

# the inside track



FORT WAYNE  
TRACK CLUB

1987

January / February

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



**ATTEND THE  
FORT WAYNE TRACK CLUB  
ANNUAL BANQUET  
FEBRUARY 7, 1987**

# Fort Wayne Track Club

## Officers and Board Members 1987

JIM BUSHEY  
PRESIDENT  
747-3770

JUDY TILLAPPAUGH  
VICE PRESIDENT  
424-6723

RANDY LAVINE  
VICE PRESIDENT  
493-2420

DON LINDLEY  
TREASURER  
456-8739

GARY HOOTEN  
SECRETARY  
747-6888

TIM FLEMING  
ENTERTAINMENT  
749-8027

MARK BARTOLLI  
PUBLICITY

RANDY LAVINE  
MEMBERSHIP  
493-2420

NORM SPITZIG  
ADVERTISING  
432-2581

RON HORAN  
NEWSLETTER  
447-6627

LYNN HANDKIN  
RACE SCHEDULE  
447-5321

CLEM GETTY  
EQUIPMENT  
638-4890

CLEM GETTY  
EQUIPMENT  
638-4890

DENNY MARKS  
BOARD MEMBER  
447-4567

CHUCK DEVAULT  
BOARD MEMBER  
482-2272

## NEXT TRACK CLUB BOARD MEETING TUESDAY, MARCH 10

### DISPLAY ADVERTISING RATES

Full Page (4½ x 7¾ inches) . . . . . \$50.00

Half Page (4½ x 3¾ inches) . . . . . 35.00

Quarter Page (2¼ x 3¾ inches) . . . . . 22.00

Insert Race Application (includes printing results)  
12 x Entry fee, minimum \$35.00 (10x entry fee  
paid in advance)

Advertising must be supplied, camera ready art,  
or layout charges will be incurred.

All race applications must be supplied for insertion.  
Inside Track publishes 700 issues monthly.

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

## May 17, 1987

WMEE/Key Health Plan Marathon, 8K / 26.2 mile; 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

Fall, 10K, 2:00 pm.

## December 12, 1987

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

---

# 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

## HOME LOAN DROPS SPONSORSHIP

IN CASE YOU HAVE NOT HEARD, IT'S TRUE, HOME HAS DROPPED THEIR SPONSORSHIP OF THE 10K RACE HELD ON THE LAST SUNDAY OF OCTOBER OVER THE PAST 9 YEARS. PAUL WOLF, PRESIDENT OF HOME LOAN CITED DECLINING PARTICIPATION AS THE REASON FOR DROPPING THEIR SPONSORSHIP. (THE RACE PEAKED AT OVER 2000 RUNNERS, AND THIS PAST YEAR WAS DOWN TO 973 RUNNERS.)

I THINK EVERYONE IN THE FWTC IS GRATEFUL FOR THE FINE EFFORT PAUL WOLF, MARY ANDERSON, AND EVERYONE AT HOME LOAN PUT FORTH THE PAST SIX YEARS. WE UNDERSTAND YOUR REASONING. NO COMPLAINTS HERE. WHERE DO WE GO FROM HERE? THE FACT CANNOT BE DENIED THAT PARTICIPATION IS DOWN IN MOST RACES. BUT, IN THE CASE OF HOME LOAN, I AM NOT SURE THE SPONSOR WAS DOING ALL THE THINGS NECESSARY TO PROMOTE AND HELP THE RACE GROW. DAN KAUFMAN AND MIKE ROBBINS WORKED VERY HARD TO GET THE SPONSOR TO UNDERSTAND THAT YOU CANNOT JUST DO THE SAME THING YEAR AFTER YEAR AND EXPECT THE RACE TO GROW. YOU MUST CHANGE AS RUNNER'S EXPECTATIONS CHANGE, AND PROMOTE THE EVENT AS NECESSARY. WE HAVE SOME NEW SPONSORS IN MIND, AND HOPE TO BE ABLE TO MAKE A "NEW RACE ANNOUNCEMENT" SOON!

## "CLEM GETTY TO CHAIR EQUIPMENT COMMITTEE"

THANKS TO CLEM GETTY, WE HAVE A NEW EQUIPMENT CHAIRMAN. IF YOU ARE A RACE DIRECTOR AND NEED ANY OF THE FWTC TIMING EQUIPMENT, CONTACT CLEM OR WRITE THE FWTC. LET'S ALL PITCH IN TO HELP CLEM WITH THIS DIFFICULT JOB.

SEE YOU AT THE BANQUET, FEB. 7TH! POINTS AWARDS WILL BE HANDED OUT AS WELL AS A FEW SURPRISES. THE FANNY FREEZER 5K ON FEB. 21 AT FOSTER PARK AND JUDY TILLABAUGH'S, NUTRA RUN ON MARCH 14 ARE THE NEXT FWTC RACES. KEEP RUNNING, STAY HEALTHY!

NEXT BOARD MEETING IS TUESDAY MARCH 10TH, AT THE S.E. YMCA ON WERTLING DRIVE. ALL INVITED!

# **FWTC BOARD MEETING**

**January 14, 1987**

**At The Southeast YMCA**

The monthly FWTC board meeting was held on January 14, 1987 at the Southeast YMCA. The meeting was called to order by 7:10 pm. Those present were Judy Tillapaugh, Clem Getty, Tom Wagner, Jim Bushey, Randy Lavine, Ron Horan, Chuck Devault, Denny Marks, Lyn Handlin, Don Lindley, and Ann Jamison.

