

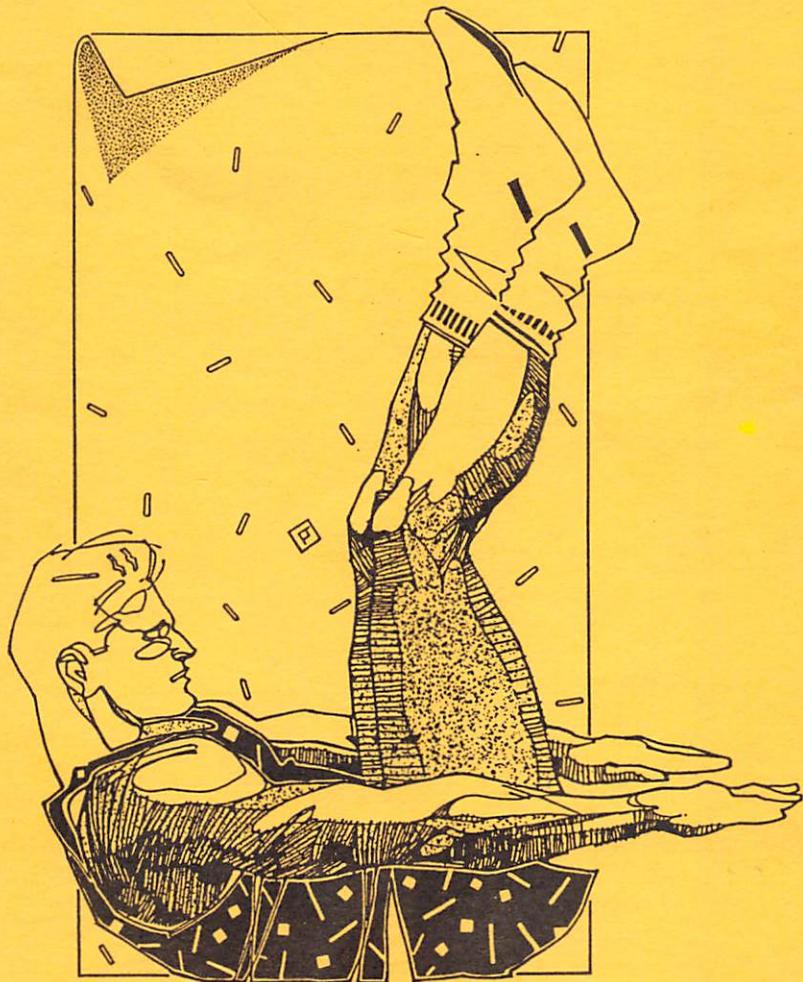
the inside track



FORT WAYNE
TRACK CLUB

SEPTEMBER 1986

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



Fitness

Fort Wayne Track Club

Officers and Board Members 1986

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TIM FLEMING MEDIA CHAIRMAN 749-8027	ANGIE SEVERS ADVERTISING 436-1151	SUE LONG BOARD MEMBER 484-1373
		KEITH DEMERITT BOARD MEMBER 426-5532

NEXT BOARD MEETING

Wednesday, September 10, 1986 at 7:00 p.m.

Jim Bushey's House - 10218 Winchester Road

(1/2 Mile South of Wayne High School)

Please R.S.V.P. by calling 747-3770

Final board nominations for 1987 will be discussed.

All invited!

Don't forget...

Share Your Times

If you participate in an out of town race, let everyone know how you did. Write the Inside Track at P.O. Box 11703, 46860 with results.

Don't forget...

Don Lindley has several applications for the Honolulu Marathon. Entry deadline is October 1, and the marathon will be held on Sunday, December 7, 1986. If interested, contact Don for further information.

Don't forget...

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

Don't forget...

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

Dont forget...

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

PRESIDENT'S COLUMN

By Jim Bushey

Your non-running President should be able to join you in running soon. After having an arthroscopy done on my knee July 23, I have started running and biking. (The Doc says biking is OK but no running. But you know how runners are...) I must give credit to Dr. Randolph with Orthopedics Indianapolis who performed the surgery at Methodist Hospital in Indianapolis. It is amazing how easy the surgery is. I was working the next day, in therapy the second day, and biking 10 days after surgery. Jay Frye, an LPT here in Fort Wayne, has been working to rehabilitate the knee. I have a lot of confidence in Jay. A special thanks to Angie Severs for directing me to Dr. Randolph. I was getting impatient with the time it takes to see an orthopedic specialist in Fort Wayne, but I was able to get right in at Indianapolis and had the surgery one week later. See what a bonus being a Fort Wayne Track Club Member can be. If you're having a running problem as another member. I bet they can help!

WHITE RIVER PARK GAMES TORCH RUN

Roger Wilson did a fine job organizing the Torch Run held Thursday, July 31, 1986, with the Fort Wayne Park Department. Because of short notice, Roger could not get information in last month's inside track. Thanks to everyone who did run the approximately 6 miles from Freiman Square to Southtown Mall.

With Fort Wayne being a "Host City" for the next year's White River Park Games, hopefully, the FWTC can get involved with the Park Department and include all FWTC members in the ceremonies and games.

Congratulations to everyone who qualified and participated in the finals in Indianapolis.

THE PARLOR CITY TROT IS BACK

Doug Sindling and a committee of dedicated Wells County runners, along with Phil Lockwood, plan to stage the popular half-marathon on September 20th. An application is in this month's Inside Track. This is one of my favorite courses. Sign up today. Let all of us FWTC runners burn up the Wells County Roads on September 20.

CENTRAL SOYA COMMUNITY CLASSIC

Everyone who participated in the One Mile Fun Run or the Five Mile Race, was witness to a true corporate effort by many of the employees of Central Soya. Randy LaVine, the FWTC Race Director, was in the inenviable position of having more than enough volunteers because of the efforts by Bill Campbell and everyone at Central Soya. This race was a great example of how a sponsor should work at putting on a race.

Central Soya took care of all the organizing and paperwork that goes into a race and allowed the FWTC to measure the course and advise in race matters. Best of all, Central Soya underwrote the cost of the entire event so the total entry fee went to the YMCA and their youth programs. For the 331 five milers and approximately 100 "Fun Runners," way to go!

For everyone who missed this race, mark it on your calendar for next year. North American 15K, WMEE Marathon, Diet Pepsi 10K, Central Soya Community Classic, Big Brothers/Big Sisters 5 Mile, and Home Loan 10K are races no FWTC Member should miss.

RON HORAN, NEW FWTC INSIDE TRACK EDITOR

Starting with the October issue, Ron Horan will replace Janelle Graber as Editor. Janelle is expecting the birth of her first child anytime! Thank you, Janelle, for the great job this past year. I think everyone enjoys the new format and wishes you and Steven "Good Luck" with the new addition to your family.

ANNUAL FORT WAYNE TRACK CLUB PICNIC

Sunday, October 12, 1986

2:00 PM

Foster Park Pavillion

Hot dogs and pop provided. Bring your own table setting and a salad or desert to share.

EVENTS:

- Final voting by all members on Board nominations for 1987.**
- Two person - 8 Mile Relay Run. (Two person teams will be selected by a random drawing before the run). This could provide some interesting teams, such as Sharon Pauley and Tom Loucks on a team. So come on out for a fun time!**
- Bring the kids, plenty of food and fun at Foster Park.**

1986 FWTC Race Schedule

March 15

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

April 26

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

May 3

"We are winning" 5K 9:00 AM
American Cancer Society
Canterbury Green
Tom Wagner 485-0587

May 4*

Foster Park 13.1 8:00 AM
Don Lindley

May 10*

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

May 18

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

June 7

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

New Haven

June 14

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

June 21*

One Mile Trophy Race 8:00 AM
Tim Fleming 749-8027
Colliseum Parks Lot

June 28

Turtle Days 10,000 8:30 AM
Larry Shively 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 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

September 29, 1986

Parlor City Trot 8:30 A.M.
Bluffton - Doug Sundling

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 1*

Ultra — 50 miler

December 13

Just Jones 10K

*Non-Points Race

CENTRAL SOYA Fort Wayne, Indiana 46802

August 5, 1986

Mr. Randy Lavine
Mr. Jim Bushey

Gentlemen:

We want to extend our sincere thanks for your help with the Central Soya Community Classic. It was a pleasure working with you and the Track Club.

We have received numerous compliments on the event. There is no doubt that the smooth operation of the race was due in large part to your guidance and assistance. I thought you would be interested to see some of the letters we have received and am enclosing them.

Thanks again on behalf of all of us from Central Soya.

Sincerely,



W. B. Campbell
Vice President
Soybean Processing Division

WBC/th

attachments



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Tom Louck's Race Schedule

SEPTEMBER

- 1 13TH Annual Blueberry Stomp 15KM, Plymouth, IN, 10 a.m., includes 5K this year.
- 7 Cedar Point Park Run 10K, Sandusky, OH, 8:45 a.m..
- 7 Muncie Bud Light Endurathon, Prarie Creek Rosevoir, 8 a.m..
- 13 Burlington Bounder 10K - Wildcat Creek, Milt Rodgers, R.R. 1 Box 96T, Bringhamurst, IN 46913.
- 13 Roann Covered Bridge Festival Run, 5 mile, Roann School, 9 a.m..
- 20 Parlor City Trot Half Marathon, Bluffton, IN, 8:30 a.m., FWTC POINTS RACE, 824-2410.
- 20 A.U.L. Governors Cup Series 8 KM, Potato Creek State Park, North Liberty, IN, 10 a.m., 1-800-622-4931.
- 20 The Ultimate Runner-Jackson, MI 10K, 400 meter, 100 meter, mile, marathon same day. Deadline Sept. 8.
- 27 A.U.L. Governors Cup Finals, Indianapolis, IN, 10 a.m., 1-800-622-4931.
- 27 Terry Fox Run 15K-Purdue, West Lafayette.
- 5 Sprint Oktoberfest, Chicago, Ill (Hamilton Lakes), 10:30 a.m., \$36,000 Prize Money, 8,500 Entry Limit, Deadline Sept. 29.
- 5 Sportsmed 10K, South Bend, IN.
- 5 Lutheran Hospital 5KM, Foster Park, 2 p.m.
- 12 Covered Bridge 10 miler, Rockville, IN, 9 a.m., Beautiful Course.
- 18 Bloomington Breakaway 10K & 5K, Harmony School, 8:20 a.m., Jerry Ruff 812/334-8349. Staggered start by age & sex.
- 19 Muncie Marathon & 50K, Muncie YMCA, 10:30 a.m. start. \$6,000 in Prize Money.
- 25 Pleasant Run, Gary Peterson, (317)357-2677, 5926 University Avenue, Indianapolis, IN 46219. 5 Miles.
- 26 Chicago Marathon
- 26 Homeloon 10K, Downtown Fort Wayne, 2 p.m., Prize money, Top 5 male & female, FWTC Points Race.

