

# the inside track



FORT WAYNE  
TRACK CLUB

1986 1987  
December / January

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

## Holiday Greetings



# Fort Wayne Track Club

## Officers and Board Members 1987

JIM BUSHEY  
PRESIDENT  
747-3770

JUDY TILLAPPAUGH  
VICE PRESIDENT

RANDY LAVINE  
VICE PRESIDENT  
493-2420

DON LINDLEY  
TREASURER  
456-8739

GARY HOOTEN  
SECRETARY  
747-6888

CHUCK DEVAULT  
RACE SCHEDULING  
482-2272

TIM FLEMING  
MEDIA CHAIRPERSON  
749-8027

GARY RICKNER  
LEGAL CONSULTANT  
423-9551

RANDY LAVINE  
MEMBERSHIP  
493-2420

NORM SPITZIG  
ADVERTISING  
432-2581

RON HORAN  
NEWSLETTER  
447-6627

TOM WAGNER  
BOARD MEMBER  
485-0587

MIKE ROBBINS  
BOARD MEMBER  
485-3068

GARY HOOTEN  
BOARD MEMBER  
485-3068

DAN KAUFMAN  
BOARD MEMBER  
485-5241

JOHN TRELEAVEN  
BOARD MEMBER  
432-5315

SUE LONG  
BOARD MEMBER  
484-1373

DENNY MARKS  
BOARD MEMBER  
447-4567

**REWEW YOUR  
MEMBERSHIP TO THE  
FORT WAYNE TRACK CLUB  
TODAY!!!**

## 1987 FWTC RACE SCHEDULE

**February 21, 1987**

Fanny Freezer 5K; Foster Park, 2:00 pm.

**March 14, 1987**

Nutra Run 20K; Woodside Middle School, Fort Wayne, IN., 2:00 pm.

**May 2, 1987**

American Cancer Society 5K; Canterbury Green, 9:00 am.

**May 3, 1987**

Foster Park 13.1mile; Foster Park, 8:00 am.

**May 17, 1987**

WMEE/Key Health Marathon, 8K / 26.2mile; Johnny Appleseed, 8:00 am

**June 13, 1987**

Hilly 4, 4 mile; Homestead, 9:00 am.

**June 20, 1987**

Central Soya, 5 mile; Downtown, 6:00 pm.

**June 27, 1987**

White River Park, 5 mile; Shoaff Park, 8:00 am.

**August 22, 1987**

Big Brothers / Sisters, 2 mile / 5 mile; Foster Park, 5:00 pm.

**September 13, 1987**

Scholarship Fund Run; IUPU, Fort Wayne, IN.

**October 25, 1987**

Homeloan, 10K, 2:00 pm.

**December 12, 1987**

J. P. Jones, 10K; Foster Park, 2:00 pm.

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## 1987 LOCAL RACE SCHEDULE

**April 25, 1987**

American Van Lines, 15K; North American Van Lines, 2:00 pm.

**May 9, 1987**

Arlington Park, 5K; Arlington Park, 8:00 am.

**June 6, 1987**

Canal Days, 10K; New Haven, 7:00 am.

**June 27, 1987**

Turtle Days, 10K; Churubusco, IN., 8:00 am.

**July 4, 1987**

Hamilton Lake, 5K; Hamilton Lake, 8:00 am.

**July 17, 1987**

Old Settlers, 10K; Columbia City, IN. 6:30 pm.

**July 19, 1987**

Diet Pepsi, 10K; Friemann Square, 8:00 am.

**August 15, 1987**

Kent Davis, 5K; Georgetown Square, 7:00 pm.

**October 4, 1987**

Lutheran Hospital, 5K; Foster Park, 2:00 pm.

# PRESIDENT'S COLUMN

By Jim Bushey

I HOPE EVERYONE ENJOYED THE HOLIDAYS! NOW IS THE TIME TO GET BACK OUT ON THE ROADS AND WORK OFF THOSE EXTRA POUNDS WE MAY HAVE GAINED. AS YOU PROBABLY GUESSED BY NOW, THIS ISSUE OF THE INSIDE TRACK IS COMING AT AN ODD TIME. THE REASON IS TWO FOLD: 1. RON GOT THE HOME LOAN RESULTS IN THE LAST ISSUE AND THERE HAS NOT BEEN A LOT HAPPENING SINCE HOME LOAN. 2. WE WANTED TO HAVE TWO BOARD MEETINGS SO WE COULD HAVE THE 1987 FWTC RACE AGENDA READY.

RUNNERS WEEK IS BACK, UNDER THE DIRECTION OF ANN JAMISON. ANN IS PLANNING 15 SHOWS FOR 1987. PLEASE GIVE ANN A CALL. SHE NEEDS VOLUNTEERS TO HELP WITH RUNNING THE CAMERA, ANNOUNCING, ETC. WE STILL NEED SPONSORS FOR RUNNERS WEEK. IF YOU WOULD LIKE TO CONTRIBUTE TO THE PROGRAM OR KNOW A BUSINESS THAT WOULD, CONTACT ANN OR MYSELF AND WE WILL GET THE DETAILS TO THE PROPER PEOPLE.

RACE AGENDA - PLEASE NOTE THE 1987 OFFICIAL FWTC RACE SCHEDULE IN THIS ISSUE. CUT IT OUT AND PASTE IT ON THE REFRIGERATOR AS AN INCENTIVE TO TRAIN THIS WINTER. THERE WILL NOT BE A POINTS SYSTEM. THE BOARD DECIDED TO WAIT ONE YEAR AND SEE THE RESPONSE TO NOT HAVING A POINTS SYSTEM. IF YOU HAVE ANY THOUGHTS ON THE SUBJECT CONTACT A BOARD MEMBER. IN ADDITION TO THIS SCHEDULE, THE CLUB WILL ALSO HAVE THE AREA RACE CALENDAR WITH MOST OF THE RACES YOU ARE ALL FAMILIAR WITH. "RACE DIRECTORS" NEED TO CONTACT LYN HANDLIN AND GET YOUR RACE ON THE CALENDAR.

MARATHON UPDATE - PLANS ARE WELL UNDER WAY FOR THE MARATHON SCHEDULED MAY 17, 1987. CHANGES FOR THIS YEAR INCLUDE:

A. THE RACE WILL BEGIN AND END IN JOHNNY APPLESEED PARK. CHUCK DEVAULT WILL BE MAKING SOME CHANGES WITH MILES 1, 2, 25 AND 26, BUT THE COURSE WILL BE FAC CERTIFIED IN TIME.

B. AN 8K RACE WILL START AT 8:30.  
C. KEY HEALTH PLAN AND PARKVIEW HOSPITAL WILL BE CO-SPONSORS WITH WMEE, AND PLAN TO HAVE MORE WITH DIRECTIONS ON THE COURSE THIS YEAR.

## PRESIDENT'S COLUMN

OUR GOAL IS AT LEAST 500 IN THE MARATHON AND 500 IN THE 8K, SO THE RACE CAN INVOLVE OVER 1000 AREA RUNNERS RANGING FROM THE FASTEST TO JUST ANYONE INTERESTED IN PARTICIPATING IN A GREAT EVENT. THE MARATHON IS A GREAT TRADITION STARTED BY THE FWTC MANY YEARS AGO. LET US ALL PLAN TO JOIN IN THE FUN ON MAY 17, 1987. RACE APPLICATIONS SHOULD BE MAILED OUT SOON.

MARATHON TRAINING CLASSES - THE SOUTHEAST AND CENTRAL YMCA'S UNDER THE DIRECTION OF DENNY MARKS WILL ORGANIZE A SERIES OF TRAINING CLINICS AND FITNESS TESTING FOR THE 1987 MARATHON. CLASSES WILL MEET EACH SATURDAY AT 9:00 AM AT THE S.E. YMCA STARTING FEB. 14TH AND ENDING MAY 9TH. ON THE WEEKENDS THAT RACES ARE SCHEDULED, THE CLASS WILL MEET AT THE RACES. AS AN ADDED BONUS, DENNY AND LYN HANDLIN WILL BE DOING FITNESS TESTING ON THE FIRST SATURDAY. DON LINDLEY, JUDY TILLAPPAUGH, AND OTHER QUALIFIED SPOKESMEN WILL BE GUEST SPEAKERS AT VARIOUS CLASSES. THIS CLASS SHOULD BE OF INTEREST FOR FIRST TIME MARATHONERS AND ESPECIALLY SEASONED MARATHONERS, WHO MAY WANT TO HAVE SOME OF THE FITNESS TESTS, BODY FAT, ETC., DONE TO HELP THEM IMPROVE THEIR TIME.

