE	IN	46825	F47	4:27:15.63
312	6	SANDY THOMPSON	BOX 691 MANCHESTER COLLEGE	NORTH MANCHESTER	IN	46962	F20	4:27:24.77
313	32	JOHN RASHLUSSEN	5236 NOSSAU DR	FORT WAYNE	IN	46825	M45	4:27:32.24
314	37	PAUL KAISER	223 S. HUNT	GREENTOWN	IN	46936	M29	4:28:51.83
315	38	WILLIAM LAUPAN	5206-10 STONEHEDGE BLVD	FORT WAYNE	IN	46815	M26	4:29:52.22
316	39	STEVE MORRELL	6632 N 175TH ST	TINLEY PARK	IL	60477	M29	4:30:48.59
317	13	PAUL SNYDER	1938 GLADSTONE	FORT WAYNE	IN	46816	M29	4:31:02.75
318	26	MIKE LYKINS	932 WILDWOOD	FORT WAYNE	IN	46807	M41	4:32:05.54
319	64	CHRISTOPHER NIXON, M.D.	PO BOX 400	PERU	IN	46970	M30	4:34:02.80
320	21	L. JON PORMAN	15785 KELLY RD PO BOX 1262	MISHAWAKA	IN	46544	M21	4:34:14.98
321	68	TOM JACKSON	2701 SPRING ST	FORT WAYNE	IN	46808	M38	4:34:17.61
322	65	DANIEL WEIRICH	1731 GRAYMAN DR	FORT WAYNE	IN	46818	M34	4:35:55.62
323	22	JOHN ETZLER	3611 INWOOD DR	FORT WAYNE	IN	46815	M20	4:36:07.44
324	8	BETTY DEMELLS					F25	4:36:33.25
325	61	CHARLES MILLS	8523 FOX HOME DR	NEW HAVEN	IN	46774	M39	4:37:04.63
326	4	DONNA MOODY	R #1 BOX 58	FRENDT	IN	46737	F38	4:38:03.93
327	14	JAMES P. JONES	6433 S. HARRISON ST	FORT WAYNE	IN	46807	M57	4:38:04.77
328	15	JACK BICKEL	2309 N. JARVEY AVE	MARCIE	IN	47304	M57	4:38:11.64
329	3	TRACY SCHASKI	1931 KENAMA	FORT WAYNE	IN	46815	F17	4:38:46.79
330	62	CLUTCH McMURRAN	28 GRIFFITHS, W. RYDE	SIDNEY, NEW SO. WALE	AUSTR	2114	M37	4:42:35.49
331	5	BARB SCROGHAN	4823 NORTHCREST CR APT B	FORT WAYNE	IN	46825	F39	4:44:15.38
332	27	JAMES HEYMAN	301 W. CONCORD LN	FORT WAYNE	IN	46807	M43	4:45:37.19
333	18	LINDA RICHARDSON	7511 KNIGHTSWOOD	FORT WAYNE	IN	46819	F33	4:45:37.59
334	63	DAVID GRANSON	4968 W. CO., RD 100 SO.	RUSSIAVILLE	IN	46979	M39	4:47:28.78
335	64	STEVE MUTSELL	136 EAST CORWIN LAKE	FORT WAYNE	IN	46816	M37	4:48:18.99
336	16	ROBERT HOCKENSMITH	3112 CANTERBURY BLVD	FORT WAYNE	IN	46815	M57	4:49:38.68
337	66	TOM ROEBLING	821 KINGSTON BLVD	FORT WAYNE	IN	46805	M34	4:49:47.19
338	67	DAVID ROGERS	8819 CONWAY CT	FORT WAYNE	IN	46825	M30	4:50:18.98
339	65	MICHAEL COLE	14683 ABOITE CENTER RD	FORT WAYNE	IN	46804	M37	4:50:32.50
340	48	JAMES SCOTT KRIGS	RR #4	COLUMBIA CITY	IN	46725	M29	4:51:21.12
341	66	JOHN COTHAM	1809 NW LAKE AVE	LAWTON	OK	73581	M35	4:51:22.16
342	67	STEVEN SCHMUCK	1220 S. MALBERRY ST	HARTFORD CITY	IN	47348	M38	4:52:06.61
343	68	CHARLES WHITE	7433 POPP ROAD	FORT WAYNE	IN	46825	M39	4:52:38.93
344	33	KEITH HALEY	1888 IMPRINT LAKE	CINCINNATI	OH	45248	M45	4:54:43.56
345	41	JOHN DAVIS	231 W. MAIN ST	CARREL	IN	46932	M26	5:01:46.88
346	69	CHARLES L. TERRY	3845 N. CAMPBELL	INDIANAPOLIS	IN	46226	M35	5:11:46.80
347	11	JUDITH ANN KILGORE	729 HOFER AVE	FORT WAYNE	IN	46808	F38	5:11:58.88
348	23	CHRIS WEIDLER	844 KERCER	DECATUR	IN	46733	M21	5:11:55.88
349	12	STEVEN RIDGEWAY	201 PARSLEY DRIVE	FORT WAYNE	IN	46807	M16	5:11:55.81
350	24	JR RUDYANE	989 CURDES AVE	FORT WAYNE	IN	46805	M21	5:25:22.80
351	17	ROGER PHILLIPS	2721 BELLEVUE DR	FORT WAYNE	IN	46825	M57	5:31:18.88
352	25	MATTHEW FLEMING	LOT #36 KEAR ROAD	VAN Wert	OH	45891	M22	5:32:03.88
353	18	ALFRED MOORE	2686 DEERWOOD DR	FORT WAYNE	IN	46825	M56	5:32:08.81
354	6	SUE COLE	14683 ABOITE CENTER RD	FORT WAYNE	IN	46804	F35	5:45:12.88
355	17	ALAN JOHNSON	488 PETERSON ST	AUBURN	IN	46786	M52	6:07:48.88
356	1	KENNETH ARCHER	12917 VICTORIA HEIGHTS	BOWIE	MD	28715	M99	2:15:00.88
357	2	KRIS LENZO	4738 BOWSER	TOLEDO	OH	43615	M99	2:20:05.88