OCTOBER

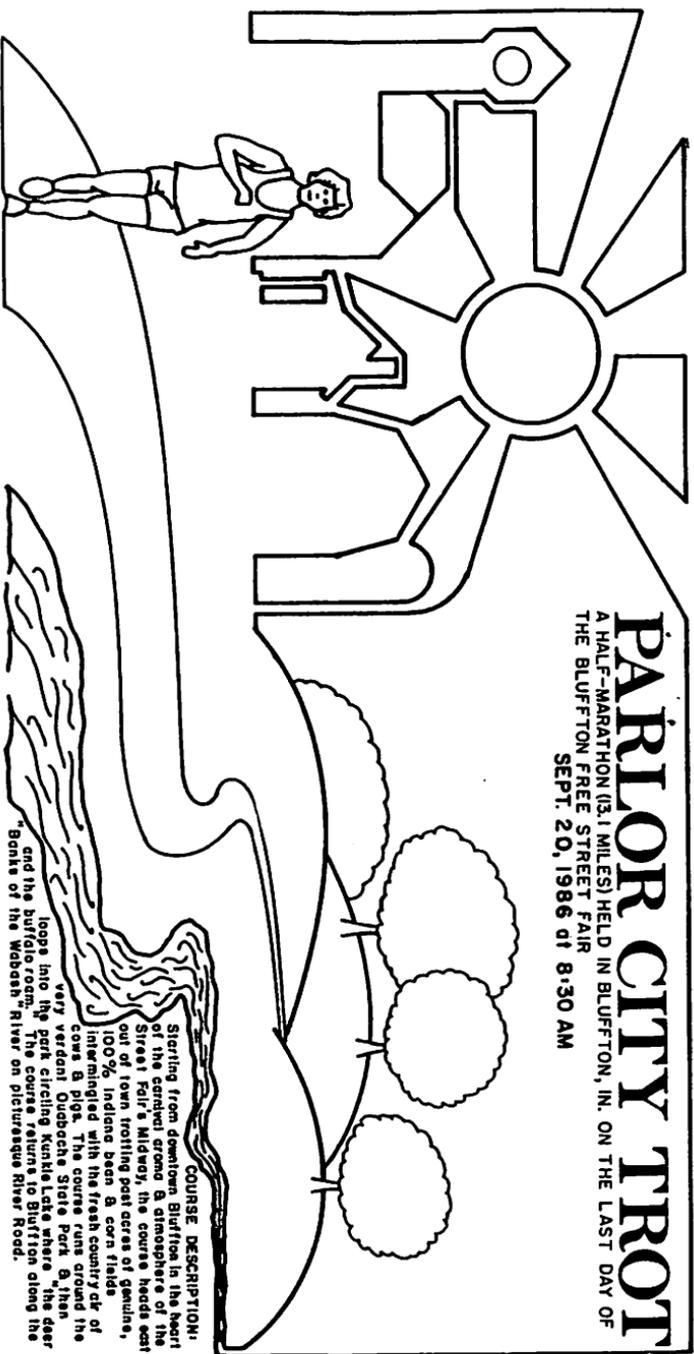
- 4 Octoberun '86 5K & 10KM-Muncie YMCA. 8 a.m. Cash Prizes Top 3 Places Men & Women. 10K Certified. 317/288-4448.
- 5 Octoberfest Classic 10K-Minster OH, (Minster H.S.), 9:30 a.m. Ohio time. Cash Prizes Top 3 Places Men & Women + Top Masters. Weight Divisions.

NOVEMBER MARATHONS

- 2 New York City
- 8 Indianapolis
- 16 Columbus, OH

PARLOR CITY TROT

A HALF-MARATHON (13.1 MILES) HELD IN BLUFFTON, IN, ON THE LAST DAY OF
THE BLUFFTON FREE STREET FAIR
SEPT. 20, 1986 at 8:30 AM



- ☆ **MERCHANDISE CERTIFICATES**
to Top 10 Men & Top 5 Women
- ☆ **AWARDS to Places 11 - 50**
- ☆ **AWARDS to Age Division Winners**
- ☆ **T-SHIRTS to all runners**
preregistered by Sept. 15

MALES	DIVISIONS	WOMENS
0-14	40-44	35-39
15-19	45-49	40-49
20-24	50-54	50-59
25-29	55-59	60+
30-34	60-69	
35-39	70+	

RETURN ENTRY TO
Parlor City Trot
c/o Mary Sundling
936 Sherwood Dr.
Bluffton, IN 46714

OR CALL PHIL LOCKWOOD
219-824-2410, 9-5 weekdays

COURSE DESCRIPTION:
Starting from downtown Bluffton in the heart of the carnival grounds atmosphere of the Street Fair's Midway, the course heads east out of town trotting past acres of genuine, 100% Indiana bean & corn fields intermingled with the fresh country air of cows & pigs. The course runs around the very verdant Outdoor State Park & then loops into the park circling Kunkle Lake where the deer and the buffalo roam. The course returns to Bluffton along the Banks of the Wabash River on picturesque River Road.

ENTRY: \$6.00 LATE REGISTRATION: \$8.00, from 6:30-8:00 AM at Bluffton City Hall, 128 E. Market St. (one block east of Court House)

NAME _____ AGE _____ SEX _____
ADDRESS _____ CITY _____

STATE _____ ZIP _____ T-shirt Size S M L XL
I waive and release any and all rights and claims for damages against sponsors and/or officials of the Parlor City Trot for any injuries suffered during this event. I attest and verify that I am sufficiently conditioned to compete in this event.

SIGNATURE _____
IF UNDER 18 SIGNATURE OF PARENT/GUARDIAN

WHERE, OH WHERE HAS THE
PARLOR CITY TROT GONE?
by Doug Sundling

"Starting from downtown Bluffton in the heart of the carnival aroma & atmosphere of the Street Fair's Midway, the course heads east out of town trotting past acres of genuine, 100% Indiana bean & corn fields intermingled with the fresh country air of cows & pigs. The course runs around very verdant Quabache State Park & then loops into the park circling Kunkle Lake where 'the deer and the buffalo roam.' The course returns to Bluffton along the 'Banks of the Wabash' River on picturesque River Road."

So states the description which has appeared on the entry blank for one of the most enjoyable and unique races in our area the past 11 years -- the Parlor City Trot at Bluffton.

If there was one race that catapulted me into the thick of the running boom, it was the first Parlor City Trot in 1974 -- my first road race. A modest 13.1 miles for initiation. I ran a scorching 1 hour 38 minute plus a few seconds time to place 11th.

Bluffton being my hometown, I always have taken pride in preparing for this race, though excessively at times. I never approached the race in moderation. All or nothing -- and that has been the history of my performance over the years. But it has been a race I absolutely aimed for during the year.

Held on the Saturday of the third full week in September, the Trot has combined a couple features which has made the event more than just another road race.

There was the annual week long Street Fair which concludes on that Saturday. While the runner ran the race, the rest of the family or friends could meander through the early day activity of the Fair. After the race, the Fair gave everybody a chance to do something together besides just riding back home in the car. Many a runner has appreciated this.

There was the 13.1 mile course. The texture of the course varied: from the candied aroma of a carnival to the ammonia-rich wiffs of a chicken farm to the forest scent of the local State Park;

from the open horizons surrounding county roads to the intimate passage through the forests of the Park and around a lake to the gentle, rolling feel of a River Road along the Wabash.

The Trot stimulated the senses and made everybody feel comfortable. No easy task for a 13.1 mile course.

Add to these two assets the person who has guided the Trot for the past few years: Phil Lockwood.

But this year, the Trot may not be.

"The problem is if I had all the energy I used to, there wouldn't be the problem. But I don't. If I had enough energy to do it, I'd do it," Phil explained.

Listening to Phil talk about the Trot, I realized that a lot of little hassles associated with putting on the Trot had begun to add up (and to build up) over the years he has directed the race. And conflicts with the pull of other responsibilities naturally arise -- a common experience as one grows older.

Like a family. A job. And other "hazards" of becoming older.

Like the proliferation of kids under 5 years old among my peers. I guess it's just a "hazard" of being in your late 20's or early 30's, eh?

The Trot has been a labor of love for Phil; the labor has become like one too many races or miles -- burn-out sets in. And like any die-hard runner, Phil stayed with something he loved despite the growing signs of burn-out.

The quality of Phil's efforts have shown through each year as the race has progressed, and naturally Phil has strong attachments to his role as race director.

The decision not to initiate the necessary work to organize the Trot was not an easy one. As Phil indicated, it took 3 years before he finally decided that he couldn't spare the time and energy anymore.

He had begun preliminary work in May, but, as he stated, "I started working on it, and I realized I couldn't do it. It took me until the end of June to decide that I had to get out of it."

The Trot has been good to most who have participated -- including Phil.

"I feel good about doing it

(Continued on next page)

all those years; I feel bad about waiting till now to tell anybody I'm not going to do it.

"The Trot looks like it's down the tubes because I can't find anybody interested." Given the short notice, which Phil realizes, such an interested person would be difficult to find.

The Trot may only take a year hiatus, but as Phil added, "If somebody grabs at it, I would show that person what exactly has to be done. Then, it's theirs."

Whatever will be, the Trot has been a good one to have been a part of.

P.S. SURPRISE! SURPRISE!
Thanks to Doug and other hand-working people the Parlor City Trot will be held on September 20, at 8:30 a.m. in Bluffton.

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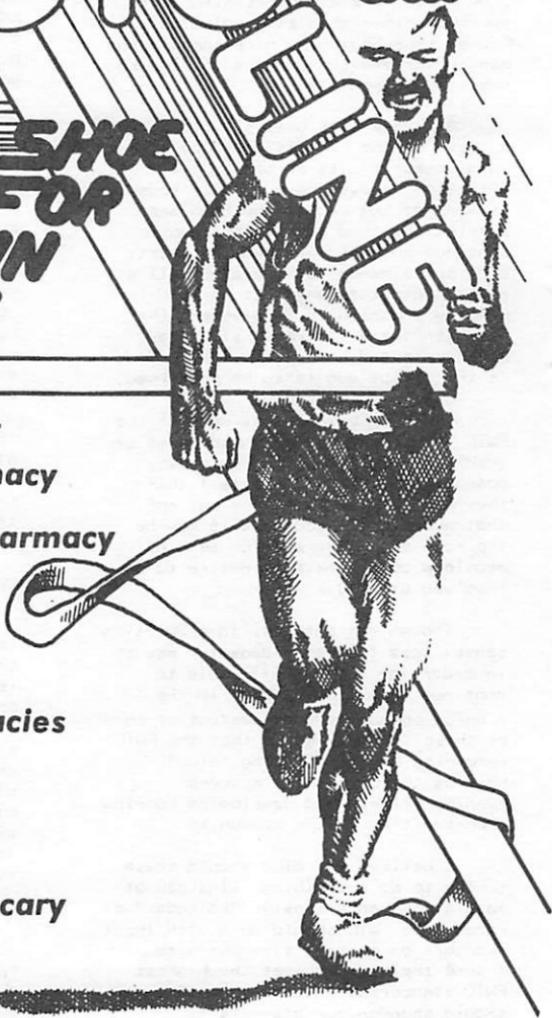
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FWTC - Whence From Here? by: Mike Robbins

The history of the Fort Wayne Track Club has been documented in a number of places. From its modest beginnings it has grown to be the large, diverse, complex and sophisticated organization it is today. Indeed, it may have grown too big to continue to sustain itself.

A number of years ago Mike Hill suggested that the FWTC hire a business manager because he felt that the club had become too big to handle on a strictly volunteer basis. The club has grown and become even more diverse since. Thought I believe the basis for Mike's suggestion is even more true today than it was then; I view it as more a manifestation of a symptom rather than as a solution. Rather than having to hire someone to manage the empire, perhaps the empire needs to be modified.

As has always been the case, the success of the FWTC is based on the involvement of its members. The situation is even more intense today as many of the people who have been sharing the load for years cannot continue to do so. Though the heart, soul and finances of the club will all remain intact as a result of Don Lindley's continued involvement (he has been there literally since day one), more and new people are needed if the status quo is to be preserved.

It is my belief that many of the FWTC functions have grown so large or sophisticated that they scare away potential volunteers who feel that they would "like to help - but not that much." (Of course this may be too rosy an interpretation as many people probably have no desire to be involved at all).

Though not entirely in a Swiftian sense, some "modest proposals" may be in order for the FWTC if it is to continue as a viable force in the running community. The essential core of these "proposals" is that the FWTC return to being a running "club" helping to support its members' running efforts and developing running opportunities in the community.

I believe the club should cease trying to do everything. Instead of maintaining an extensive "calendar" of races, the FWTC should work with local sponsors on a consulting basis to insure their races meet the highest FWTC standards. At the same time we should abandon our attempts to duplicate sponsored races and substitute "club" races/events. These could be run without awards and

perhaps even over unmeasured courses. Many options are available including track events, relay races and novelty-type events. If members are not willing to step forward and "manage" or participate in these runs, they won't be held.

While recognizing the terrific job being done by Ken and Russ, I would also eliminate the points system. Despite the "fun" it provides for some members, it has never been able to accomplish the goals set for it. All the myriad energies spent in pursuit of sundry "points" goals can be better spent in other ways.

If we are to avoid the Shaker syndrome, we must find ways to encourage youth participation. The FWTC could be a positive force in school and summer programs if members desired. This would certainly be more positive and beneficial than some of our current practices of organizing our own races and bestowing awards upon ourselves for participating in them.

Again, recognizing the tremendous commitment of time and effort by Bob and Sharon Pauley, one can question our deep involvement in the rental business. We can continue it only if others step forward with the same enthusiasm. Though the FWTC owns equipment and needs to rent it to justify the costs, we don't need to hustle over a large area of the western hemisphere to do so. Our equipment can be available to those who wish to pick it up and learn to use it. If we cannot easily maintain the equipment, we should sell it. An alternative is to enhance what we have and be able to offer a complete, computerized finish line service. But that requires help.