CALL DENNY MARKS AT THE SOUTHEAST YMCA, 447-4567 FOR MORE INFORMATION AND TO SIGN UP.

SPRING FLING - PLEASE NOTE A NEW RACE ON THE CALENDAR. FEBRUARY 21, 1987, 2:00 AT FOSTER PARK. THIS WILL BE A 5K RACE PUT ON IN CONJUNCTION WITH THE PARK DEPARTMENT, YMCA, AND THE FORT WAYNE TRACK CLUB. REGISTRATION WILL BE AT PAVILLION #1 ON THE DAY OF THE RACE. NO AWARDS, JUST HOT CIDER, HOT CHOCOLATE, AND A CHANCE TO HAVE SOME FUN WITH YOUR FELLOW RUNNERS.

A HARDY "THANK YOU" NEEDS TO BE EXTENDED TO JP JONES FOR ANOTHER GREAT DECEMBER 10K RACE. THE WEATHER WAS SUNNY AND PLEASANT, BOB AND SHARON PAULEY'S SOUP WAS FANTASTIC, AND MANY SHIRTS WERE DONATED TO CHARITY. MARK BRATOLLI WAS ABLE TO GET SOME PUBLICITY OUT OF THE NEWSPAPER. THAT RACE IS WHAT BEING A MEMBER OF THE FORT WAYNE TRACK CLUB IS ALL

## PRESIDENT'S COLUMN

ABOUT. THE COURSE IS SIMPLE, NO AWARDS, JUST GREAT FELLOWSHIP AND A CHANCE TO HELP SOMEONE LESS FORTUNATE THAN MANY OF US. IF YOU DID NOT MAKE THIS RACE, YOU WILL HAVE ANOTHER OPPORTUNITY TO WITNESS HOW MUCH FUN RACES OF THIS TYPE ARE WITH THE SPRING FLING-FEB.21, THE NUTRA RUN-MARCH 14, THE PREDICTION RUN-MAY 3, THE HILLY 4-JUNE 13, AND THE SCHOLARSHIP FUND RUN-SEPT. 13. HOPE TO SEE YOU THERE!

A NEW TYPE OF BANQUET PLANNED FOR FEBRUARY 7TH-  
WITH TIM FLEMING IN CHARGE OF ENTERTAINMENT, HOW CAN WE GO WRONG! TIM WILL HAVE A LARGE SCREEN SET UP AND A FEW HIGHLIGHTS OF THE PAST SEASON FROM RUNNERS WEEK. THIS IS AN INFORMAL EVENING, GIVING EVERYONE A CHANCE TO SIT BACK, RELAX, AND TALK ABOUT THE PAST YEAR AND LOOK FORWARD TO THE YEAR AHEAD.

A "POT LUCK" DINNER WILL BE THE FORMAT WITH DRINKS PROVIDED BY THE CLUB. LOCATION: ARLINGTON PARK CLUB HOUSE OUT OFF STELLHORN ROAD, STARTING AT 6:00 PM. HOPE TO SEE YOU THERE!

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## 20KM (12.4 Miles) Nutra Run Plus Two Mile Fun Run

**WHEN:** Saturday, March 14, 1987    **REGISTRATION:**  
After 1:00 pm Day of Race  
Only, No Pre-registration

**WHERE:** Woodside Middle School  
(Next to Homestead H.S.)

**TIME:** 2:00 PM — 20KM    **FEE:** FWTC Members — \$1.00  
2:15 PM — 2 Mile        Non-Members — \$2.00

Come run with us over the hills and plains of Homestead.

Make it a race or just enjoy making the distance.

If it's chilly out be sure to wear warm clothes!

Hot beverages and fresh fruit will be ready for you at the finish.

See everyone there.

Mark your calendars today!

### HAPPY EATING

Race Director — Judy Tillapaugh - Phone 424-6723

Assistant Race Director — Mike Kast - Phone 426-5140

# FWTC BOARD MEETING

November 12, 1986

At the Southeast YMCA

The monthly FWTC Board Meeting was held on November 12, 1986 at the Southeast YMCA. The meeting was called to order by President Jim Bushey at 7:09 pm. Those in attendance were Gary Hooten, Jim Bushey, Randy Levine, Judy Tillapaugh, Ron Horan, Don Lindley, Al Hinkle, Mike Kast, Mark Brattolli, Tim Fleming, Ann Jamison, Russ Sueven, Tom Mather, Lynn Hanlin, Denny Manes, Tom Felger, Tom Wagner, Norm Spitzig, Ken Miller, Don Kawiecki.

Jim Bushey read two letters that had been received from IPFW in regards to the money which was donated by the Track Club to their Cross Country Scholarship Fund. The amount donated was \$400.

**Previous Minutes** — They were approved as read.

**Treasurer's Report** — Total expenses for October were \$1076.12. Total income was \$411.84, balance as of October 31, 1986, \$5387.48.

**Newsletter** — It was decided to put renewal notices in the newsletter. Also, the advertising rates will be published in the newsletter. The rate are \$25 for a quarter page, \$35 for a half page, \$50 for a full page. Also to put a race application in. It will cost 10 times the entry fee if payment is received with the application. If not received and we have to bill, it will cost 12 times entry fee. The minimum amount will be \$35. If you put your application in, the results will also be listed.

If you do not have your application in the newsletter, the results will not be published. It was decided that 2 race schedules would be published. One will be a FWTC schedule and the other will be a general schedule.

**Membership** — It was decided that if you do not have your membership renewal in by March 1, of the following year, you will be dropped. The club has approximately 550 members.

**Points** — The final point standings will be published in the December newsletter. They will be for 15 races. The board is still considering if there will be a point system next year. If someone has a computer and would like to volunteer, contact Jim Bushey. Don Lindley will be setting up a tentative points race schedule.

**Committees** — **A. Equipment** - Tom Mather will be in charge of equipment. A letter will be sent to people who rented last year outlining fees. They are as follows: \$100 for digital clock; \$35 for printer only; \$125 for everything; \$50 for non-profit organizations.

**B. Entertainment** - Tim Fleming will be in charge. Tentative schedule for banquet is February 7, 1987. Any suggestions for any other type of social events, contact Tim.

**C. Publicity** - Mark Brattoli will be in charge. If you want a race schedule or race results in the newspaper, contact Mark.

**D. Training** - Denny Marks and Judy Tillapaugh will come up with a training program for the marathon. The program will start in February or March. More information will be published later.

*(Continued on next page)*

E. Scholarship - Mike Kast is in charge of having a race where all proceeds would go to a scholarship fund. A race is tentatively scheduled for September 13, 1987 at IPFW. This may be in conjunction with a race at Canterbury Green.

**Race Schedules** — Lynn Hanlin is chairwoman of the race schedule committee. It was suggested that races be moved from the Aboite area as traffic is on the increase. A tentative race schedule is listed in the December newsletter.

**Old Business** — There will be a meeting with Home Loan on November 18 to discuss a 1987 Home Loan 10K.

**New Business** — Tim Fleming will not be in charge of Runners Week. Ann Jamison will be taking over as of January 1, 1987. Runners Week is in need of a new recording power pack. The approximate cost of one is \$450. Board approved the purchase of a recording deck and was behind the continuation of Runners Week. A budget for 1987 will be submitted at the next meeting by Ann. It was decided that if you sponsor Runners Week, you can have a 1/4 page ad in the newsletter for a year at no charge.

The next meeting will be December 12, 1986, at the Southeast YMCA.

Meeting adjourned at 9:16 pm.

Respectfully submitted; Gary Hooten, Secretary.

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## DECEMBER 10, 1986

The monthly FWTC Board Meeting was held on December 10, 1986 at the Southeast YMCA. The meeting was called to order by President, Jim Bushey at 7:10 pm. Those in attendance were; Gary Hooten, Jim Bushey, Chuck DeVault, Roger Wilson, Don Lindley, Judy Tillapaugh, Chuck Okorowski, Dennis Marks, Mark Brattoli, Clem Getty, Tom Wagner, Russ Suever, Tom Mather, Lynn Hanlin, Ann Jamison, and Ron Horan.

**MINUTES** — The minutes of the previous meeting for November were suspended. Any additions or deletions will appear in the next newsletter.

**TREASURER'S REPORT** — Total expenses for November were \$885.52. Total income for November was \$1326.00. As of November 30, 1986, our balance is \$5857.96. A proposed budget of \$11,000. for 1987 was submitted by Don Lindley. A motion was made to accept the budget and the board approved the motion and voted to accept the budget of \$11,000. for 1987.