## WMEE FORT WAYNE MARATHON CONT.

OVERALL DIV PL.	NAME	ADDRESS	CITY	STATE	ZIP	SEX-AGE	TIME
358	1 ROBERT D. FITCH	1625 WOODBROOK APT 94	EAST LANSING	MI	48823	M57	2:00:42.00
359	2 CHRIS DAW	447 SCOTT ST EAST	STRATHROY, ONT.	CA	N761K4	M97	2:22:57.00
360	1 BUTCH MARTIN	124 NORTHLAND	NOBLESVILLE	IN	46060	M95	2:28:04.00
361	1 SHERRY RAMSEY	2614 W. SPRINGFIELD #1C	CHAMPAIGN	IL	61821	F99	2:29:49.00
362	3 ALBERTO ALCOCCER	10112 ASHWOOD ST #7	LAKEVIEW	CA	92040	M97	2:44:44.00
363	3 MAX RHODES	816 S.W. 5TH ST	MIAMI	FL	33130	M99	2:53:54.00
364	4 RICHARD FELTZER	2754 WILDER	PRAYTON PLAINS	MI	48020	M99	2:56:29.00
365	1 RICH McAVOY	3357 A 36TH ST. SO.	ST. PETERSBURG	FL	33711	M93	2:58:26.00
366	4 JOE RODRIGUEZ	1013 GRACE LANE	DEFIANCE	OH	43512	M97	3:11:07.00
367	1 JIM LEWELLYN	4005 HASSAN C. #5	DAYTON	OH	45432	M90	3:17:17.00
368	2 JIM BOYD	24511 CREEKSIDE	FARMINGTON HILLS	MI	48018	M90	3:27:07.00



# HAMILTON LAKE ROAD CLASSIC TROPHY RUN

•• REGISTER EARLY ••

LIMITED TO  
FIRST 400 ENTRANTS

July 4, 1986

9 a.m.

5,000 Meters

7<sup>TH</sup>  
Annual

ENTRY FEE -- \$6.00 Includes handsome 7" trophy to all finishers and refreshments

REGISTRATION -- 8:00 A.M. (No same day registration)  
PICKUP

PLACE -- Hamilton Fire Station

AWARDS -- All runners will receive a 7" marble based metal figured trophy inscribed with your placement finish on it. (Example: If you finished 132nd your trophy would be inscribed Hamilton Lake Classic 132nd Place). All trophies will be awarded day of race.  
ENTRY FORM

In consideration of this entry, I for myself, my executors, administrators, and assignees do hereby release and discharge Hamilton Lodge 648 IOOF, The Fourth July Committee, and all other representatives and sponsors for all claims of damages, demands, actions whatsoever resulting from my participation in the Hamilton Lake Road Classic. I further attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate.