We should emphasize the communications among club members. Our support of "The Inside Track" and "Runners Week" is essential. If there is no communication link to members, then there is no actual club. But it is patently unfair to continue to rely on the newsletter editor and Tim Fleming to continue to do the jobs alone. At the point members do not contribute to either venture, the efforts should be abandoned. The loss of either the TV show or the professional job Janelle has done is inevitable if further involvement is not forthcoming - and, in fact, should justly follow any lack of participation.

There are many further "proposals" which could be made, but the course seems clear. Though the above appears to be a "minimalist" argument, it need not be so. Our challenge now is to preserve the traditions but to reduce the trappings.

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Mary Kay Solon, P.T.

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NUTRITION IN QUESTION

by Judy Newman, R.D. & Judy Tillapaugh, R.D.

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 dietitian 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 Medical Center
700 Broadway
Fort Wayne, Ind. 46802

Q: Iron deficiency is a common nutritional problem for athletes. What are the iron requirements for athletes. Are there specific tests that can be taken to determine iron deficiency and iron deficiency anemia? What foods are recommended to achieve a iron rich diet? -- Mike Kast

A: Dear Mike

Iron status is an important concern for athletes. As a main part of blood hemoglobin and myoglobin, it has a vital role in the transport and utilization of oxygen for energy production. If iron deficiency occurs, athletes can not perform to their best abilities.

To maintain normal iron status, intake of iron needs to match iron losses. The recommended daily allowance (RDA) of iron for prevention of deficiency symptoms is 10 milligrams (mg) per day for men, and 18 milligrams (mg) per day for women. Recent research has shown that endurance athletes have a greater iron requirement than non-athletes. Athletes performing in high intensity, long duration exercises result in having increased iron loss in heavy sweating, urine, and feces. The mechanical trauma of endurance sports can cause hemolysis (destruction of red blood cells). This also can contribute to increased iron loss. Note that by using foot wear with good shock absorption this problem is reduced. To meet extra iron needs, a safe and adequate intake would probably be 1½ to 2 times the RDA levels or for men 15 to 20 mg per day and women 27 to 36 mg per day. More research is needed to determine an exact level.

There are other populations of people besides endurance athletes at risk of iron deficiency. Dieters, non-red meat eaters, vegetarians, and menstruating women may not meet their body's iron needs. The RDA for iron is adequate for them but there is a high chance that their intake fails to match the RDA level.

To detect iron deficiency, athletes should consider having a serum ferritin test done 1 to 2 times a year. Serum ferritin is an indicator of body iron stores in liver, spleen, and bone marrow. Athletes should not rely on hemoglobin levels to determine their iron status. Due to the hemodilution effect of an expanded blood plasma volume during heavy training, a low hemoglobin may be considered normal. This hemoglobin state is called sports anemia. Iron supplementation would be of little use to treat sports anemia, since the problem is not iron storage. True iron deficiency anemia occurs when both serum ferritin and hemoglobin levels are too low. Iron deficiency symptoms are fatigue, headaches, irritability, difficulty breathing, and tingling of hands and feet.

Keeping the body iron rich begins at the meal table. Below are tips to try.

TIPS

1. Eat meat, preferably lean red meats, poultry and seafood. Animal proteins contain heme-iron the most readily available and absorbable form of iron. For heart healthy eating, enjoy the red meats in moderation - 2 to 4 ounce servings, 3 to 5 times a week. Avoid greasy burgers, gravy covered roasts, and fatty processed meats. Liver is one of the richest iron sources but because it's also cholesterol rich, use it only occasionally.

(Continued on next page)

Nutrition in Question (Continued)

- Eat chili beans, lentils, split peas, and other dried beans and legumes. These are low in fat and cholesterol, high in protein, and iron. The non-heme iron in vegetable and grain products is more readily absorbable when eaten with an animal protein. Example - Chili with lean hamburger or chicken tacos with beans.
- Eat breads, cereals, pastas that are enriched in iron. Read food labels for iron as an ingredient.
- Avoid drinking coffee and tea when eating iron rich foods. Coffee can decrease iron absorption by 39 percent and tea by 87 percent.
- Cook in cast iron skillets and pans. When foods are cooked in iron pans, significant amounts of iron transfers from the utensil to the food.
- At each meal eat foods Vitamin "C" rich and iron rich. Vitamin "C" helps the body absorb iron. Oranges, grapefruit, tomatoes, citrus juices, cantaloupe, strawberries, green peppers, broccoli, cabbage, and potatoes (with skin) all are high in Vitamin "C".

An iron check would be to write down your food intake for three days. Look over the diary of food choices and amounts. Are you iron rich or iron poor? If your average daily intake falls below the RDA, consider taking an iron supplement. Happy eating.

IRON CONTENT OF FOODS

<u>Heme Iron Sources</u>		<u>Non-heme Iron Sources</u>		
<u>FOOD*</u>	<u>TOTAL IRON(mg)</u>	<u>FOOD</u>	<u>AMOUNT</u>	<u>TOTAL IRON(mg)</u>
oyster, raw	6.5	Dried apricots	12	6
beef liver, fried	8.8	Prune juice	1/2 c.	5
clams, raw	3.0	Dates	9	5
beef, lean	2.5	Lentils, split peas	1/2 c.	3
sardines, canned in tomato sauce	2.5	Pinto or Kidney beans	1/2 c.	3
lamb, leg	2.0	Molasses, blackstrap	1 tbsp.	3
shrimp	2.0	Raisins	1/2 c.	2
tuna, light meat, in water or oil	1.5	Spinach	1/2 c.	2
chicken, dark meat	1.5	Tofu	1/2 c.	2
light meat	1.0	Brewer's yeast	1 tbsp.	2
pork	1.5	Egg	1 medium	1.
haddock, breaded and fried	1.0	Enriched bread	1 slice	1
		Enriched pasta	1/2 c.	1
		Peas, green	1/2 c.	1
		Molasses, regular	1 tbsp.	1
		Wheat germ	1 tbsp.	1
		Total	1 c.	18
		Fortified Cereals (25% RDA)	1 c.	4.5
		Fortified Cereals (10% RDA)	1 c.	1.8

Heme iron sources are absorbed more easily by the body than non-heme sources.

Recipe of The Month - Beef Burgundy

Yield: 4 cups Serving Size: 1/2 cup Calories: 153

Ingredients

2 lbs. top round steak
 1-3oz. can mushrooms, sliced
 (or fresh)
 1 Tbsp. flour
 1 envelope Dry Onion Soup Mix
 1 3/4 cup water
 1/2 cup dry red wine

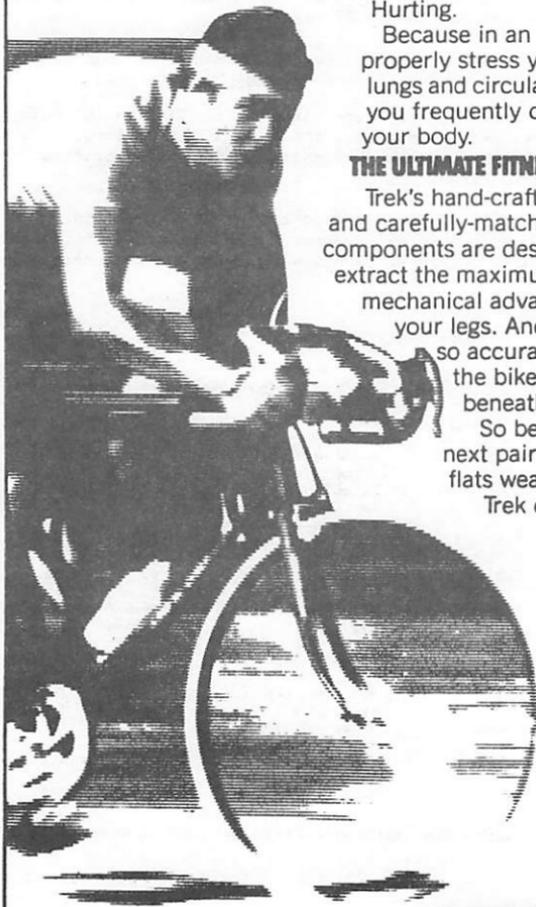
5 gm carbohydrates
 22 gm protein
 5 gm fat
 440 gm sodium
 78 mg cholesterol

Exchanges per serving
 2 1/2 meat, 1 vegetable

Preheat oven to 350 Degrees F. Cut steak into 1 inch cubes. Brown meat slowly in skillet sprayed with vegetable pan spray. Transfer to 1 1/2 quart casserole which has tightfitting lid. Add remaining ingredients. Stir well. Cover and bake for 1 1/2 hours, remove cover and bake for 15 minutes longer or until tender. Serve on toast, rice or noodles.

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.

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Road Tactics*

#9: Assaults on Women

Last month's Road Tactics dealt with assaults on male runners. This month we focus on problems commonly encountered by women.

By Sara Beck Fein, Ph.D.

It's a lovely day as you start out on your run. You select a popular trail in a park. Will you be safe? Would you be taking less risk by running a residential route? In either case, should you be concerned about safety in broad daylight?

Or, perhaps you usually get up at 5 a.m. and run the same route in your neighborhood. You know that runners are advised to vary their time and route, but you also know that it's more trouble to do so. Does it really matter? Would you be safer running after work or on your lunch break?

Virtually no information was available on this subject until recently, when a study was conducted by the Washington (D.C.) Runners Unlimited, a women's running club. The results of this study are reported here.

For men, the running and professional literature remains limited to anecdotal information about personal threats while running (see last month's issue). Minor attacks on male runners seem to be rare. Major attacks are more often reported, but possibly because they are more noteworthy rather than more frequent. When major attacks on men do occur, they are horrifyingly brutal. They usually involve a weapon or more than one assailant. When men attack another man, often the intent is to murder or to maim.

This article is about threats to women runners, but the safety tactics should be useful for men also.

Runners surveyed its members, asking them to describe their running habits and any threats experienced while running. Results from the 100 questionnaires returned (of 128 mailed) show that assaults on women runners are widespread. Almost half (46) of the runners had experienced one or more threats from men, ranging from pinching and indecent exposure to direct physical attack. Where and when the threats occurred were analyzed for patterns that may help runners to recognize and to deal with threats or to choose safer places and times to run.*

Degree of Danger. The 57 reported threats from men are categorized as follows:

Level 1 (41 incidents): The runner was not chased or grabbed; any touch was minor harassment, such as a pinch. This level includes indecent exposure and being followed by a man in a vehicle. In 13 cases, a man got out of the car or off the bicycle.

Level 2 (10 incidents): The runner was chased or followed on foot.

Level 3 (6 incidents): The runner was grabbed or an attempt was made to grab her.

One incident involved men with a weapon — a gun. In only two cases were the threats against two or more people running together.

Where the Threats Occurred. For seven types of running areas, the percentage of threats from men is compared with the percentage of miles that members estimated they ran.

Residential areas, with 23 percent of incidents and 48 percent of miles, stand out as being relatively safe, as do downtown city streets (five percent of incidents and ten percent of miles). However, three of the six most serious incidents occurred in residential areas. The women had a repetitive routine, and a man simply waited at an isolated part of the run.

Parks and bike trails are especially dangerous. Almost half of the threats from men (46 percent) occurred in these areas, where 30 percent of miles were run. Also, seven of the 16 more dangerous incidents occurred in parks and on bike trails.

The other four types of areas had so few incidents and miles run that conclusions about them are tenuous. "Other areas," mostly military or other work compounds, seem to be very safe. Tracks had a high number of incidents for the number of miles run on them. (All track incidents occurred when no other runners were present.) Non-residential streets, such as suburban streets lined by shopping centers, seem to be relatively dangerous. Highways and roads have a moderately high level of direct attacks from men and would show greater danger if threats involving vehicles were included.

Information from several parts of the survey indicates that *isolated areas are the most dangerous*. Most of the threats from men and nearly all of the serious threats occurred out of sight of other people. The type of area that is most dangerous, parks and bike trails, is the one most likely to have isolated sections. The safest areas are those where isolation is least likely, residential and city streets, and tracks when other runners are present. The times of day when threats from men are most likely are the times when fewest people are likely to be out.



When the Incidents Occurred. Three measures of when the threats occurred are used: time of day, light or dark, and season. For the first measure, time of day,

the percentage of threats is compared with the percentage of runners who indicated that they usually ran at each time.

The results show that morning and lunch time (between 6 a.m. and 2 p.m.) and evening (between 5 p.m. and 7 p.m.) are the safest times to run. Very early morning, midafternoon, and night are the least safe times.

Taking into account the number of people who usually ran in the dark, threats from men are more likely when it is dark. But *daylight does not guarantee safety*. Most people usually ran in daylight, and most of the threats from men, including ten of the 16 more dangerous incidents, occurred in the daylight.