**NEWSLETTER** — The December issue should be out by Christmas. The issue will contain 1/2 of the marathon schedule and the other 1/2 of the schedule will appear in the Febuary issue. Also, a two month schedule of races within a 150 mile radius of Fort Wayne will appear in each newsletter. A discussion was held on a package deal of advertising in the newsletter and supporting Runners Week. If you contribute \$500 or more to sponsor Runners Week you get a 1/4 page advertisement in the newsletter for the entire year. If you contribute \$1,000 to sponsor Runners Week, you get

*(Continued on next page)*

a 1/2 page advertisement in the newsletter. If less than \$500 is contributed, all would go to Runners Week unless it was stated that some should be used for advertising. The board agreed with this package deal.

**MEMBERSHIP** — It was agreed that an envelope would be provided in the December and February issues of the newsletter to be used for membership renewals.

**RACE SCHEDULES** — The board agreed on a Track Club race schedule for 1987. It appears elsewhere in this newsletter. It was also agreed that a letter will be sent to race directors indicating that if they wish to be listed on the general race schedule, they should contact Jim Bushey. The track club will also sponsor a race as part of the "Almost Spring Fling" which used to be called Winterfest. It will be a 5k, at Foster Park.

**ENTERTAINMENT** — A proposal was made by Tim Fleming that the banquet be held at Arlington Park Clubhouse, at no cost. However, Tim would have to donate \$250 from his Arlington Park race to the clubhouse. This proposal was tabled.

**EQUIPMENT** — Tom Mather is unable to do equipment rental. If there is someone who can take on this responsibility, contact Jim Bushey.

**PUBLICITY** — Track Club events should be put in newspapers. Mark Brattoli will be in charge.

**TRAINING** — A marathon training class will be held at the Southeast YMCA beginning on February 14, 1987. It will continue until May 9, 1987. The time will be 9:00 am, and the cost will be \$20 for YMCA members and \$30 for non-members.

**NEW CLUB BY-LAWS** — A discussion of this issue was tabled until a future meeting.

**POINTS** — The points are finalized and should appear in the December issue of the newsletter. The board voted to drop the point system for the 1987 year.

**OLD BUSINESS** — Ann Jamison submitted a Budget of \$1500 for Runners Week. The board voted to accept this budget.

**NEW BUSINESS** — A discussion was held about the Marathon. An 8k will also be run. WMEE and Key Health Plan will be sponsors. The start and finish will be at Johnny Appleseed Park.

The next meeting of the board will be January 14, 1987 at the Southeast YMCA.

The meeting was adjourned at 9:30.

Respectfully submitted; Gary Hooten, Secretary

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THE FWTC BOARD WILL MEET THE SECOND WEDNESDAY OF EACH MONTH AT THE SOUTHEAST YMCA, WERLING DRIVE, FORT WAYNE INDIANA. 7:00 TO 9:00 PM. ALL MEMBERS ARE INVITED AND ENCOURAGED TO ATTEND. THE FOLLOWING IS A PARTIAL LIST OF JOBS THAT ARE ESSENTIAL TO MAINTAINING ALL THE DUTIES OF THE FWTC. IF YOU CAN BE OF ASSISTANCE TO ANY BOARD MEMBERS, PLEASE CALL AND VOLUNTEER TO HELP.

FWTC COMMITTEE ASSIGNMENTS

ENTERTAINMENT - TIM FLEMING

RESPONSIBLE FOR PLANNING THE ANNUAL BANQUET, ANNUAL PICNIC AND OTHER FUN EVENTS FOR THE FWTC.

PUBLICITY - MARK BRATOLLI

RESPONSIBLE FOR GETTING FWTC EVENTS PUBLISHED IN THE LOCAL PAPERS CALENDAR. RESPONSIBLE FOR PROMOTION OF THE CLUB.

TRAINING PROGRAM COORDINATOR - DENNY MARKS

RESPONSIBLE FOR THE ORGANIZATION OF THE MARATHON TRAINING PROGRAM.

RACE SCHEDULE - LYN HANDLIN

RESPONSIBLE FOR PLANNING A FWTC RACE SCHEDULE AS WELL AS A LOCAL RACE CALENDAR FOR NON-FWTC RACES. WILL CONTACT RACE DIRECTORS AND COORDINATE ANY NEEDS WITH THE FWTC BOARD.

SCHOLARSHIP - MIKE KAST

RESPONSIBLE FOR PLANNING A FUND RAISING EVENT FOR THE ANNUAL SCHOLARSHIPS GIVEN TO A FEMALE AND MALE CROSS COUNTRY RUNNER AT IU-PU FORT WAYNE. THIS YEARS EVENT, A 5K WILL BE HELD ON THE CAMPUS ON SEPT. 13, 1987.

MARATHON - CHUCK DEVAULT, MIKE ROBBINS, DON LINDLEY, JIM BUSHEY

REPRESENT THE FWTC IN CONSULTATIONS WITH WMEE ON ALL MARATHON MATTERS.

CHUCK DEVAULT - COURSE LAY-OUT AND SET UP AS WELL AS TIMERS.

DON LINDLEY - VOLUNTEERS AND AID STATION SUPPLIES.

MIKE ROBBINS - APPLICATION LAY OUT AND PLANNING.

JIM BUSHEY - SCHEDULE MEETINGS, HANDLE TAC REQUIREMENTS.

NEWSLETTER - RON HORAN

RESPONSIBLE FOR PUBLISHING 11 ISSUES OF THE "INSIDE TRACK", FWTC NEWSLETTER.

MEMBERSHIP - RANDY LAVINE

RESPONSIBLE FOR MAINTANING A CURRENT CLUB ROSTER AND MAILING OUT THE INSIDE TRACK EACH MONTH.

ADVERTISING - NORM SPITZIG

RESPONSIBLE FOR BILLING ADVERTISERS FOR THE INSIDE TRACK.

SECRETARY - GARY HOOTEN

RESPONSIBLE FOR TAKING THE MINUTES OF EACH BOARD MEETING AND PREPARING THE MINUTES FOR EACH NEWSLETTER. ALSO WILL PREPARE AND SEND OUT THE AGENDA FOR EACH BOARD MEETING.

**Merry Christmas** to all!

# LETTERS TO THE EDITOR

INDIANA UNIVERSITY - PURDUE UNIVERSITY

AT FORT WAYNE  
2101 COLISEUM BOULEVARD EAST  
FORT WAYNE, INDIANA 46805

OFFICE OF ATHLETICS

TO: Officers, Directors and Members  
Fort Wayne Track Club

FROM: Mike Kast

DATE: October 29, 1986

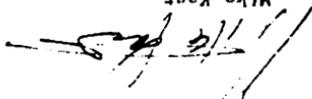
If you have ever been a working student, you know what any financial help can mean. The Track Club's most generous \$400 contribution to our student scholarship fund has provided four of our cross country student athletes with a much needed and appreciated financial boost. This gift, plus others, enabled me to grant a partial scholarship to each of our 1986 cross country team members (all carry a full class load, work at least 20 hours a week and train/race 40 to 50 miles per week).

The team and I thank YOU!

Oh yes, if there is an interest in having a college type cross country race over our 1 1/4 mile all grass and hills course, please let me know and I will work out the details. It could be an excellent chance to see and use our fine sports facility.

Many thanks to my many friends.

Sincerely,



Mike Kast

IPFW Cross Country Coach



bds

INDIANA UNIVERSITY - PURDUE UNIVERSITY  
AT FORT WAYNE  
2101 COLISEUM BOULEVARD EAST  
FORT WAYNE, INDIANA 46805-1499

OFFICE OF THE CHANCELLOR

TEL. NO. 219/481-6103

November 3, 1986

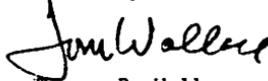
Mr. Don Lindley, Treasurer  
Fort Wayne Track Club  
P.O. Box 11703  
Fort Wayne, Indiana 46860

Dear Mr. Lindley:

On behalf of Indiana University-Purdue University at Fort Wayne, I would like to acknowledge with gratitude the donation of \$400 by the Fort Wayne Track Club to the IPFW Cross Country Scholarship Fund.

IPFW is striving to develop quality athletic programs for the benefit of our students and community. Assistance such as yours helps to assure that this goal is met.

Sincerely,



Thomas P. Wallace  
Chancellor

ml

**CLUB BOARD MEETINGS  
WILL BE HELD THE  
SECOND WEDNESDAY  
OF EACH MONTH  
AT THE SOUTHEAST YMCA  
ON WERLING DRIVE  
FROM 7:00 to 9:00 PM.**

# 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 dietitians, at St. Joseph Hospital. Answers will be included in the Inside Track. Mail nutrition questions to: Judy Newman R.D. & Judy Tillapaugh R.D.