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

RACE: 5,000 \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RACE WILL BE VIDEO-TAPED FOR  
A "RUNNERS WEEK" TV SHOW TO  
BE AIRED AT A LATER DATE  
(LIVE COVERAGE)

(Parent's signature if under 18)

Estimated time of finish \_\_\_\_\_

•• ALL ENTRIES MUST BE  
RECEIVED BY JULY 1ST, 1986

MAIL TO: Tim Fleming  
3120 Country Park Ln.  
Fort Wayne, IN 46815

For more information, call Carl Akers at the Hamilton Bank, 488-2119 or Tim Fleming, Fort Wayne at 749-8027

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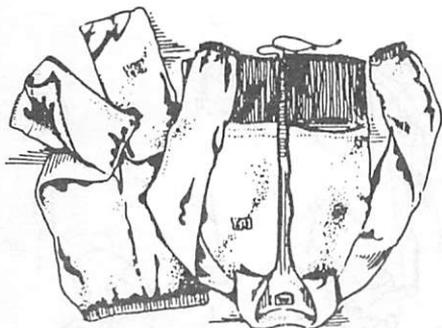
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DR. GEORGE BOWMAN DPM.  
NEW THIS SEASON ON RUNNERS WEEK  
DR. BOWMAN, A PRACTICING F.T.MAYNE  
PEDIATRIST AND FOOT SURGEON,  
WILL BE DISCUSSING RUNNING PAIN  
AND INJURIES. HOW TO TREAT THE  
BOCHE AT HOME AND WHEN TO SEEK  
PROFESSIONAL HELP. GREAT INFO!!!

## RACERS

- REPORTS FROM TRAVELING

- TRAINING TIPS

RUNNING STYLES

- ANALYSIS OF INDIVIDUAL

RUNNERS

- UP-CLOSE LOOK AT SPECIAL

- INTERESTING INTERVIEWS

- EXCITING RACES

## FEATURING:

WEDNESDAY 8 PM - CHANNEL 10

# RUNNERS WEEK



**DESIGNED FOR  
RUNNERS  
BY RUNNERS**

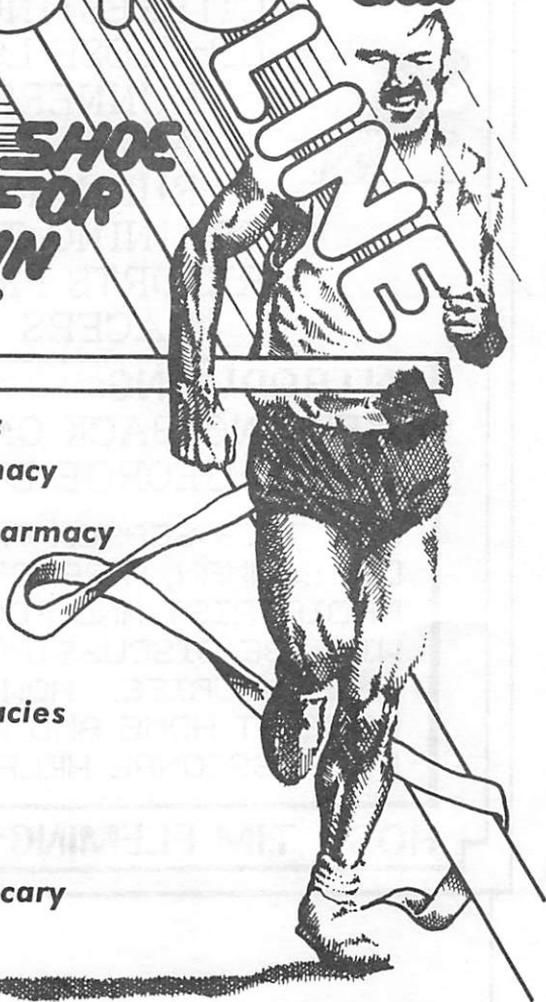
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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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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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