By far the fewest threats (12 percent) occurred during winter, even though more miles are run in the dark in winter than in other seasons. The number of threats was similar for the three warmer seasons. These results are consistent with reports from psychologists that men tend to be more aggressive in the warm months. The seriousness of the threats did not differ by season.

Recognizing Danger Early and Reacting.

Four runners indicated that they did not recognize danger early enough. For example, a runner saw two men standing in a neighborhood street about 5 a.m. and ran past them. One man grabbed her and threw her to the ground; the other pulled a gun. In retrospect, she believes that they would not have pursued her had she turned back when she first spotted them.

A number of runners may have prevented a more dangerous event. Generally, these runners sought safety by sprinting out of an isolated area or to other people. They ran to other runners or groups of people, to apartment complexes, to shopping centers, or to busy streets. When a woman ran to a more populated area, her attacker usually stopped or was chased away by police or bystanders. Some women were saved by a man coming to their rescue.

A particularly dangerous response when chased is running into an isolated indoor area. For example, one woman ran into a ladies room in an isolated part of a park, and another ran into a deserted indoor parking garage. In both cases, the man followed.

SAFETY TIPS

- Avoid unpopulated areas such as parks, bike trails, and deserted tracks and streets.
- Carry an air horn or whistle. (To make these alarms even more effective, other runners should respond to the sound as they would to a dire emergency.)
- Run in familiar places.
- Tell someone where you are running. Identify your favorite routes to a friend or write down where you plan to run.
- Leave your headset and radio at home so you can hear people, vehicles, or dogs coming up behind you.
- Carry an I.D. and money for a telephone call.
- Notice who is ahead of and behind you and where the nearest people or populated areas are.
- Follow your intuition. If an area seems suspicious, turn back.
- Think about possible escape routes in case of an attack.
- Run with a partner or a large dog whenever possible.
- Run widely around places where men might hide, such as parked vans, trucks, bushes.
- Ignore verbal harassment.

- Use discretion in acknowledging strangers.
- If threatened, run to a populated area or to other people.

*Most of the results reported are not statistically significant because of the small number of cases. They are likely to be valid nonetheless because the sample was not self-selected. Rather, an entire running club was surveyed with a good return rate.

**Reprinted from the May 1986 issue of Running Times.*

home loan 10K

OCTOBER 26, 1986

CASH PRIZES

- Female
 \$500 First Place
 \$200 Second Place
 \$100 Third Place
 \$ 50 Fourth Place
 \$ 25 Fifth Place

AWARDS: OVERALL WINNERS:

- Male
 \$500 First Place
 \$200 Second Place
 \$100 Third Place
 \$ 50 Fourth Place
 \$ 25 Fifth Place

Medals will be awarded to the top eight finishers in each age group. A jacket will be awarded to the oldest runner, all finishers will receive in the mail, a certificate with official time and results. Overall winners will not qualify for age group awards.

PRIZE DRAWINGS:
 After course is closed there will be a SPECIAL MERCHANDISE DRAWING FOR all registered runners. YOU MUST BE PRESENT TO WIN! DRAWING FOR 10 SPEED BIKE AT CONCLUSION OF AWARD CEREMONY.



RACE TIME: 2:00 p.m. EST.

October 26, 1986

START: Downtown, Main St.

City/County Bldg.

home loan 10K Registration Form

OFFICIAL USE ONLY	
Fee Pd.	Runner's No.

A HOME LOAN 10,000 T-Shirt will be supplied. The entry fee is \$700 (\$900 if received after 10/15/86 ALL CHECKS SHOULD BE MADE PAYABLE TO: HOME LOAN 10,000.

LAST NAME, FIRST NAME, MIDDLE INITIAL (Skip space between words) _____

STREET (including number) _____

CITY _____

STATE _____ ZIP _____

PHONE NUMBER _____

BIRTHDATE _____

T-Shirt size (check one):
 S (34-36) M (38-40) L (42-44) XL (48-49)

I, the undersigned, hereby enter the above described race. In consideration of the acceptance of my entry, I certify that I am physically fit to participate, and I do agree to be bound by all rules of the race and all decisions of the official judges. I do hereby forever release and discharge the sponsors of the race, the Home Loan Savings Bank and the FWTG, and all officers, agents, employees, and directors of said Bank and FWTG from any and all claims, causes of action, or suits which I, or my heirs or assigns shall or may have arising from or as a result of my participation in the said race to be held October 26, 1986. I do further consent to the use of my name, and photographs, videotapes, motion pictures, recordings, or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me.

Date: _____ Entrant's Signature: _____

If under 18, Parent or Guardian must sign here: _____

If mailing send to: **home loan 10K**

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 P.O. Box 989
 Fort Wayne, IN 46801

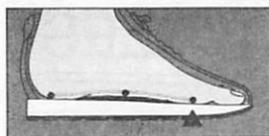
home loan savings bank

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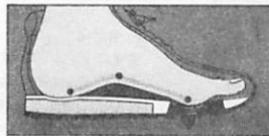
in cooperation with the Fort Wayne Track Club

The Brooks[®] Nexus.™

① The Brooks[®] Kinetic Wedge The Kinetic Wedge is a specially designed piece of EVA strategically positioned under the first metatarsal head (the ball of the foot). It relieves the

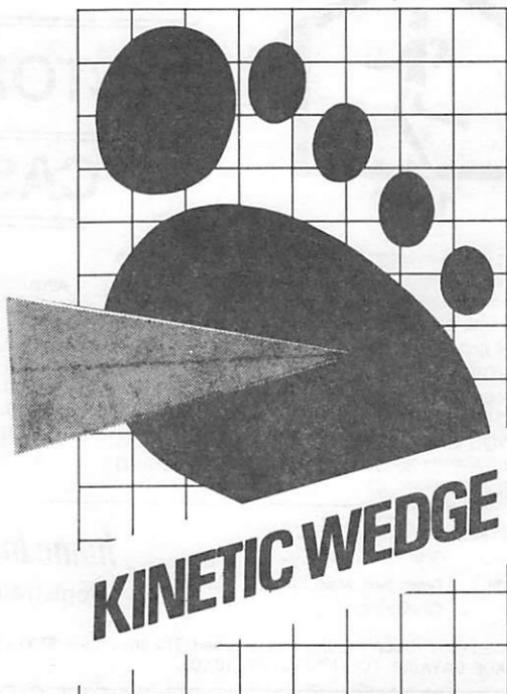


Conventional



The Nexus

upward pressure on the ball of the foot and allows the joint to drop down naturally. This action keeps the arch in a strong raised position and effectively eliminates excessive mid-stance pronation, a leading cause of overuse injuries. By keeping the arch and foot aligned naturally, the runner achieves much greater efficiency in his or her gait.



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FWTC MEMBERS POINTS STANDINGS

OVERALL STANDINGS			KILGORE, JUDITH				
NAME	AVE. #	PTS	RK				
				0.0164 2 F 30			
HANDLIN, LYN	0.5005	7 F	20	SIMMONS, ROSEANN	0.3462	7 F	40
GORRELL, JAMIE	0.3634	4 F	19	JAMISON, ANN	0.3141	3 F	40
SIMMONS, ROSEANN	0.3462	7 F	40	SCHMIDT, MARSHA	0.2661	4 F	40
CONNOLLY, MARY THERE	0.3295	3 F	30	RICHARDSON, SIEGLIND	0.1807	4 F	40
JAMISON, ANN	0.3141	3 F	40	ONEIL, BARB	0.1571	5 F	40
SCHMIDT, MARSHA	0.2661	4 F	40	FUZY, JOYCE	0.0728	3 F	40
WIEDAU, KATHY	0.2044	3 F	30	MIZE, ANN	0.0525	2 F	40
SABRACK, CYNTHIA	0.2026	4 F	20	KLEINKNIGHT, SARAH	0.0349	5 F	40
GEYER, KARMA	0.2018	3 F	19	WILSON, JULIA	0.0320	3 F	40
DAWSON, TERI	0.2011	3 F	30	PALLEY, SHARON	0.0085	3 F	40
DILLER, TERRY	0.9287	8 M	25	GETTY, DIANE	0.0041	2 F	40
BRATTOLE, MARK	0.7403	8 M	30				
RICKNER, GARY	0.7476	7 M	35	NYCUM, GLORIA	0.0971	4 F	50
PEARSON, JED	0.7131	7 M	35	GLEN, KELLY	0.0225	2 F	50
FELGER, TOM	0.6896	8 M	45	BURNS, JOAN	0.0194	4 F	50
CASWELL, STEVE	0.6878	6 M	30	SNYDER, DORIS	0.0075	5 F	50
HENKEL, AL	0.6763	8 M	35				
GRAN, GENE	0.6441	8 M	55	GORRELL, TIMOTHY	0.5459	5 M	14
OBREGON, ART	0.6614	6 M	35	OBREGON, ROD	0.3562	5 M	14
MORRIS, JACK	0.6441	6 M	45	LINDLEY, BRIAN	0.1201	3 M	14
COONAN, TERRY	0.6424	6 M	35	LINDLEY, MIKE	0.0740	4 M	14
SUNDLING, DOUG	0.6165	5 M	30				
GETTY, CLEM	0.6054	7 M	50	PEA, JOHN	0.3132	3 M	15
MIDDLETON, BRAD	0.6040	5 M	25	HOFFMAN, TOM	0.2333	2 M	15
SMITH, STEVE	0.6026	5 M	25	WISE, JOEL	0.2066	2 M	15
ZIEGLER, JOE	0.6002	6 M	50	SHEPHARD, BRIAN	0.3698	3 M	20
MEYER, MYRON	0.5809	6 M	55	EDINGTON, CHRIS	0.2258	2 M	20
ASHTON, DON	0.5781	8 M	45	BEAM, GARY	0.1614	2 M	20
SIBREL, RAY	0.5630	6 M	45	BELL, ALLAN	0.1007	2 M	20
BOYLAN, DAVE	0.5407	6 M	40				
GORRELL, JAMIE	0.3634	4 F	19	DILLER, TERRY	0.9287	8 M	25
GEYER, KARMA	0.2018	3 F	19	MIDDLETON, BRAD	0.6040	5 M	25
GORRELL, MICKIE	0.1015	3 F	19	SMITH, STEVE	0.6026	5 M	25
PERRIN, CHRIS	0.0173	2 F	19	SHAFFER, PAUL	0.4520	4 M	25
				PEREZ, STEVE	0.3272	3 M	25
HANDLIN, LYN	0.5005	7 F	20	KING, CALVIN	0.3241	3 M	25
SABRACK, CYNTHIA	0.2026	4 F	20	LOUCKS, TOM	0.2470	2 M	25
CONRAD, LINDA	0.1971	3 F	20	CAUDILL, KEITH	0.2193	3 M	25
GETTY, SHARON	0.1477	3 F	20	REIMCHISEL, DAVE	0.1797	2 M	25
DEWELLS, BETTY	0.1037	4 F	20	NAHRJOLD, JERRY	0.1705	3 M	25
ANDERSON, AMY	0.0855	2 F	20	KUHN, GARY	0.1592	2 M	25
BERRY, BETH	0.0723	2 F	20	STUMP, MARC	0.0864	2 M	25
MASON, PAMELA	0.0535	2 F	20				
HOEPPNER, MARTHA	0.0295	2 F	20	BRATTOLE, MARK	0.7803	8 M	30
				CASWELL, STEVE	0.6878	6 M	30
CONNOLLY, MARY THERE	0.3295	3 F	30	SUNDLING, DOUG	0.6165	5 M	30
WIEDAU, KATHY	0.2044	3 F	30	BAUMAN, PAUL	0.5246	6 M	30
DAWSON, TERI	0.2011	3 F	30	MINNICH, DAN	0.5218	5 M	30
CARNES, SUE	0.1766	2 F	30	JOHNSON, THOM	0.5010	7 M	30
SIPES, SUE	0.1473	5 F	30	HOWE, MARLAN	0.4763	4 M	30
DESTEFANO, JOYCE	0.1397	3 F	30	GATTON, TONY	0.4549	4 M	30
PETERSON, SUE	0.1335	3 F	30	KAWIECKI, OON	0.4260	5 M	30
BUTLER, JOYCE	0.1191	3 F	30	TATE, NEIL	0.4255	4 M	30
MURTAZA, KARIM	0.1056	2 F	30	CONNER, DENNIS	0.4210	5 M	30
RICKNER, LIZ	0.1049	2 F	30	SCHENDEL, BOB	0.3543	3 M	30
SCROGHAN, BARB	0.0708	3 F	30	WILSON, ROGER	0.3543	3 M	30
YODER, SHERRY	0.0604	2 F	30	YODER, TOM	0.3373	3 M	30
PUCKETT, VAL	0.0394	2 F	30	RENZ, TOM	0.3328	3 M	30
				CALLAHAN, MICHAEL	0.3116	5 M	30