Nutrition Services  
St. Joseph Medical Center  
700 Broadway, Fort Wayne, IN 46802

## Question: Do athletes require different foods for energy?

Answer: Research has shown athletes do not require any special foods to improve performance. Balanced meals containing the necessary vegetables; milk; meat and protein sources; breads and cereals; and fruit will supply the essential vitamins, minerals and amino acids for athletes as well as non-athletes.

Athletes may need to increase the amounts of foods selected to match their increased calorie needs for energy expenditure. Because of this athletes rarely require added supplementation.

An athlete should have a diet rich in carbohydrate sources. Carbohydrates serve important functions in exercises. Stored energy (from foods eaten more than 24 hours before an event) provides the energy needed for longer events. The first few minutes of an activity, glucose is the major energy source. After that, the body uses stored energy in the form of glycogen. Once glycogen is used up, exhaustion occurs.

Athletes can replace glycogen stores with a diet high in complex carbohydrates. Good carbohydrate food sources include:

- Grain products, especially whole grain foods
- Fruits and vegetables
- Lowfat dairy products
- Dried beans and peas

Sugary foods are simple carbohydrate sources. Since they provide calories but few other nutrients, their use should be limited.

Protein is not a prime energy nutrient as it provides only 5 to 15% of the body's energy needs. Protein is needed for cell growth and repair.

The following recipe is a good source of complex carbohydrates.

Judy Newman, R.D.; Senior Community Dietitian  
St. Joseph Medical Center

## French Toast

*Makes 5 servings*

*Calories 150 per serving*

- |  |   |
|--|---|
| 2 eggs or ½ cup liquid low cholesterol egg | 1/8 teaspoon cinnamon                     |
| 1/4 cup skim milk                          | 5 slices bread ( <i>try whole wheat</i> ) |
| 1/4 teaspoon vanilla                       | 2 tablespoons margarine                   |

Mix eggs or egg substitute, skim milk, vanilla and cinnamon. Dip bread slices in egg mixture. Melt margarine in skillet and lightly brown bread slices. May be served with margarine and syrup or jelly.

# **Attend the Annual Fort Wayne Track Club Banquet**

**February 7, 1987 6 pm.**  
**at the**  
**Arlington Park Clubhouse**  
*(just off Stellhorn Rd.)*

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## **POT LUCK DINNER**

*(Bring one dish and a salad or dessert,  
your own table service.) Drinks will be  
provided by the club, coffee, pop and beer.*

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## **ENTERTAINMENT PLUS**

*Tim Fleming, will be showing highlights  
Runners Week this past year on a  
large screen television.*

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## **AWARDS**

*Annual awards will be given out.*

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## **FUN**

*A chance to relax and have some fun.*

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**—PLAN NOW TO ATTEND—**

# BAA eases qualifying standards

By Bill Griffith  
Globe Staff

The Boston Athletic Association yesterday relaxed qualifying standards for next spring's Boston Marathon by 10 minutes in both the men's and women's open (under 40) divisions.

Men now will have to qualify for Boston by running under 3 hours in a certified marathon; women will have to meet a standard of 3:30. Since the late 1970s, the times have been 2:50 for men and 3:20 for women. The change marks a return to the qualifying times first instituted for the 1975 race.

Qualifying times for older runners remain unchanged (see accompanying box).

"The BAA originally adopted qualifying times in order to limit the size of the field," the BAA's Marja Wright said yesterday. "Now that the number of marath-

we were looking to do was get that percentage up to 20 percent. Our present masters standards were close to that figure, so they remain unchanged."

Representatives of race sponsor John Hancock Mutual Life Insurance Co. and Mayor Flynn's office agreed with the move while acknowledging that the growing number of unofficial runners was still a problem.

"The size of the field was a little short this year," said David F. D'Alessandro, senior vice president at John Hancock. The new times, he said, are "a step in the right direction. The BAA feels the optimum number of entries is about 7,500 ... especially if they can get them wearing numbers."

Meanwhile, Hancock representatives have been actively involved in recruiting runners for next year's race. "We've been with Rob de Castella (who won this year's race in a course-record 2:07:51 - the third-best time in history). Steve Jones (second-fastest time in history at 2:07:13), and had people in Oslo last weekend when Ingrid Kristiansen set her 10,000-meter record (30:13.75)," said D'Alessandro.

Flynn aide Paul Barrett said, "I'm glad the BAA has seen fit to loosen the qualifying standards. The mayor has maintained that it's the people's marathon and more runners should be able to participate as official entrants."

"The issue that remains unresolved is the one of thousands of unregistered runners out on the course who haven't signed a waiver of liability. That leaves the BAA and the cities and towns, but especially Boston, at considerable risk. It's like letting an unlicensed driver take your car. You're responsible for his actions."

## BAA qualifying times

	Men	Women
Under 40	3:00	3:30
40-50	3:10	3:40
50-60	3:20	3:50
over 60	3:30	4:00

oners is decreasing, so is the size of our field. Because of that, the board favored the move of lowering the standards."

Before making the changes, the BAA consulted the National Running Data Center and found that the men's open qualifying figure was indeed a stringent standard.

"Their figures showed that only 7 percent of male marathoners between 30 and 39 could meet the 2:50 qualifying time," said Wright. "For the 20-29 group, the figure was 12 percent. What



## Marathon Clinic

The Challenge of the 26.2 mile distance of the marathon is classic to all running and racing enthusiasts. The Marathon tests the physical and mental limits of all who participate. Proper training and education is vital to the new or novice runner considering entering such an event. For this reason, the South Branch YMCA and the Fort Wayne Track Club, will be offering a Marathon Training Clinic. The clinic will be co-directed by Dennis Marks, Senior Physical Director and Lyn Handlin, YMCA Aerobic Coordinator. Specialized sessions of interest will be hosted by Mike Kast, cross-county coach at IU-PU; Judy Tillapaugh, R.D. at St. Joe Hospital; and Don Lindley, a long time marathon runner.

The clinic will start Saturday, February 14, 1987 at 9:00am at the South Branch YMCA, 5125 Werling Drive and will meet each succeeding Saturday for a "long run" workout through May 9. The clinic finale will be the May 17 running of the WMEE/Key Health Marathon. In addition, classes on training regiments, distance running physiology, stretching, diet and individualized fitness testing of body fat content, endurance, strength, and flexibility.

The clinic is geared to first time or novice Marathon runners, but a mileage base of 25 miles per week at class startup time is suggested. The clinic is given by the South Branch YMCA in co-operation with the fort Wayne Track Club, WMEE and Key Health Plan.

Fees: YMCA Members \$20.00  
Non-Members \$30.00

(Fees to be payed at the South Branch YMCA)



# Men's Standings

NAME	TOT PTS	# RC
GORRELL, TIMOTHY	0.9012	A M 14
GORRELL, ROY	0.6174	10 M 14
LINDLEY, BRIAN	0.3649	8 M 14
LINDLEY, MIKE	0.2007	9 M 14
BAKER, ERIC	0.1947	2 M 14
PEA, JOHN	0.3132	3 M 15
HOFFMAN, TOM	0.2333	2 M 15
WISE, JOEL	0.2066	2 M 15
SHEPARD, BRIAN	0.4964	4 M 20
EDINGTON, CHRIS	0.4644	4 M 20
REAM, GARY	0.3635	4 M 20
CURRY, HWEI	0.3398	3 M 20
MULLHOFF, DAVID	0.1594	2 M 20
HILL, ALLAN	0.1007	2 M 20
FERRY, JIM	0.0930	2 M 20
SMITH, STEVE	0.9594	10 M 25
MIDDLETON, BRAD	0.9549	8 M 25
OLLIER, TERRY	0.9429	10 M 25
CHAFFER, PAUL	0.9110	8 M 25
LOCKE, TOM	0.7440	4 M 25
KIHN, GARY	0.5725	7 M 25
REIMICHE, DAVID	0.4744	5 M 25
LAIDL, KEITH	0.4729	4 M 25
KING, CALVIN	0.4645	4 M 25
PEREZ, STEVE	0.4604	4 M 25
NAHRWOLD, JERRY	0.3119	5 M 25
WELLS, BRADY	0.2692	2 M 25
RITCH, CARL	0.2677	2 M 25
HISNER, RANDY	0.2352	2 M 25
BIRNEY, JAMES	0.2348	2 M 25
MISNER, PAUL	0.1894	2 M 25
BECK, HARPER	0.1855	3 M 25
BORAY, CRAIG	0.1445	2 M 25
ANDREAS, CHRIS	0.1443	2 M 25
KIHN, JOE	0.1392	2 M 25
STUMP, MARC	0.1347	3 M 25
DEWELLS, OLIFF	0.0685	2 M 25
AMSTUTZ, JIM	0.0366	2 M 25
SINDLING, DOUG	0.9842	9 M 30
TREJAVAN, JOHN	0.9566	8 M 30
HOLF, MARLAN	0.9564	8 M 30
SCHENDEL, BOB	0.9474	8 M 30
CASWELL, STEVE	0.9388	10 M 30
TATE, NEIL	0.8901	10 M 30
MINNICH, DAN	0.8508	8 M 30
BRATTOFF, MARK	0.8232	10 M 30
GATTON, TONY	0.7543	7 M 30
CONNER, DENNIS	0.7322	10 M 30
RAJMAN, PAUL	0.7184	10 M 30
WILSON, ROGER	0.7180	4 M 30
FILIS, LARRY	0.6958	7 M 30
GARCIA, VINCE	0.6142	5 M 30
JOHNSON, THOM	0.4094	10 M 30
CLEVENGER, KELLY	0.5485	7 M 30
YONER, TOM	0.5570	5 M 30
MILLER, PAUL	0.5453	4 M 30
KAUFCKI, DON	0.5362	4 M 30
CALLAHAN, MICHAEL	0.4782	7 M 30
STONEBRAKER, DENNIS	0.4698	4 M 30
DIEHL, JERRY	0.4395	4 M 30
RENZ, TOM	0.4303	4 M 30
ATKINSON, HAL	0.4220	4 M 30