(Continued on next page)

STANDINGS

NAME	TOT #		BOYLAN, DAVE	0.5607	6 M 40
	PTS	RC			
HARTZELL, ROBIN	0.3019	3 M 30	PLUCKETT, ROGER	0.5046	6 M 40
ELLIS, LARRY	0.2901	3 M 30	HUDSON, DENNIS	0.4646	5 M 40
HOOTEN, GARY	0.2770	5 M 30	ZINK, RICHARD	0.4405	7 M 40
MILLER, PAUL	0.2516	3 M 30	MOTYKA, RON	0.3896	5 M 40
DEMERRITT, KEITH	0.2410	4 M 30	MOTYCKA, BERNIE	0.3806	4 M 40
STONBRAKER, DENNIS	0.2405	3 M 30	LINDLEY, DON	0.3403	4 M 40
TRELEAVAN, JOHN	0.2382	2 M 30	DYER, JACK	0.3349	3 M 40
RUETSCHILLING, DAVE	0.2248	2 M 30	WOLFF, DAVE	0.3087	4 M 40
DIHL, JERRY	0.2159	2 M 30	PETERSON, JOHN	0.2863	4 M 40
CLEVENGER, KELLY	0.1922	3 M 30	BYERLEY, MIKE	0.2666	3 M 40
SECK, WILLIAM	0.1862	2 M 30	GORRELL, CLIFTON	0.2271	4 M 40
SABRACK, PAUL	0.1773	4 M 30	MILLER, KEN	0.2065	3 M 40
ATKINSON, HAL	0.1584	3 M 30	CUTSHALL, DEAN	0.2064	3 M 40
WEIRICH, DANIEL	0.1556	6 M 30	ADKISON, STEVE	0.1879	2 M 40
MILLER, BOB	0.1550	2 M 30	KOROWSKI, CHUCK	0.1544	2 M 40
HARRIS, ROBERT	0.1057	5 M 30	HAREGGER, RON	0.1489	3 M 40
YANN, MICHAEL	0.0665	3 M 30	CALLICOTTE, JOHN	0.1293	2 M 40
FELGER, STEVE	0.0536	2 M 30	KLIENKNIGHT, RUDY	0.1266	2 M 40
FAYLOR, JOHN	0.0276	2 M 30	LEE, LARRY	0.1112	2 M 40
			WATERFIELD, RICHARD	0.0965	2 M 40
			HAYLIRST, TOM	0.0956	2 M 40
RICKNER, GARY	0.7476	7 M 35	YANT, LARRY	0.0839	3 M 40
PEARSON, JED	0.7131	7 M 35	CLAY, ROBERT	0.0838	2 M 40
			SWANSON, DAVE	0.0343	2 M 40
HENKEL, AL	0.6763	8 M 35	FELGER, TOM	0.6896	8 M 45
OBREGON, ART	0.6614	6 M 35	MORRIS, JACK	0.6441	6 M 45
COONAN, TERRY	0.6424	6 M 35	ASHTON, DON	0.5781	8 M 45
SPITZIG, NORM	0.5082	5 M 35	SIBREL, RAY	0.5630	6 M 45
DENDINGER, TOM	0.4565	4 M 35	ROSS, FRED	0.5310	5 M 45
SHIVELY, LARRY	0.4450	5 M 35	AVERBECK, LARRY	0.4921	5 M 45
SLEVER, RUS	0.3941	5 M 35	MULLENDORE, GARY	0.4801	5 M 45
REINKING, JACK	0.3726	5 M 35	PERKINS, JERRY	0.3645	3 M 45
KALFMAN, DAN	0.3630	3 M 35	LAIRO, TOM	0.3211	4 M 45
WISNEWSKI, PHILL	0.3049	4 M 35	BRANDT, CHARLES	0.2997	4 M 45
HILGER, JOE	0.3037	5 M 35	CLARK, KEN	0.2523	3 M 45
ARMSTRONG, LYNN	0.2979	3 M 35	HARNLY, RICHARD	0.2269	4 M 45
FUELLING, TOM	0.2971	5 M 35	THOMPSON, HARVEY	0.2103	3 M 45
KIRBY, GEORGE	0.2968	4 M 35	KRIDER, BILL	0.1703	4 M 45
HERMAN, PAT	0.2814	3 M 35	RASMUSSEN, JOHN	0.1540	4 M 45
RAFF, JEFFREY	0.2767	5 M 35	GENSHEIMER, ROBERT	0.1293	2 M 45
LANE, GARY	0.2683	3 M 35	DEEL, BRAD	0.0889	2 M 45
GREENE, JOE	0.2298	2 M 35	SHOOK, RUS	0.0814	3 M 45
ROEHLING, THOMAS	0.2185	5 M 35	HOLLE, KARL	0.0798	2 M 45
CULBERTSON, DEWEY	0.2176	3 M 35			
GOLDTHWAITE, STEVE	0.2162	3 M 35	GETTY, CLEM	0.6054	7 M 50
SOROLET, RANDY	0.2041	2 M 35	ZIEGLER, JOE	0.6002	6 M 50
LUTTMAN, PHILLIP	0.1950	3 M 35	GAUTSCH, TERRY	0.2772	5 M 50
BYERS, ROBERT	0.1830	2 M 35	SCHMIDT, BILL	0.2198	2 M 50
ZIRZOLO, MIKE	0.1630	2 M 35	WHISLER, NORM	0.2099	3 M 50
WINTERS, DAVE	0.1621	2 M 35	GOBLE, JACK	0.1919	4 M 50
GRAWCOCK, BOB	0.1563	3 M 35	BASH, HOWARD	0.1796	4 M 50
FISCHER, TOM	0.1545	2 M 35	MYERS, NONNIE	0.1608	4 M 50
KENNERK, PHIL	0.1464	3 M 35	DITTO, CLIFF	0.1568	3 M 50
MATHER, TOM	0.1365	3 M 35	WILSON, DAVE	0.1476	3 M 50
BOLIN, TIM	0.1355	2 M 35	CHOVAN, VERN	0.1251	3 M 50
PAINTER, IVAN	0.1258	2 M 35	SCHWARTZ, SAM	0.1121	2 M 50
MILLS, CHARLES	0.1250	7 M 35	JEDINAK, JOHN	0.0754	6 M 50
HENDRICKS, KEN	0.1001	3 M 35	EILBACHER, LEONARD	0.0727	2 M 50
SHEPHERD, RICHARD	0.0929	2 M 35	BIDDLE, ELDEN	0.0648	3 M 50
DEITLE, JIM	0.0831	3 M 35	DEVAULT, CHUCK	0.0200	2 M 50
HENDRICKS, MIKE	0.0674	3 M 35	HAINES, GENE	0.0063	2 M 50
ALLEN, GLEN	0.0542	2 M 35			
COLE, MICHAEL	0.0406	3 M 35	GRAN, RENE	0.6641	8 M 55
DUESAL, VICTOR	0.0130	2 M 35			

(Continued on next page)

NAME	TOT	#
	PTS	RC
MEYER, MYRON	0.5809	6 M 55
HILKER, JOHN	0.3660	5 M 55
SNYDER, PAUL	0.2112	8 M 55
JONES, J P	0.1391	6 M 55
SULLIVAN, KING	0.1384	4 M 55
NOLD, CURTIS	0.1082	3 M 55
ADAMS, WENDEL	0.0706	2 M 55
HOCKENSMITH, ROBERT	0.0666	5 M 55
DANIEL, DAN	0.0637	3 M 55
STRIGGLF, GENE	0.0623	2 M 55
MOORE, AL	0.0385	5 M 55
PHILLIPS, ROGER	0.0342	4 M 55
MOYER, ROSS	0.0244	3 M 55
TOMLINSON, GILES	0.3253	4 M 60
BURNS, PHIL	0.2055	8 M 60
ONEIL, JACK	0.1258	5 M 60
FLEETWOOD, CHET	0.0147	2 M 60

The point standings were calculated using the following eight races:

RACE	NUM
20K NUTRA RUN	124
NAVL 15K	241
WMEE MARATHON	368
CANAL DAYS 10K	197
HILLY 4 MILE	125
TURTLE DAYS 10K	239
OLD SETTLERS 10K	166
WOWO CEN-SOYA 5MI	310

The results do not include the "We are Winning 5K" nor the "1 Hour Run" at Northrop. We divided the results by eight races. Runners having two or more races were included on the report. If anyone has questions, please contact Ken Miller or Russ Suever.

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

The 7th Annual Hamilton Classic 5 K Run was held July 4, much to the delight of me, Tim Fleming, Race Director. The total entry list (including some allowable late entries) was 146. The weatherman cooperated well with much sunshine and a nice 70 degree temp.

All entries who finished the race received a trophy with finish placement inscribed. A number of local Hamilton merchants donated nice prizes which were given out. The Ft. Wayne Track Club donated several T-Shirts and other items.

Great success of the race was due directly to all the cooperating merchants, John and Jean Fleming, my parents, for publicity and registration, Mr. Carl Akers of Hamilton Bank lended a great helping hand as well as main contributing sponsor, Lodge 648 I.O.O.F. Northern Indiana Public Service Company contributed high rise blinking lights and warning signs to channel traffic around the runners to make it a safe race. Many volunteers such as the timers and people at aid stations made the runners happy along this unique, hilly, and challenging course around Circle Park.

The overall winners were:

Male:	Stanton Florea	15:48.9
Female:	Amy Hile	18:56.6

The youngest finisher was a 7 year old lad.

The Runners Testing Race Factor makes the runner solely the Winner. It puts the prospective on running where it should be, One's own personal achievement is rewarded. Many of these finishers would have never received an award in a race, but we made all finishers - WINNERS.

Special thanks to:	Patti Fleming	Bill Schmidt
	Jeanne Fleming	Pat Kennedy
	Gail Yoder	Mary Connolly
	Naomi Kelly	Denise Kennedy
	John Fleming	Norm Teegarden
	Cindy Van Meter	Jimmy James, Hamilton Marshall
	Don Blumberg	Oberlin Auctioneering
	Dick Katt	Carl Akers
	Charlene Forney	
	Pat Forney	