NAME	TOT PTS	# RC
HODTEN, GARY	0.3623	4 M 30
RIZZO, PHIL	0.3622	4 M 30
DEMFRITT, KEITH	0.3378	5 M 30
SIEFZER, PHIL	0.3274	3 M 30
FELFER, STEVE	0.3121	4 M 30
HARTZEL, ROBIN	0.3019	3 M 30
THORN, ERIC	0.2791	3 M 30
SARRACK, PAUL	0.2604	5 M 30
MILLER, BOB	0.2389	3 M 30
BAHRER, DON	0.2373	2 M 30
DORRIS, DAVID	0.2275	2 M 30
BECKNER, ED	0.2201	3 M 30
MAZOCK, JERRY	0.2088	2 M 30
WEIRICH, DANIEL	0.1949	2 M 30
YANN, MICHAEL	0.1902	2 M 30
HARRIS, ROBERT	0.1821	10 M 30
SECK, WILLIAM	0.1862	2 M 30
HORAN, RON	0.1814	2 M 30
MARSON, RICHARD	0.1839	2 M 30
WARRICK, DENNIS	0.1838	2 M 30
LEE, EDWIN	0.1822	2 M 30
FAYLOR, JOHN	0.1676	2 M 30
DEFENDING, TOM	0.9314	8 M 35
COONAN, TERRY	0.8932	10 M 35
PEARSON, ED	0.8792	10 M 35
CHRISTON, ART	0.8729	9 M 35
RIEKNER, GARY	0.8694	10 M 35
SPITZIG, NORM	0.8121	10 M 35
HENKEL, AL	0.7125	10 M 35
WINTERS, DAVE	0.6984	8 M 35
KALFMAN, DAN	0.6104	5 M 35
WISNIEWSKI, PHILIP	0.5912	7 M 35
QUEVER, BEEB	0.5762	7 M 35
BECKING, JACK	0.5743	7 M 35
LAMB, GARY	0.5514	4 M 35
HILLER, JOE	0.5453	9 M 35
SHUMWAY, LARRY	0.5385	4 M 35
GORDLET, RANDY	0.5100	5 M 35
FIELLING, TOM	0.5081	8 M 35
KAFF, JEFFREY	0.4953	9 M 35
LUTTMAN, PHILIP	0.4412	4 M 35
GREEN, JOE	0.4283	4 M 35
ARMSTRONG, LYNN	0.3990	4 M 35
CULBERTSON, DEWEY	0.3942	5 M 35
GOLDWATTE, STEVE	0.3929	5 M 35
HEPMAN, PAT	0.3894	4 M 35
RIFKING, THOMAS	0.3784	7 M 35
MATHER, TOM	0.3722	8 M 35
ROBBINS, MIKE	0.3644	3 M 35
KIRBY, GORDY	0.3512	5 M 35
RIEFSCHLING, DAVID	0.4612	3 M 35
KHNEFCK, PHIL	0.3124	4 M 35
KERR, ED	0.3142	3 M 35
PAINTER, IVAN	0.4142	4 M 35
HENRICKS, KEN	0.2984	7 M 35
RYERS, ROBERT	0.2941	3 M 35
BUMER, STEVE	0.2541	4 M 35
CHAPERT, ROBERT	0.2473	4 M 35
RAILEY, NORM	0.2418	3 M 35
FITCHER, TOM	0.2234	4 M 35
SHEPHERD, RICHARD	0.2032	4 M 35
HENRICKS, MIKE	0.2044	8 M 35
SHERIDANE, STEVE	0.1751	4 M 35
MILLS, CHARLES	0.1492	10 M 35
HAMILTON, JOHN	0.1449	2 M 35
ZIRZIO, MIKE	0.1430	2 M 35