Keep-A-Running,

Tim Fleming
Race Director

RESULTS OF HAMILTON CLASSIC RUN - July 4, 1986 5,000 Meter Run

Entrant	Age	S	PL	Time	Entrant	Age	S	PL	Time
1. Stanton Florea	15	M	1	15:48.9	53. Renee Singer	17	F	53	21:25.8
2. Roger Brown	18	M	2	16:27.7	54. Ronald Smith	44	M	54	21:29.3
3. Mark Stauffer	16	M	3	16:31.6	55. Dick Harnly	48	M	55	21:30.0
4. Bill Blosser	35	M	4	16:35.6	56. Jerry Nahrwald	28	M	56	21:36.4
5. Brad Middleton	28	M	5	17:17.7	57. Steve Butler	40	M	57	21:38.7
6. Jim Gnagy	25	M	6	17:24.6	58. Ron Horan	34	M	58	21:40.1
7. Greg Brown	30	M	7	17:25.4	59. Dave Brackett	36	M	59	21:44.4
8. Jim Uebelhoer	27	M	8	17:30.4	60. Robert Dill	30	M	60	21:46.7
9. Terry Coonan	35	M	9	17:39.6	61. C. J. Bobay	29	M	61	21:50.3
10. Bing Simmer	15	M	10	17:44.2	62. Wm. J. Krider	45	M	62	21:52.7
11. Patrick Leber	24	M	11	18:02.2	63. Leonard Eilbacher	63	M	63	21:53.4
12. Brad Stevens	26	M	12	18:03.3	64. Marsha Schmidt	40	F	64	21:54.9
13. Dennis Eiman	19	M	13	18:05.7	65. Howard Bash	53	M	65	21:56.0
14. Chuck Putterbaugh	29	M	14	18:20.8	66. Tom Boyer	31	M	66	21:57.1
15. Ed Martin	18	M	15	18:28.1	67. Lance Purnay	14	M	67	22:06.3
16. Don Lindley	42	M	16	18:30.0	68. Jeff Hastings	38	M	68	22:07.2
17. Jim Kruse		M	17	18:30.8	69. Alicia Cearbaugh	37	F	69	22:07.2
18. Jim Ellert	28	M	18	18:35.8	70. Jim Lowry	55	M	70	22:09.7
19. Robin Hartzall	31	M	19	18:37.7	71. Dick Dorton	42	M	71	22:20.8
20. Kevin Berning	17	M	20	18:42.5	72. Kathy Michael	35	F	72	22:29.6
21. Kelly Mahoney	16	M	21	18:45.5	73. Jeff McCann	44	M	73	22:34.8
22. Mark Brattoli	30	M	22	18:46.4	74. Sieglinde				
23. Kevin Long	27	M	23	18:47.7	Richardson	40	F	74	22:36.0
24. Graff Stratton	16	M	24	18:48.7	75. Becky White	23	F	75	22:55.5
25. Brett Etzler	15	M	25	18:51.0	76. Rob Uetrecht	16	M	76	22:58.5
26. Kelly Hofman	14	M	26	18:53.1	77. Murtaza Karim	32	M	77	23:04.1
27. Doug Abramowski	18	M	27	18:53.5	78. Sharir Karim	25	M	78	23:10.2
28. Chad Shelton	15	M	28	18:54.3	79. Lynn Bobay	35	M	79	23:10.6
29. Amy Hile	21	F	29	18:56.6	80. Brad Hanna	14	M	80	23:18.0
30. John McPherson	33	M	30	18:56.9	81. Florreich	52	M	81	23:23.1
31. James Scott	38	M	31	18:57.6	82. Randy Patton	37	M	82	23:30.1
32. Jamie Summers	16	M	32	19:04.7	83. Kristi McNally	13	F	83	23:31.6
33. Bill Smith	40	M	33	19:07.3	84. Gene Striggle	55	M	84	23:35.3
34. Doug Underhill	15	M	34	19:08.4	85. Fred Kohl	21	M	85	23:43.0
35. John Miller	30	M	35	19:15.0	86. Herschel Murray	86	M	86	23:44.8
36. Scott Chamberlain	17	M	36	19:22.4	87. Barb Scroggum	39	F	87	23:45.6
37. Jim Hanna	41	M	37	19:30.1	88. Steve Neumann	39	M	88	23:50.1
38. Dave Wolff	43	M	38	19:37.8	89. David Johnson	22	M	89	23:50.9
39. Denny Johnson	23	M	39	19:50.8	90. Mark Kuhn		M	90	23:51.5
40. Judy Tillapaugh	27	F	40	19:51.3	91. Doug Dorton	16	M	91	24:03.0
41. Jim Uecker	18	M	41	19:54.1	92. Mark Jennings	31	M	92	24:07.9
42. Dave Fawbush	17	M	42	19:59.3	93. Judy Hulbert	15	F	93	24:13.3
43. Rod Knox	34	M	43	19:59.7	94. Lou A. Hessel	18	F	94	24:30.6
44. Jerry Baker	37	M	44	20:06.8	95. Dana Budd	31	F	95	24:33.4
45. Don Ashton	45	M	45	20:29.2	96. Bob Beeching	41	M	96	24:38.7
46. Al Henkel	37	M	46	20:35.0	97. Jim Coonan	28	M	97	24:39.7
47. Lyn Handlin	29	F	47	20:50.1	98. Greg Jennings	39	M	98	24:41.5
48. Richard Zink	44	M	48	20:50.6	99. Chuck Mills	39	M	99	24:45.3
49. Bob Genseheimer	49	M	49	20:59.4	100. Jeremy Link	10	M	100	24:47.0
50. Mike Abramowski	22	M	50	21:04.2	101. Fran VanWagner	51	M	101	24:47.6
51. Jeremy Dammeier	13	M	51	21:07.8	102. J. Linn	38	M	102	24:49.5
52. Tom King	50	M	52	21:21.0	103. Steve Keeslar	40	M	103	24:51.5

RESULTS OF HAMILTON CLASSICAL RUN - July 4, 1986 5,000 Meter Run

Entrant	Age	S	PL	& Time	Entrant	Age	S	PL	& Time
104. Richard Berning	42	M	104	25:17.7					
105. Karen Gerbers	16	F	105	25:19.9					
106. Phil Burns	63	M	106	25:21.6					
107. Robert Leeper	59	F	107	25:25.3					
108. Glenn Allen	38	M	108	25:33.3					
109. Matt Settimi	10	M	109	25:36.4					
110. Kris Hoover	16	F	110	25:38.9					
111. Kristie Kummer	16	F	111	25:39.7					
112. Tony Settimi	50	M	112	25:44.7					
113. Joe Dorton	26	M	113	25:53.8					
114. Walt Harris	63	M	114	25:57.8					
115. Eddie Lee	33	M	115	26:01.5					
116. John Jedinak	52	M	116	26:18.0					
117. Aaron Hoopingardner	22	F	117	26:21.4					
118. Kenneth Votaw	24	M	118	26:38.1					
119. Ron Heimbarger	39	M	119	26:44.8					
120. Terry Miller	28	M	120	27:10.0					
121. Deborah Oberlin	34	F	121	27:17.4					
122. Bryce Dowd	12	M	122	27:58.5					
123. Joyce Sheets	26	F	123	28:28.0					
124. Greg Sheets	26	M	124	28:29.3					
125. Bill Sheets	29	F	125	28:28.8					
126. Diane Stock	22	F	126	28:46.9					
127. Becky Patton	10	F	127	29:28.6					
128. Diane Rosener	33	F	128	29:36.1					
129. Angie Scofield	25	F	129	29:39.8					
130. Joan Burns	54	F	130	29:40.3					
131. Jeremy Davis	13	M	131	30:07.1					
132. Shannon Summers		F	132	30:16.4					
133. Jason Dowd	10	M	133	31:01.6					
134. Callie Teegardinll		F	134	31:32.6					
135. Ben Bobay		M	135	32:15.5					
136. C. J. Dorton	42	F	136	32:36.1					
137. Tim Bobay	11	M	137	32:39.6					
138. Pat Coonan	8	M	138	33:31.6					
139. MaryJo LaVine	29	F	139	33:32.5					
140. Sharon Pauley	46	F	140	34:58.4					
141. Brandon Killel	11	M	141	35:20.2					
142. Terry Smith,II	7	M	142	36:18.4					
143. Maurine Gensheimer	48	F	143	36:19.6					
144. Diana Wendel	43	F	144	38:44.3					
145. David Gensheimer	27	M	145	39:16.2					
146. B. Pauley	51	M	146	40:42.8					

Tim Fleming

Tim Fleming

FT. WAYNE TRACK CLUB.

OLD SETTLER'S 10,000

COLUMBIA CITY, IN

(DATE) 7/18/68

(WEATHER) HOT & HUMID

(DISTANCE) 10K

(STARTING TIME) 6:30 PM

RACING RESULTS BY ACTION STARS, INC.

PL.	DIV. PL.	NAME	TIME	PL.	PROG/NT	PL.	DIV. PL.	NAME	TIME	PL.	PROG/NT
1	1	MARTIN SHERBORN	01:30.25	55	01:30.25	41	11	JEFF GONDS	01:41.00	65	01:41.00
2	1	MARVIN WADSWORTH	01:30.25	55	01:30.25	42	6	DAVID BELDEN	01:41.00	66	01:41.00
3	1	MARVIN HORN	01:30.25	60	01:30.25	43	12	AL HORNEL	01:41.00	67	01:41.00
4	1	TIM CORNELL	01:30.25	60	01:30.25	44	4	MORRIS PICKRETT	01:41.00	68	01:41.00
5	2	BOB FERRELL	01:29.18	53	01:29.18	45	3	DAVID GORHAM	01:41.17	69	01:41.17
6	2	BOB FERRELL	01:29.18	53	01:29.18	46	1	DAVID GORHAM	01:41.18	70	01:41.18
7	3	TIM MILLER	01:29.24	60	01:29.24	47	4	WYMON WEAVER	01:41.45	71	01:41.45
8	3	STEVEN CORNELL	01:29.47	67	01:29.47	48	5	CLEN BETTY	01:41.46	72	01:41.46
9	1	THOMAS WENDENBERG	01:28.79	62	01:28.79	49	6	POLL MILLER	01:42.16	73	01:42.16
10	1	JACK SISK	01:28.25	61	01:28.25	50	6	BENJAMIN BURGHEITZ	01:42.17	74	01:42.17
11	1	JOHN GONSON	01:28.25	59	01:28.25	51	9	DONALD WENKHOEHL	01:42.17	75	01:42.17
12	4	TERRY STALLER	01:28.37	67	01:28.37	52	1	DONALD WENKHOEHL	01:42.27	76	01:42.27
13	3	JERRY PETERSON	01:28.38	68	01:28.38	53	3	TIMOTHY DEWITT	01:42.37	77	01:42.37
14	1	GEORGE WARDON	01:18.14	11	01:18.14	54	7	DAVID CORNELL	01:42.38	78	01:42.38
15	2	MELT TUCK	01:18.21	57	01:18.21	55	1	JIM HARTLEY	01:42.38	79	01:42.38
16	4	RONALD WELLS	01:18.21	57	01:18.21	56	13	ROBERT STEVEN	01:42.38	80	01:42.38
17	1	JERRY PERDAM	01:18.48	63	01:18.48	58	9	POLL MILLER	01:42.38	81	01:42.38
18	1	DAVID WENDENBERG	01:18.48	63	01:18.48	59	3	LEE BRYAN	01:42.37	82	01:42.37
19	1	THOMAS WENDENBERG	01:18.48	63	01:18.48	60	3	TOM FLETCHER	01:42.37	83	01:42.37
20	2	THOMAS WENDENBERG	01:18.48	63	01:18.48	61	2	MORRIS WALEY	01:42.37	84	01:42.37
21	2	DAVID WENDENBERG	01:18.48	63	01:18.48	62	13	LINDA CORNELL	01:42.37	85	01:42.37
22	2	DAVID WENDENBERG	01:18.48	63	01:18.48	63	6	MARVIN GORHAM	01:42.37	86	01:42.37
23	1	BILL CORNELL	01:18.48	63	01:18.48	64	15	DAVID GORHAM	01:42.37	87	01:42.37
24	6	MARVIN GORHAM	01:18.48	63	01:18.48	65	16	POLL MILLER	01:42.37	88	01:42.37
25	2	FRED MOSS	01:18.71	61	01:18.71	66	2	ROBERT GONSON	01:42.56	89	01:42.56
26	7	TERRY CORNELL	01:18.71	61	01:18.71	67	2	ROBERT GONSON	01:42.56	90	01:42.56
27	3	BOB STEWART	01:18.71	61	01:18.71	68	2	ROBERT GONSON	01:42.56	91	01:42.56
28	4	JIM ELBERT	01:18.25	59	01:18.25	69	7	KEVIN MILLER	01:42.56	92	01:42.56
29	6	RONALD WELLS	01:18.25	59	01:18.25	70	8	TOM FLETCHER	01:42.56	93	01:42.56
30	4	CHOP GONSON	01:18.25	59	01:18.25	71	16	JOHN WELLS	01:42.56	94	01:42.56
31	2	RONALD WELLS	01:18.25	59	01:18.25	72	7	LEW WARDEN	01:42.56	95	01:42.56
32	2	JOE STEWART	01:18.25	59	01:18.25	73	4	DAVID WARDEN	01:42.56	96	01:42.56
33	2	JOE STEWART	01:18.25	59	01:18.25	74	8	DAVID WARDEN	01:42.56	97	01:42.56
34	14	MARVIN GORHAM	01:18.25	59	01:18.25	75	9	ALTON LYNNER	01:42.56	98	01:42.56
35	8	GEORGE WARDON	01:18.25	59	01:18.25	76	4	BOB WARDEN	01:42.56	99	01:42.56
36	2	L.D. PETERSON	01:18.25	59	01:18.25	77	18	JOHN WARDEN	01:42.56	100	01:42.56
37	2	L.D. PETERSON	01:18.25	59	01:18.25	78	19	DAVE WARDEN	01:42.56	101	01:42.56
38	3	GEORGE WARDON	01:18.25	59	01:18.25	79	19	DAVE WARDEN	01:42.56	102	01:42.56
39	2	GEORGE WARDON	01:18.25	59	01:18.25	80	2	MORRIS WARDEN	01:42.56	103	01:42.56
40	19	MARVIN GORHAM	01:18.25	59	01:18.25	81	2	MORRIS WARDEN	01:42.56	104	01:42.56

Action Stat Results Central Soya Community Classic

Top Overall Male: Jerry Williams 25:55.12

Top Overall Female: Mary Theresa Connally 29:53.38

Top Overall Male Masters: Dennis Scott 26:37.63

Top Overall Female Masters: Marsha Schmidt 35:58.20

MALE 14 & UNDER

TOTAL RUNNERS 4

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
31	KENNY BOYLE	0:29:43.91				
167	BRIAN LINDLEY	0:37:51.52				
256	MICHAEL LINDLEY	0:44:19.35				
345	TOMMY ASHRAE	0:56:48.91				

DIVISION RESULTS

MALE 15 - 19

TOTAL RUNNERS 21

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
5	STAVON FLOREA	0:27:14.39	11	56	BUFF DORMEIER	0:30:10.27
11	TIM RAYLE	0:28:17.06	12	43	CHRIS WILSON	0:30:28.09
12	MATT EBERSOLE	0:28:25.72	13	70	PAUL SMITH	0:32:32.36
13	TIM BORRELL	0:28:33.74	14	83	PAUL FLECK	0:32:48.61
17	KEVIN BOTH	0:29:07.89	15	109	KENT HARMAN	0:34:26.45
19	MIKE FAST	0:29:11.31	16	114	JAMES FRITZINGER	0:34:42.23
22	JOEL WISE	0:29:17.01	17	128	TIM REED	0:35:22.25
23	ERIC KELL	0:29:18.68	18	160	GARY STOOPS JR	0:37:34.07
27	MATT STEINMETZ	0:29:38.19	19	163	CHRIS GILDEA	0:37:39.53
37	BING SIMPERS	0:30:05.18	20	229	JEFF DAVIS	0:41:51.76

DIVISION RESULTS

MALE 20 - 24

TOTAL RUNNERS 13

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
2	KEITH HORTON	0:26:17.56	11	98	FRANCISCO TREVINO	0:33:35.51
4	BOB BRAGS	0:27:04.39	12	165	TIM SIUHAJ	0:37:45.19
6	BRIAN SHEPHERD	0:27:22.85	13	199	STEVE McMAHON	0:40:08.63
7	BARRY SCHWIEDERS	0:27:23.53				
8	JEFF PETERSEN	0:27:29.91				
32	MATT FOREMAN	0:29:45.02				
36	PAUL KNOTT	0:30:03.98				
42	PATRICK LEBER	0:30:10.16				
53	JOHN PEA	0:31:21.00				
66	TRACY EDGERTON	0:31:51.95				

DIVISION RESULTS

MALE 25 - 29

TOTAL RUNNERS 35

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	JERRY WILLIAMS	0:25:05.12	11	57	KEVIN LONG	0:31:33.68
9	JOSEPH RAJCHEL	0:27:42.61	12	62	GREG KERSHBERGER	0:31:44.97
14	STEVEN SMITH	0:28:37.23	13	68	ROBERT LOPEZ	0:32:01.53
21	STEPHEN McMULLTY	0:29:16.75	14	72	RUBEN SANCHEZ	0:32:16.51
24	TERRY DILLER	0:29:25.15	15	77	TERRY CAMPBELL	0:32:26.17
25	STEVE PEREZ	0:29:26.61	16	82	DAVE REINSCHISEL JR	0:32:47.56
28	BRET CURRY	0:29:39.12	17	84	KEITH CHUDILL	0:32:50.75
34	DAVID GEIGER	0:29:51.99	18	101	GARY BEAK	0:33:42.25
41	PAUL SHAFER	0:30:14.65	19	105	DAVID LEONARD	0:34:01.58
46	STEPHEN DAVIS	0:30:55.00	20	107	DAVID OKERSON	0:34:11.69

DIVISION RESULTS

MALE 30 - 34

TOTAL RUNNERS 38

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
10	MARLIN HOWE	0:28:10.50	11	85	PAUL MILLER	0:32:56.64
15	ROGER WILSON	0:28:42.62	12	89	MICHAEL CALLAWAY	0:33:19.77
16	STEVEN CASHWELL	0:28:59.49	13	91	PAUL BAUMANN	0:33:25.64
29	DAN GREEN	0:29:44.46	14	93	RICK TRABEL	0:33:27.61
39	JEFFREY ARCHER	0:30:11.25	15	99	RICK EATON	0:33:36.75
51	MARK BARTOLI	0:31:14.38	16	108	THOMAS JOHNSON	0:34:23.61
52	TERRY ANDERSON	0:31:16.59	17	111	JEFF KLING	0:34:35.27
61	DENNIS CONNER	0:31:44.19	18	112	CHRIS NIXON	0:34:37.18
69	RICK BANTER	0:32:04.25	19	116	JOE PATTERSON	0:34:49.58
79	TIM LUMBAGH	0:32:36.90	20	119	JONATHAN HUME	0:35:01.25

DIVISION RESULTS

MALE 35 - 39

TOTAL RUNNERS 53

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
18	DONALD BASHOR	0:29:08.75	11	68	SEAN COLLENTINE	0:31:41.38
20	ROGER KINGSBERY	0:29:12.72	12	70	JOE SKEVINGTON	0:32:11.73
26	JED PEARSON	0:29:30.62	13	73	RUSS SUEVER	0:32:19.08
30	DAVE RUESCHILLIN	0:29:42.65	14	75	AL KENZEL	0:32:23.63
33	TERRY COOMER	0:29:49.58	15	81	MICHAEL STRAYER	0:32:46.54
40	GARY RICKNER	0:30:12.05	16	88	KEILL TATE	0:33:18.93
48	JACK WILLIAMS	0:30:56.59	17	98	STEVEN GOLDTHAITE	0:33:22.62
49	MORR SPITZIG	0:31:02.13	18	92	DEANIS STONEBROKER	0:33:26.28
58	LYNN ARMSTRONG	0:31:04.73	19	97	JIM HUFFER	0:33:32.96
58	DOUG HOKENBERGER	0:31:37.11	20	100	DAVE WINTERS	0:33:41.32

DIVISION RESULTS

MALE 40 - 44

TOTAL RUNNERS 35

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
4	DONALD SCOTT	0:30:37.00	11	106	MIKE BYERLEY	0:34:07.76
55	DONNIS HUDSON	0:31:25.64	12	110	STEVE ACKISON	0:34:27.66
59	RODGER PUCKETT	0:31:38.91	13	115	DEAN OUTSHALL	0:34:44.31
63	BERNIE MOTYCKA	0:31:46.34	14	117	KEN MILLER	0:34:53.93
65	RONALD MOTYCKA	0:31:49.66	15	122	ED BECKNER	0:35:06.18
74	BOBMY ROBERTS	0:32:21.15	16	131	RICHARD ZINK	0:35:26.11
87	DAVE WOLFF	0:33:17.76	17	134	JIM SEILER	0:35:45.63
94	JOHN BOES	0:33:26.98	18	137	JOHN PETERSON	0:35:58.78
96	BERNIE BURGETTE	0:33:32.17	19	143	CLIFFTON GORRELL	0:36:15.23
104	DENIS PAUZE	0:33:53.11	20	157	MARLIN MOTYCKA	0:37:21.98

DIVISION RESULTS

MALE 45 - 49

TOTAL RUNNERS 14

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
44	JACK MORRIS	0:38:28.89	11	248	RUSSELL SHOOK	0:43:08.73
56	CHARLES BRANDT	0:31:31.35	12	251	JOSEPH SCHAEFER	0:43:46.76
86	TOM FELGER	0:33:16.65	13	264	DON MORHART	0:46:10.99
125	RONALD CLARK	0:35:16.00	14	281	MICHAEL HOLBROOK	0:48:39.20
127	DONALD ASHTON	0:35:19.31				
148	RICHARD HANLY	0:35:44.39				
169	BILL MACK	0:37:55.79				
171	WILLIAM KRIDER	0:38:04.81				
225	JAY BROMER	0:41:31.19				
239	JIM BABCOCK	0:42:57.86				

DIVISION RESULTS

MALE 50 - 59

TOTAL RUNNERS 24

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
54	JOE ZIEGLER	0:31:26.75	11	179	HOWARD BASH	0:38:29.82
76	CLEN GETTY	0:32:25.87	12	192	CURT WOLD	0:39:38.35
88	MYRON MEYER	0:32:38.15	13	201	RUDI FLOREITICH	0:40:24.48
95	BENE BRAN	0:33:31.42	14	206	JAMES JONES	0:40:47.43
121	THOMAS KING	0:35:04.87	15	214	LEONARD ETLBACHER	0:41:02.98
123	DONALD PERNS	0:35:12.83	16	219	PAUL SNYDER	0:41:25.59
135	TERRY GRUTSCH	0:35:46.61	17	236	ELDON BIDDLE	0:42:35.65
161	JACK GOBLE	0:37:34.75	18	253	CHARLES WELCH	0:44:11.70
164	SAMUEL SCHWARTZ	0:37:44.27	19	257	ROBERT HOOKSMITH	0:44:53.19
170	HAL LEWIS	0:37:57.83	20	258	JOHN JEDINK	0:45:02.17

DIVISION RESULTS

MALE 60 & OVER

TOTAL RUNNERS 6

OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
182	GILES TURLINSON	0:33:46.35				
216	JACK O'NEILL	0:41:07.73				
231	PHIL BURNS	0:42:06.40				
254	BILL DUTY	0:44:01.19				
266	ELLIS MCCANN	0:46:31.32				
279	RICHARD LONGSMORTH	0:48:16.49				

1 FEMALE 19 & UNDER

DIVISION RESULTS

TOTAL RUNNERS 12

RACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
	45	SHERRY MOOVER	0:30:22.88	11	299	PAM KINDLER	0:51:54.90
	67	JARLE GORRELL	0:31:55.60	12	300	MENDY WINKELJOHN	0:51:57.44
	133	MARINA BEYER	0:35:43.11				
	154	RENÉE SIMMER	0:37:13.55				
	162	SPARON BOON	0:37:35.44				
	213	ROBYN SHARP	0:40:56.44				
	260	KAREN GERBERS	0:45:16.18				
	280	JENNIFER BACKSTROM	0:46:38.38				
	295	AULIE ELLERBROCK	0:50:49.45				
	298	KARIS SCHEELE	0:51:27.53				

DIVISION RESULTS

2 FEMALE 20 - 29

TOTAL RUNNERS 13

RACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
	47	MARIE BAUTSCH	0:30:58.76	11	261	DIANE PER	0:45:30.73
	64	JUDY TILLAPRUH	0:31:47.83	12	270	GAIL FARRAGH	0:46:49.65
	103	LYN HANGLIN	0:33:51.48	13	302	AMY YARNELLE	0:52:54.20
	138	LINDA CONRAD	0:35:51.58				
	190	KIM LARSEN	0:39:32.31				
	230	TAMMY ECKSTROM	0:41:55.25				
	232	LORRAINE FOX	0:42:26.01				
	234	COLEEN GASHAM	0:42:32.49				
	242	PAM HANSON	0:43:23.99				
	250	INGLID GATKE	0:43:43.85				

DIVISION RESULTS

3 FEMALE 30 - 39

TOTAL RUNNERS 19

RACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
	3	DALEEN CONNOLLY	0:39:08.38	11	262	REBECCA HEATH	0:45:31.59
	3	DONNA MOODY	0:36:57.11	12	265	MARATHA HOEPFNER	0:46:29.47
	16	JANEY CUPPLES	0:37:46.87	13	268	MARY MOTYCKA	0:46:33.67
	3	JOAN WELLS	0:38:12.49	14	274	JAN HAWORTH	0:46:56.68
	76	LIZ RITCHER	0:38:16.21	15	277	SALLY THOMAS	0:47:40.69
	10	DARLENE ROSE	0:42:00.35	16	282	JO SMITH	0:48:44.82
	14	MARLETH TYSON	0:43:25.99	17	288	JANE BRECKBILL	0:49:38.74
	16	MARILIA KLINE	0:43:34.76	18	289	JUDITH KILGORE	0:49:39.96
	18	PATRICIA SHELTER	0:43:37.71	19	307	ROSALIE EVERSOLE	0:57:02.91
	19	SHIRLEY KOLGOSZAR	0:43:42.23				

DIVISION RESULTS

4 FEMALE 40 - 49

TOTAL RUNNERS 11

RACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
	179	MARILYN CONNOLLY	0:35:58.88	11	300	JUDITH SMITH	1:00:40.71
	172	STEELE RICHARDSON	0:38:11.53				
	180	ROSEANN SIMONS	0:38:33.00				
	211	BARBARA O'NEIL	0:40:56.07				
	221	VALENTIE PLACKETT	0:41:28.89				
	367	JULIA WILSON	0:46:32.35				
	285	SARAH KLEINWIGHT	0:49:33.27				
	251	LINDA GATKE	0:49:49.26				
	294	WANCY CLARK	0:50:39.75				
	303	CHARLENE HALL	0:54:58.24				