## Men's Standings

NAME	TOT PTS	# RC	NAME	TOT PTS	# RC
GRAULCOCK, BOB	0.1543	3 M 35	HRANIT, CHARLES	0.2997	4 M 45
LEHMAN, NORVAL	0.1576	2 M 35	RARMERFFN, JOHN	0.2877	4 M 45
ALLEN, GLEN	0.1505	4 M 35	BARKER, WOODY	0.2171	2 M 45
HOUER, RICK	0.1421	2 M 35	GENSEIMER, ROBERT	0.2174	3 M 45
ROLIN, TIM	0.1355	2 M 35	BARE, WILLIAM	0.1839	4 M 45
ELEY, LINDEN	0.1251	2 M 35	STIFFLER, BUD	0.1474	2 M 45
THOMPSON, DALE	0.1141	2 M 35	OFEI, BRAD	0.1549	3 M 45
SODERQUIST, FRICK	0.1097	2 M 35	SHOOK, RUS	0.1518	5 M 45
COLE, MICHAEL	0.0894	4 M 35	HOLIF, KARI	0.1410	3 M 45
DEITLE, JIM	0.0831	3 M 35	GILBERT, ALLEN	0.1275	2 M 45
SMITH, WALLY	0.0818	2 M 35	SIVE, DICK	0.1003	2 M 45
NOTTINGHAM, DON	0.0800	2 M 35			
PAIMER, ROBERT	0.0730	2 M 35	ZIEGLER, JOE	0.7944	10 M 50
DIESAL, VICTOR	0.0183	3 M 35	GETTY, CLEM	0.7249	10 M 50
			SCHMIDT, BILL	0.5415	5 M 50
ROYLAN, DAVE	0.7619	10 M 40	GAITSCH, TERRY	0.5158	9 M 50
HURGETTE, BERNIE	0.7357	10 M 40	RASH, HOWARD	0.4179	8 M 50
LINDLEY, DON	0.7270	8 M 40	CHOVAN, VERN	0.4113	8 M 50
PUCKETT, ROGER	0.7210	9 M 40	WILSON, DAVE	0.4094	8 M 50
MOTYKA, RON	0.7017	9 M 40	WHISLER, NORM	0.3901	5 M 50
MOTYCKA, BERNIE	0.6839	7 M 40	GOBLE, JACK	0.3414	7 M 50
ADKINSON, STEVE	0.6004	7 M 40	MYERS, DONNIE	0.3320	7 M 50
RYERLEY, MIKE	0.5811	7 M 40	SCHWARTZ, SAM	0.2654	4 M 50
ZINK, RICHARD	0.5747	10 M 40	DITTO, CLIFF	0.2197	4 M 50
HERRON, DENNIS	0.5547	6 M 40	RIDDLE, FIDEN	0.1935	7 M 50
OSPHALL, DEAN	0.5341	7 M 40	JEDINAK, JOHN	0.1448	10 M 50
GORRELL, CLIFTON	0.4677	7 M 40	MILLER, CRAIG	0.1445	7 M 50
OYER, JACK	0.4404	4 M 40	MORREICH, RUDY	0.0955	2 M 50
HAYHURST, TOM	0.4204	7 M 40	ETRIS, JOHN	0.0877	2 M 50
WOLFF, DAVE	0.3908	5 M 40	EILRACHER, LEONARD	0.0777	2 M 50
PETERSON, JOHN	0.3748	5 M 40	DEVALT, CHICK	0.0643	3 M 50
MILLER, KEN	0.3691	5 M 40	HAINES, GENE	0.0019	4 M 50
OKORONSKI, CHUCK	0.3234	4 M 40	PAULEY, BOB	0.0018	2 M 50
KLIENKNIGHT, RUDY	0.3103	6 M 40			
HAREGGER, RON	0.2437	4 M 40	MEYER, MYRON	0.7797	10 M 55
CALLICOTTE, JOHN	0.2110	3 M 40	GRAN, GENE	0.7468	10 M 55
SEILER, JIM	0.2197	3 M 40	HILKER, JOHN	0.5207	9 M 55
ROBERTS, RANDY	0.2129	2 M 40	SNYDER, PAUL	0.2538	10 M 55
WATTFIELD, RICHARD	0.1777	3 M 40	NOLD, CURTIS	0.2394	4 M 55
CLAY, ROBERT	0.1595	3 M 40	SILJIVAN, KING	0.2287	7 M 55
BLACK, ROGER	0.1453	3 M 40	ADAMS, WENDEL	0.2081	5 M 55
YANT, LARRY	0.1379	4 M 40	JONES, J P	0.2057	9 M 55
MISHLER, MARK	0.1157	3 M 40	DANIEL, DAN	0.1344	7 M 55
WIRST, RONALD	0.1150	7 M 40	HOCKENMITH, ROBERT	0.1340	10 M 55
IFE, LARRY	0.1112	2 M 40	STRICK, GENE	0.1101	3 M 55
SKENE, G.J.	0.0797	2 M 40	MOORE, AL	0.0885	9 M 55
GARDNER, BOB	0.0615	2 M 40	PHILLIPS, ROGER	0.0548	4 M 55
FISH, WILLIAM	0.0611	2 M 40	MOYER, ROSS	0.0527	4 M 55
SWANSON, DAVE	0.0474	3 M 40			
FIELDS, CARL	0.0449	3 M 40	TOMLINSON, GILES	0.5833	7 M 40
HEYMANN, JAMES	0.0271	2 M 40	BURNS, PHIL	0.2450	10 M 40
			ONFIL, JACK	0.2144	8 M 40
PERKINS, JERRY	0.9058	8 M 45	SMITH, GORDON	0.1313	2 M 40
MORRIS, JACK	0.8939	10 M 45	KEMP, DON	0.0848	2 M 40
AVERRECK, LARRY	0.7922	9 M 45	LONGWORTH, RICH F	0.0611	4 M 40
SIRRELL, RAY	0.7408	9 M 45	COX, DAVE	0.0293	2 M 40
ROSS, FRED	0.7487	7 M 45	FLEETWOOD, CHET	0.0223	3 M 40
FELGER, TOM	0.7410	10 M 45			
MILLENDORE, GARY	0.7350	8 M 45			
LAIRD, TOM	0.6438	8 M 45			
ASHTON, DON	0.6318	10 M 45			
CLARK, KEN	0.5300	4 M 45			
THOMPSON, HARVEY	0.5238	7 M 45			
HANNLY, RICHARD	0.5158	8 M 45			
KRIEGER, BILL	0.3548	7 M 45			

# 10th Annual Just Plain 10K/ 3.3K Race - December 13, 1986

Although the temperature was 24<sup>o</sup>, the 42 runners traversed around Foster Park golf course with a bright sun, clear sky, no wind and a dry track. The 10K race was won by Scott Eberle of Fort Wayne and was entered but not finished by Dave Howe who moved recently from Florida to Rome City. All enjoyed the traditional Pauley hot soup after the race and a chance to chat with new friends and old. In addition to thanks to Sharon Pauley for the soup, we thank Bobby Pauley and Rudy Kleinknight for their timing and all of the Don Lindley Family for doing everything that needed to be done. The runners contributed a total of 62 gift wrapped T shirts that will be distributed to charities before Christmas. The results:

## 3.3K Race

	Time	Place
Bob Gensheimer	14:29	1
Phil Burns	17:20	2
Sharon Eichman	21:25	3
Jerry Suelzer	21:26	4
Sharon Pauley	26:51	5

## 10K Race - Women

15-19		
Jamie Gorrell	43:14	22

## 30 and over

Mary T. Connelly	37:58	9
Phyllis Suelzer	44:55	26
Robyn Sharp	50:28	33
Sherry Mosher	52:11	34

## 10K Race - Men

19 and under		
Tim Gorrell	36:32	5
Joel Wise	37:49	8
Aaron Betts	43:15	23
Joe Gunder	47:19	29

20-29		
Scott Eberle	34:23	1
Manuel Martinez	35:57	3
Matt Foreman	37:20	7
Jim Bushey	39:21	13
Ken Babcock	41:48	20

30-39		
John Treleaven	34:59	2
Jeff Salon	36:29	4
Dennis Kroells	38:45	11
Norm Spitzig	39:20	12
Phil Suelzer	41:32	18
Michael Gasper	41:48	21
Joe Hilger	43:38	25
Charles Knepper	47:35	30

40-49		
Bob Milton	36:58	6
Jack Morris	38:32	10
Ray Sibrel	40:16	14
Don Lindley	40:24	15
Bernie Burgette	40:25	16
Clifton Gorrell	43:31	24
David Dale	46:30	28
Dick Harnly	48:14	31

50-59		
Gene Gran	40:46	17
Clem Getty	41:41	19
Terry Gautsch	45:43	27
Eugene Striggle	54:06	35
Tom Laird	54:06	36

60 and over		
Wendell Adams	49:16	32

The 1987 Just Plain 10K/3.3K race is tentatively set for December 12th at Foster Park. See you then - JP Jones.



# Test your limits.



Working within your limits is the key to effective exercise. The Benchmark Quantum XL lets you test your limits. Without breaking them.

It's a sophisticated heart rate monitor that tells you just how hard you're working. When you exceed or drop below your limits it sets off an

alarm. And, the Quantum XL's memory is big enough to record your entire workout so you can play it back later. The combination helps you pace your workouts precisely.

The Quantum XL—gear for the exercise of your life. **BENCHMARK**  
from AMF

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# 1986 - 1987 Race Schedule

December 31, 1986

New Year's Eve Run  
New York, New York  
P.O. Box 1388, G.P.O.  
New York  
NY

January 1, 1987

Arkansas River 100.000 Meter  
Little Rock, Arkansas  
62.1 miles  
12:00mid  
Bob Hanle  
2021 Sanford #1  
Little Rock  
Arkansas

Superstition 21  
Superstition Mountains  
21 miles  
7:00am  
Steve Papp  
2430 S. Taylor Dr.  
Tempe  
Arizona

January 2, 1987

Mistletoe 48 Hour Track Run  
San Francisco, Ca  
Tom Crawford  
1981 Silverwood St.  
Santa Rosa  
California

January 3, 1987

Callaway Gardens Marathon  
Pine Mountain, Georgia  
26.2 miles

Montez Champion, Coordinatr  
Callaway Gardens  
Pine Mountain  
Georgia

Charlotte Observer Marathon  
Charlotte, NC  
26.2miles & 10K  
9:00am

The Epiphany Ultra  
San Francisco, CA  
36 miles  
9:00am  
John Medinger  
185 Stanford Ave.  
Mill Valley  
California

Women On The Run Tampa Bay  
Clearwater, Florida  
5 miles  
The Jogging Center  
2448 East Bay Dr.  
Largo  
Florida

January 10, 1987

10th Orange Bowl Marathon  
Miami, Florida  
26.2mile  
7:00am

Phoenix City Marathon  
Phoenix, Arizona  
26.2mile  
7:30am

St. John's Governor & LUP  
Virgin Islands  
5K

January 11, 1987

Santa Clarita Runners Women  
Pico Canyon, California  
8K  
Patty Carmody  
28106 Urbandale  
Sausalito  
California

YMCA Marathon  
San Bernardino, CA  
26.2 miles  
7:30am  
Uptown YMCA  
808 E. 21st St.  
San Bernardino  
California

January 17, 1987

Bermuda 10K  
Bermuda  
10K  
10am  
P.O. Box DV 397  
Devonshire  
Bermuda

Jacksonville Marathon  
Jacksonville, Florida  
26.2 miles  
Doug Hltred  
3053 Baymeadows Rd.  
Jacksonville  
Florida

Savannah Marathon  
Savannah, Georgia  
26.2 miles  
Tom Nelson  
P.O. Box 5546  
Savannah  
Georgia

Stone Mountain 50 Mile  
Atlanta, Georgia  
50 mile  
8:00am  
Atlanta Track Club  
3097 E. Shadowlawn  
Atlanta  
Georgia

(Continued on next page)

## 1986 - 1987 Race Schedule

18JAN87  
Bermuda Marathon  
Bermuda  
26.2mile  
10am  
P.O. Box DV 397  
Devonshire  
Bermuda

Houston-Tenneco Marathon  
Houston, Texas  
26.2mile  
8:00am  
P.O. Box 2511  
Houston  
TX

Mission Bay Marathon  
San Diego, California  
26.2 miles  
7:00am  
Ron Yellin  
11315 Cascada Way  
San Diego  
California

January 24, 1987  
Infantry Marathon  
Fort Benning, Georgia  
26.2 miles  
Community Recreation Div.  
Bldg. 241  
Fort Benning  
Georgia

January 25, 1987  
Santa Barbara Marathon  
Goleta, California  
26.2 miles  
7:00am  
Kawlyan Farrington  
45 Dearborn, #44  
Goleta  
California

Sri Chinmoy Marathon  
Santa Barbara, CA  
26.2 miles  
7:00am  
Samadhan Harter  
2016H Castillo  
Santa Barbara  
California

Super Bowl Sunday 10K  
Redondo Beach, Calif.  
10K  
8:00am

January 31, 1987  
Kilauea Volcano Wilderness  
Hawaii Volcanoes Park  
26.2 miles  
7:00am  
Phyllis Lee-Segawa  
P.O. Box 106  
Hawaii Volcanoes National Prk  
Hawaii

*(Continued on next page)*



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## 1986 - 1987 Race Schedule

Orange Bowl 10K  
Miami, Florida  
10K

February 7, 1987  
Davis Marathon  
Davis, California  
26.2 miles  
7:00am  
Russell Farley  
102 E. St.  
Davis  
California

Gasparilla Distance Classic  
Tampa, Florida  
15k and 5k  
8:15am  
Gasparilla '87  
P.O. Box 1081  
Tampa  
Florida

Las Vegas Marathon  
Las Vegas, Nevada  
26.2 miles  
7:30am  
Las Vegas Marathon  
P.O. Box 81262  
Las Vegas  
Nevada

Women's Faire 5K  
Portland, Oregon  
5K  
K-Lite/97FM  
510 SW 3rd., suite 100  
Portland  
Oregon

February 14, 1987  
Carolina Marathon  
Columbia, SC  
26.2 miles  
7:00am  
Russ Pate  
P.O. Box 5092  
Columbia  
South Carolina

Houston 24 Hour  
Houston, Texas  
8:00am  
Scott Demaree  
11615 Shannon Hills  
Houston  
Texas

Pacific Crest Trail 50  
Libbets Flat, CA  
50 miles  
5:00am  
Jeff Vieyra  
15025 Paso Del Sol  
Del Mar  
California

Tallahassee Marathon  
Tallahassee, Florida  
26.2 miles  
8:00am

Frank or Kim Nerrhoof  
2049 Harriet Dr.  
Tallahassee  
Florida

The Woodlands Marathon  
The Woodlands, Texas  
26.2 miles  
8:00am  
Douglas Earle  
P.O. Box 7152  
The Woodlands  
Texas

February 15, 1987  
False River Marathon  
New Roads, Louisiana  
26.2 miles  
8:30am  
False River Runners Assoc.  
P.O. Box 914  
New Roads  
Louisiana

Galveston Marathon  
Galveston, Texas  
26.2 miles  
7:00am  
Dan Dick  
1920 Back Bay  
Galveston  
Texas

Mardi Gras Marathon  
New Orleans, Louisiana  
26.2 miles  
Chuck George, NOTC  
Box 52003  
New Orleans  
Louisiana

February 21, 1987  
Washington's Birthday Marathon  
Beltsville, Maryland  
26.2 miles  
10:30am  
Larry Noel  
105 Northway Rd.  
Greenbelt  
Maryland

February 22, 1987  
Mini Mountain Multiples  
Tonto National Forest  
6 hour  
7:00am  
Steve Papp  
2430 S. Taylor Dr.  
Tempe  
Arizona

Space Coast Marathon  
Melbourne, Florida  
26.2 miles  
8:30am  
Harold J. Tucker  
4200 South A-1-A Hwy.  
Melbourne Beach  
Florida

*(Continued on next page)*

## 1986 - 1987 Race Schedule

February 28, 1987

American Continental Homes 10K  
Phoenix, Arizona  
10k  
8:00am  
American Continental Homes  
P.O. Box 16850  
Phoenix  
Arizona

Countdown Marathon  
Fort Worth, Texas  
26.2 miles  
9:00am  
Jim Gilliland  
P.O. Box 567  
Fort Worth  
Texas

Smoky Mountain Marathon  
Knoxville, Tennessee  
26.2 miles  
Chuck Pate  
4132 Forest Glen Dr.  
Knoxville  
Tennessee

Trail's End Marathon  
Seaside, Oregon  
26.2 miles  
11:30am  
Dolna Mespelt  
P.O. Box 7  
Seaside  
Oregon

March 1, 1987

Four Peaks Fifty  
Desert Vista, Arizona  
50 miles  
6:00am  
Steve Papp  
2430 S. Taylor Dr.  
Tempe  
Arizona

Hyannis Marathon  
Hyannis, Massachusetts  
26.2 miles  
10:30am  
Jack Glennon  
P.O. Box 1678  
Hyannis  
Massachusetts

Los Angeles Marathon  
Los Angeles, California  
26.2 miles  
8:00am  
Los Angeles Marathon, Inc.  
5985 Century Blvd. suite 322  
Los Angeles  
California

Maui Marathon  
Kahului, Hawaii  
26.2 miles  
6:00am  
Noel Murchie

*(Continued on next page)*

# BUSHEY'S, INC.

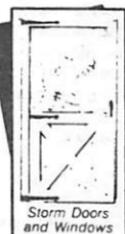
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## WINDOWS • DOORS • PORCHES

## 1986 - 1987 Race Schedule

01MAR87

Tanque Verde Loop  
Tucson, Arizona  
28.5 miles  
6:00am  
Gordon Neal  
828 S. Langley #105  
Tucson  
Arizona

March 2, 1987  
Olympiad Memorial Marathon  
St. Louis, Missouri  
26.2 miles  
8:00am  
Gateway Athletics  
13453 Chesterfield Plaza  
Chesterfield  
Missouri

March 6, 1987  
1st World Indoor Track & Field  
IndianaPolis, Indiana  
varies  
251 N. Illinois St. 1660  
IndianaPolis  
IN

March 7, 1987  
Arkansas Marathon  
Booneville, Arkansas  
26.2 miles  
10:00am  
Bob Weid  
54 E. Main  
Booneville  
Arkansas

Bidwell Classic Marathon  
Chico, California  
26.2 miles  
9:00am  
Bidwell Classic  
1043 Hobart St.  
Chico  
California

Celebration of Women 10K  
Fort Myers, Florida  
10k  
Fort Myers Track Club  
P.O. Box 06131  
Fort Myers  
Florida

Snake River Canyon Marathon  
Hawawai, Washington  
26.2 miles  
10:00am  
Archie George  
P.O. Box 8431  
Moscow  
Idaho

March 8, 1987  
Napa Valley Marathon  
Calistoga to Napa, CA  
26.2 miles  
7:00am

Kaye or Chuck Hall  
4516 Dry Creek Rd.  
Napa  
California

March 14, 1987  
Great Oregon Health Service Run  
Grants Pass, Oregon  
50 miles/50k  
8:00am  
Rene Casteran  
1542 N.W. B St.  
Grants Pass  
Oregon

McCormick Creek AUL  
8k

Porterville half Marathon  
Porterville, California  
13.1 miles  
8:00am  
Milt Stone  
P.O. Box 432  
Porterville  
California

March 15, 1987  
Esperero Canyon Loop  
Tucson, Arizona  
21.2 miles  
7:00am  
Gordon Neal  
828 S. Langley #105  
Tucson  
Arizona

North Carolina 50 Mile  
Charlotte, NC  
50 miles  
7:00am  
Paul & Kerri Christopher  
4740 Carriage Drive Circle 83  
Charlotte  
North Carolina

St. Patty's Run  
Kutztown, Pennsylvania  
1 mile/3.1 miles/10mile  
St. Patty's Run  
RD #2 Box 2756  
Reading  
Pennsylvania