DIVISION RESULTS

5 FEMALE 50 & OVER

TOTAL RUNNERS 8

RACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
	212	GLORIA MYCUM	0:40:57.53				
	245	MARY GILLICH	0:43:38.40				
	263	JESSIE MCCOY	0:46:00.83				
	275	KELLY GLENW	0:47:02.98				
	266	JOAN BURNS	0:49:34.10				
	296	JEAN LONGSWORTH	0:50:55.81				
	306	DIANE GETTY	0:57:02.24				
	309	DORIS SNYDER					

1986

AUBURN CLASSIC CITY ROAD RACE

RESULTS OF 5 KILOMETER RUN

OVERALL WINNERS

5 Kilometer - Male - Jeff Oberlin 15:46

5 Kilometer - Female - Jamie Gorrell 19:44

Male 12 & Under

1. Jamie Wilkins	21:54
2. Jon Wilkens	21:59
3. Chris Oberlin	22:10
4. Mike Dendinger	22:29
5. Jason Hoff	22:39
6. Brant Seymore	25:09
7. Corry Pressler	26:53
8. Derek Markley	27:21
9. Matt Webb	28:18
10. Joe Webb	28:40
11. Mike Webb	32:26

Male 13-14

1. Chad Wolff	20:54
2. Chad Sorg	21:19
3. Jamie McCann	21:26
4. Josh Hower	23:47
5. Brian Webb	24:51
6. Aaron Jenks	26:14
7. Zach Kindlesparker	26:37

Male 15-19

1. Tim Gorrell	17:02
2. Ben Solero	18:28
3. Eric Kell	17:35
4. Brent Helbert	17:36
5. Jon Olsen	17:42
6. Doug Camp	17:54
7. Kent Harman	18:01
8. Buff Dormeier	18:11
9. Mike Schoudle	18:12
10. Sean Camp	18:14
11. Curtis Johnson	19:04
12. Doug Underhill	19:09
13. Chad Shelton	20:16
14. Doug Randol	20:21
15. Rick Petersen	20:48
16. Scott Chrisman	20:51
17. Bruce Seppler	20:53
18. Mat Jacobs	21:03
19. Tim Mundock	25:10

Male 20-24

1. Stephen Bangs	17:17
2. Jeff Seigel	20:22
3. Dan Godfrey	21:12
4. Kerry Sliger	21:28

Male 25-29

1. Jim Ellert	18:18
2. Roger Smith	19:41
3. Dick Furnish	20:06
4. Jeff Erickson	21:10
5. Bret Hall	22:26

Male 30-34

1. David Hockley	16:48
2. Robin Hartzell	18:02
3. Bill Aksamit	19:28
4. Jess Schload	21:22
5. Roger Artherhults	21:34
6. Ron Woolsey	21:51
7. Steven Cline	25:24
8. Jeff Hess	30:24

Male 35-39

1. Monty Schneider	16:31
2. Mike Robbins	16:56
3. Chuck Mills	24:52

Male 40-49

1. Lowell Johnson	19:31
2. Allen Best	19:37
3. Dave Wolff	19:40
4. Clifton Gorrell	21:00
5. Robert Clay	22:13
6. John Klein	22:35
7. Dennis Oberlin	22:50
8. Pete Groth	23:30

(5K Auburn City Road Race - Continued)

Male 50-59

- | | |
|-----------------------|-------|
| 1. Rudi Florreich | 23:20 |
| 2. Robert Hockersmith | 26:00 |

Male 60 & Over

- | | |
|-----------------|-------|
| Giles Tomlinson | 20:35 |
|-----------------|-------|

Female 12 & Under

None

Female 13-14

- | | |
|---------------------|-------|
| 1. Kristi McNally | 22:47 |
| 2. Alicia Gearbaugh | 22:51 |
| 3. Heather Thomas | 24:26 |

Female 15-19

- | | |
|--------------------|-------|
| 1. Amy Clay | 22:09 |
| 2. Jenny Victorson | 24:13 |
| 3. Sherrie Reinig | 25:33 |
| 4. Beth Smith | 26:03 |

Female 20-24

- | | |
|-------------------|-------|
| 1. Deb Stark | 23:49 |
| 2. Rhonda Godfrey | 29:45 |

Female 25-29

- | | |
|------------------|-------|
| 1. Sheila Knox | 27:11 |
| 2. LuAnn Erikson | 29:48 |

Female 30-34

- | | |
|------------------|-------|
| 1. Julie Manger | 21:34 |
| 2. Bonnie Disque | 22:06 |
| 3. Sue Sipes | 22:27 |
| 4. Carole Krouth | 26:48 |
| 5. Kathy Leahy | 27:14 |
| 6. Diane Rosener | 30:07 |
| 7. Cindy Hess | 30:23 |
| 8. Susi Williams | 33:42 |

Female 30-34

None

Female 35-39

- | | |
|----------------|-------|
| 1. Alice Swift | 24:12 |
| 2. Sandy Webb | 33:10 |

Female 40-49

- | | |
|-------------------|-------|
| 1. Jeanette Klein | 30:35 |
| 2. Helen Wappes | 32:42 |

Female 50 & Over

None

1986
AUBURN CLASSIC CITY ROAD RACE
Results of 10 Kilometer Run

OVERALL WINNERS

10 Kilometer - Male - Dan Kaufman 34:25
10 Kilometer - Female - Trina Chapman 38:48

Male 14 - Under

1. Aaron Betts 42:20
2. Jon Young 54:52

Male 15-19

1. Ryan Tedars 35:09
2. Doug Nern 35:27
3. Nick McCoy 37:14
4. Jim Wangberg 37:18
5. Chris Dunlap 37:41
6. Bernie Fischer 38:45
7. Todd Ditto 38:47
8. Brandt Douglas 39:09
9. Tom Marquandt 40:41

Male 20-24

1. Ron Pepple 37:34
2. Dennis Erman 38:22
3. Bruce Young 44:40

Male 25-29

1. Brad Middleton 35:18
2. Gary Kuhn 41:25
3. David Sassanella 43:56
4. David Wolfe 47:14
5. Krik Muri 48:27
6. Mike Fletcher 48:30
7. Kevin Likes 50:35

Male 30-34

1. Bob Schend^{fl} 35:53
2. Terry Osborn 39:36
3. Fritz Klein 40:58
4. Paul Bauman 42:22
5. Bobby Christlieb 46:17
6. Michael Yann 48:52
7. Rick Norris 51:05
8. Hugh Fletcher 52:22

Male 35-39

1. Tom Dendinger 36:30
2. Jed Pearson 36:53
3. Jack Reinking 41:16
4. Bob Waterson 41:18
5. Mick Swift 41:21
6. Dennis Stonebraker 41:37
7. Jeff Roff 43:34
8. James Miller 44:35
9. Bill Webb 44:53
10. Larry Pressler 46:25
11. Perry Young 47:34
12. Paul Cherry 48:35
13. Michael Hendricks 53:18

Male 40-49

1. Larry Awerback 38:52
2. Bernie Buegette 41:02
3. Bill Mack 47:09

Male 50-59

1. Gene Gran 41:31
2. Hal Lewis 44:21

Male 60 & Over

None

Female 14 & Under

1. Mickie Gorrell 48:10
2. Angie Swary 55:27
3. Chris Perrin 55:26
4. Jennifer Kaleiza 59:59

Female 15-19

1. Kelly Ohlwine 48:28

Female 20-24

1. Becky White 46:48
2. Jutta King 59:41

Female 25-29

1. Deb Fisher 49:25

Female 30-34

1. Susan Peterson 46:52
2. Kathy Scheuman 47:48
3. Susan Turner 47:48
4. Barbara Long 60:10

Female 35-39

1. Barb Scrogam 49:45

Female 40-49

1. Sue Carnes 42:21

Female 50 & Over

1. Fran VanWagner 51:27

RESULTS OF THE PEACE AND UNDERSTANDING 5K RUN
HELD AT IPFW

8-9-1986

NAME	TIME		
Chris Norrick	15:22.6	Terry Gautsch	21:18.8
Vince Garcia	15:57.4	Joe Webster, Jr.	21:20.5
Mike Robbins	16:47.6	Brian Lindley	21:21.0
Darryl Green	16:49.5	Linda Conrad	21:21.4
Tim Rayle	16:54.3	David Millhouse	21:22.5
Tim Gorrell	16:55.5	Ron Horan	21:25.5
Roger Wilson	16:57.7	Karman Geyer	21:28.4
Eric Kell	17:09.0	Richard Harnly	21:29.1
John Treleaven	17:13.4	Clifton Gorrell	21:34.0
Larry Targgart	17:18.7	William Krider	21:37.6
Mark Stauffer	17:26.4	Roger Hack	21:55.6
Greg Brown	17:28.0	Shaun Brennan	22:01.5
Michael Glasper	17:31.4	Beth Berry	22:22.1
Gary Rickner	17:37.9	Ken Hendricks	22:30.9
Boff Dormeier	17:45.3	Deb Sauers	22:45.3
Neil Tate	17:59.5	Sasie Eberle	22:56.8
Jack Morris	18:04.2	Jim Simpson	23:00.4
Bob Milton	18:08.0	Connie Cox	23:08.1
Mike Fruchey	18:08.6	Charley Knepple	23:09.0
Kevin Long	18:34.1	James P. Jones	23:09.8
Tony Gattton	18:35.9	Larry Yant	23:15.0
Mark Brattoll	18:45.5	Elizabeth Scott	23:15.7
Marnie Gautsch	18:51.0	Don McCord	23:45.0
Mick Kelly	18:57.2	Mike Pressler	23:47.6
Aaron Betts	19:11.8	Daniel Weirich	23:58.5
Tim Longenbaugh	19:15.9	Ralph Ballou	24:04.3
Paul Miller	19:19.2	Steve Tielker	24:07.9
Clem Getty	19:21.8	Frank Schneider	24:11.8
Eric Baker	19:24.7	Randy Auker	24:12.6
Donald Lindley	19:25.2	Phil Burns	24:13.2
Tim Wehnert	19:35.2	Len Pirofatto	24:21.8
Dan Fineran	19:39.7	David Moore	24:23.4
Paul Bauman	19:49.5	Edward Garrett	24:32.7
Tony Miller	20:04.5	Greg Luker	24:34.3
Jason Matterson	20:09.0	Brenda Wolfe	24:38.7
Jeff Kline	20:33.0	Michael Hendricks	24:51.6
Richard Schweyer	20:42.6	Betty De Wells	24:56.6
Ken Clark	20:43.7	Brian T. Smith	24:57.1
Bob Fahl	20:50.5	Wendy Winkeljohn	25:02.9
Tim Reed	20:55.3	Amada Quiroz	25:04.3
Jim Berry	20:57.8	Eunice Ream	25:21.0
Bill Lezan	21:03.2	Cheryl Ertelt	25:35.1
Mark Kuhn	21:03.5	Michael Lindley	25:39.1
Murtaza Karim	21:05.2	John Jedinak	25:50.7
Shabir Karim	21:05.7	Cherly Lezan	26:18.5
Kathy Widau	21:11.8	Sean Farnan	26:39.0
Daymond Cole	21:13.8	Jerry Suetterlin	27:32.6
		John Ankenbruck	27:34.9
		Sherry Harter-Highlen	27:35.4
		Richard Longsworth	27:51.0
		Jo Ellen McFall	28:07.4
		Tom Mather	28:08.0
		Gene Kelly	28:12.5
		Holly Passage	28:24.9

(Continued on next page)

PEACE RUN RESULTS (CONTINUED)

Jo-Ann Yurosko	28:35.1
Barb Feasby	28:41.8
Betty Andrade	29:18.8
T. Jean Longsworth	29:28.7
Jim Johnson	29:36.8
Amy Yarnelle	30:50.2
Kathi Weiss	30:53.5
Kathy Ingell	32:02.6
Ruth Hyndman	32:16.5
Shirley Hirt	32:13.2
Susan Henisa	33:13.7
Diane Getty	33:29.8
Isaac Bruch	33:50.8
DeAnn Hunnicutt	34:27.4
Judith Hollander	34:27.8
David Gensheimer	37:22.8
Maurine Gensheimer	39:31.2
126 Harold Hess	43:50.1

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