March 21, 1987  
Cross Timbers Trail Run  
Lake Texoma, Texas  
50 miles  
6:30am  
Dennis Fuyate  
876 Bitternut  
Coppell  
Texas

Jim Thorpe Marathon  
Carlisle, Pennsylvania  
26.2 miles  
10:00am  
Deemer Durham  
P.O. Box 1011  
Carlisle  
Pennsylvania

*(Continued on next page)*

## 1986 - 1987 Race Schedule

Virginia Beach Shamrock  
Virginia Beach, VA  
26.2 miles  
9:00am  
Jerry Bocrie  
2008 Maple St.  
Virginia Beach  
Virginia

March 22, 1987  
Cincinnati Heart Mini Marathon  
Cincinnati, Ohio  
26.2 miles  
1:00PM  
Bob MacVeigh  
2936 Vernon Place  
Cincinnati  
Ohio

March 28, 1987  
Marathon of the Great SW  
Abilene, Texas  
26.2 miles  
Mike Osborn  
Box 3137  
Abilene  
Texas

Mississippi 50 Mile Run  
Leland, Mississippi  
50 miles  
7:00am  
Grant H. Esley  
114 Peninsula Drive  
Leland  
Mississippi

Redwood Empire 24 Hour Run  
Santa Rosa, California  
9:00am  
Carol Witwer  
5950 Erland Rd.  
Santa Rosa  
California

March 29, 1987  
Bonne Bell 10K  
San Francisco, CA  
10k  
Pamakids  
P.O. Box 27557  
San Francisco  
California

Capitol 10,000  
Austin, Texas  
10k  
10:00am  
Capitol 10,000  
P.O. Box 2936  
Austin  
Texas

Mica Mountain Marathon  
Tucson, Arizona  
26.2 miles  
7:00am  
R.H. Deeran  
9351 E. Palm Tree Dr.  
Tucson  
Arizona

April 4, 1987  
Cooper River Bridge 10K Run  
Charleston, SC  
10k  
8:00am  
Cooper River Bridge Run  
P.O. Box 543  
Mount Pleasant  
South Carolina

Crescent City Classic  
New Orleans, LA  
10k  
9:00am  
Crescent City Classic  
6744 Fleur de Lis  
New Orleans  
Louisiana

April 5, 1987  
Alpha Beta Women's 10K  
Scottsdale, Arizona  
10k  
Alpha Beta  
3001 W. Indian School  
Phoenix  
Arizona

Atlanta Women's 10K  
Atlanta, Georgia  
10k  
Atlanta Track Club  
3097 E. Shadowlawn  
Atlanta  
Georgia

Modesto Marathon  
Modesto, California  
26.2 miles  
8:00am  
Joann Amundson  
P.O. Box 3605  
Modesto  
California

Nike Cherry Blossom 10 Miler  
Washington, D.C.  
10 miles  
8:00am  
Nike Cherry Blossom  
P.O. Box 4594  
Silver Springs  
Maryland

Stamford Classic Marathon  
Stamford, Connecticut  
26.6 miles  
8:30am  
Stamford Athletic Assoc.  
880 Canal St.  
Stamford  
Connecticut

Tri-Valley 5 Mile for Women  
Millis, Massachusetts  
5 miles  
Larry Olsen  
1072 Main St.  
Millis  
Massachusetts

(Continued on next page)



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## 1986 - 1987 Race Schedule

April 11, 1987

Barkley Marathons  
Wartburg, Tennessee  
50k & 50 miles  
6:00am  
Gary Cantrell  
Rt. 1 Box 166D  
Wartrace  
Tennessee  
11APR87  
Focus On Women 5K  
Worcester, MA  
5k  
Rec. Office/Green Hill Park  
Channing St. Ext.  
Worcester  
Massachusetts

YMCA Spring Running Festival  
Bloomington, Indiana  
10k

April 12, 1987

Athens Marathon  
Athens, Ohio  
26.2 miles  
12:00pm  
James L. Mason  
12 N. May  
Athens  
Ohio

Catalina Crossing

Tucson, Arizona  
34 miles  
7:00am  
Gordon Neal  
828 S. Langley #105  
Tucson  
Arizona

Pacific NW Bell Emerald City  
Seattle, Washington  
26.2 miles  
9:00am  
Kimberly Brown  
157 Yester Way #208  
Seattle  
Washington

April 18, 1987

Kansas Pelay's Marathon  
Lawrence, Kansas  
26.2 miles  
7:00am  
Dave Williams  
Room 143 Allen Field House  
Lawrence  
Kansas

North Vernon Spring Tonic Run

*(Continued on next page)*

## 1986 - 1987 Race Schedule

Run For Jesus Marathon  
Yakima, Washington  
26.2 miles  
8:00am  
Blaine Fielding  
3414 Tieton Dr.  
Yakima  
Washington

Tom Carters Day Marathon  
Marvin Park, Oswego, NY  
26.2 miles  
8:00am  
Dave Talrott  
R.D. 3, Box 152A  
Oswego  
New York

April 20, 1987  
Boston Marathon  
Hopkinton to Boston  
26.2 miles  
12noon  
Boston Athletic Association  
17 Main St.  
Hopkinton  
Massachusetts

April 25, 1987  
Daybreak Marathon  
Wills Point, Texas  
26.2 miles  
Bob Deke  
Box 205  
Wills Point  
Texas

Hogeye Marathon  
Fayetteville, Arkansas  
26.2 miles  
7:30am  
Dr. Barry S. Brown  
HPER 3210, University of Ark  
Fayetteville  
Arkansas

I.U. Scholarship Run  
Bloomington, Indiana

Old Style Bald Eagle Marathon  
Glen Haven, Wisconsin  
26.2 miles  
8:00am  
Terrence N. Ingram  
300 E. Hickory St.  
Apple River,  
Illinois

Wills Point Daybreak Marathon  
Wills Point, Texas  
26.2 miles  
6:00am  
Bud Deke  
P.O. Box 44  
Wills Point  
Texas

April 26, 1987  
Big Sur International Marathon  
Big Sur, Carmel, CA  
26.2 miles  
7:00am  
William Burleigh  
P.O. Box 222620  
Carmel  
California

Lake County Marathon  
Highland Park, Illinois  
26.2 miles  
8:15am  
Lake County Marathon  
636 Ridge Rd.  
Highland Park  
Illinois

Lewis & Clark Trail 50 Mile  
Fort Clark, ND  
50 miles  
7:00am  
Bruce Hetland  
1911 S. Grandview Lane  
Bismarck  
North Dakota

New Jersey Waterfront Marathon  
Jersey City, New Jersey  
26.2 miles  
1 Path Plaza  
Jersey City  
New Jersey

May 2, 1987  
Columbus May Day Medley  
Columbus, Indiana

Mule Mountain Marathon  
Bisbee to Ft. Huachuca  
26.2 miles  
5:00am  
Army Emergency Relief  
ASH-PCA-PSR(C, Bruich) USAF  
Fort Huachuca  
Arizona

Saginaw Bay Marathon  
University Center, MI  
26.2 miles  
8:00am  
Terry L. Rock  
Delta College  
University Center  
Michigan

Strolling Jim 40  
Wartrace, Tennessee  
41.2 miles  
7:00am  
Gary Cantrell  
Rt. 1 Box 166D  
Wartrace  
Tennessee

To Be Continued Next Month

# RERUN YOUR 1986 TRACK CLUB RACES ON



## WINTER SCHEDULE

Dec. 31 Cincinnati Heart Mini-Marathon 15K  
Jan. 7 North American Van Lines 5K & 15K  
Jan. 14 Amer. Cancer Canterbury Green 5K  
& Arlington Park 5K  
Jan. 21 WMEE Ft. Wayne Marathon Part 1  
Jan. 28 WMEE Ft. Wayne Marathon Part 2  
Feb. 4 New Haven Canal Days 10K  
& Homestead Hilly Four

NEW SHOW

Feb. 11 Columbus Ohio Marathon  
& Feb. 18 & Cross Country Skiing

NEW SHOW

Feb. 28 Runners Week One Mile Trophy Run  
& Churubusco Turtle Days 10K  
March 4 Old Settlers 10K  
& White River State Games Torch Run  
March 11 IUPU Festival of Peace 5K  
& Kent Davis 5K  
March 18 Run Jane Run Triathlon  
& Run Jane Run Bike Rally

**WED. 8 PM  
FRI. 10:30 AM  
CHANNEL 10**

*Attend  
the  
Annual Fort Wayne Track Club  
Banquet  
February 7, 1987 6 pm.  
at the  
Arlington Park Clubhouse  
(just off Stelthorn Rd.)*

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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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