The first agenda was a request by Judy Tillapaugh for all board members to submit a nutrition question for the nutrition column in the Inside Track. This was done to gain a better understanding of nutritional concerns of the club. Anyone with an unanswered dietary question is welcome to submit their question to either Judy Tillapaugh or Judy Newman at St. Joseph Medical Center (address is provided in each nutrition column of Inside Track).

**PREVIOUS MINUTES:** They were approved as written.

**NEWSLETTER:** Information of importance in the next newsletter will be details on the FWTC banquet, the February 5K Fanny Freezer, The March 20K Nutra Run, updated race schedule, plus WMBE/Key Health Plan Marathon. In the next three issues of Inside Track there will be a course map of the new marathon course. The main change of the course is in the first and last mile. Each will be in Johnny Applesed Park. About 700 newsletters are printed per issue. 200 of these are extra to use for new members, for marketing the FWTC at places like sports facilities.

**MEMBERSHIP:** There is a good response of membership renewal. The envelopes inserted in the newsletter of December/January seemed to help promote response. This procedure will be also done in the February issue.

**ADVERTISING:** Advertising chairmen, Norm Spitzig, is in the process of creating a list of advertisers who will give discounts to FWTC members.

**RACE SCHEDULE:** An updated liability waiver form for local FWTC races is being developed. All FWTC races need to be covered by TAC insurance. Steps to achieve this are in progress. The track club is in need of two volunteers to assist at FWTC races. One task is to ensure proper fluid aids are available for participants. Another task is to assist in transporting support equipment to each race such as traffic cones, finish board, and announcement horn. If anyone is interested in helping please contact Jim Bushey. The decision was made that the FWTC will buy a supply of merchandise awards for the track club races. Use of them will be decided by individual race directors. Don Lindley will be investigating how to get FWTC as the merchandise award. It was announced that Home Loan is no longer sponsoring the downtown 10km race in October. The track club is in the process of obtaining a new sponsor. Jim Bushey stated he would be willing to speak to any group interested. There is a strong possibility that the race will be coordinated by more than one sponsor.

**MARATHON TRAINING CLINIC:** Denny Marks reported on the Marathon Clinic. There have been many calls to the YMCA. Anyone interested in joining the clinic can register through the Southeast YMCA. Denny Marks and Lyn Handlin are working hard at finalizing the clinic schedule of speakers and training events.

**EQUIPMENT:** Clem Getty accepted the equipment chairmen position. Race directors need to make arrangements with Clem on seduling the use of the track club timing equipment. Clem can be reached at his home phone number 638-4890.

*(Continued on next page)*

Clem's efforts will be truly appreciated. If anyone is interested in assisting Clem please contact him.

**PUBLICITY:** Efforts are in progress to get our local FWTC races advertised in the Hoosier Runner and Indiana Runner.

**ENTERTAINMENT:** Final arrangements are being done for the FWTC banquet on February 7, 1987 6:00 pm at the Arlington Park Clubhouse. It is sure to be a fun social event. The 1986 points awards will be presented there plus The Woodpecker Award, The Student Award, An Appreciation Award, and a Special President's Award. Mrs. Randy Lavine and Mrs. Jim Bushey volunteered to do the table decorations. Beverages will be provided but all who come are ask to bring a tasty entree (beef, poultry, fish or vegetarian), plus a nutritious salad, carbo rich rolls/bread, or tempting dessert. The Banquet would be a great opportunity to introduce someone new to the club so invite a friend along.

**RUNNERS WEEK:** Ann Jamison reported that She's in the process of getting sponsors for Runners Week. Carpetland, Preferred Painters, and Lutheran Hospital are three prospected sponsors. Anyone interested in assisting Ann are welcome to contact her. Guest hosts for the shows are still needed. Here's your chance to use your media talents.

**OLD BUSINESS:** Hoosier Road Runners Club does have a point system that FWTC members can participate in. Join Hoosier Road Runners Club if interested in joining this state wide system. Process is under way to get some of our local races as part of their points races.

**NEW BUSINESS:** The board agreed to renew our membership to Road Runner's Club of America (RRCA). The cost is 75c per track club member. Don Lindley reviewed the benefits of being apart of the national organization. This volumteer club 25 to 30 years old and is the voice of hundreds of running clubs.

*(Continued on next page)*

**FORT WAYNE PARK DEPARTMENT/YMCA  
ALMOST SPRING FLING WEEKEND  
FANNY FREEZER 5K**

**February 21, 1987  
Foster Park — 2 pm.**

**Registration day of race  
at pavillion #1 at 1:00 pm.**

**FEE: \$1.00 for members  
\$2.00 for non-members**

**Refreshments will be served  
Hot chocolate — Hot cider**

**Prize awarded for the best spring  
costume (like Bay to Breakers)**

RRCA helps lobby in Washington, D.C. for various amateur running issues. Each FWTC member will receive quarterly Footnote publications. This contains fitness information on races, wellness etc. . .

Jim Bushey announced that on May 10, 1987 the St. Jude's Bikathon this year will be available for runners and walkers. The Total course is 50 miles long. Each participant can do the number of miles they want. This is a benefit event for the St. Jude's Children Hospital in Memphis, Tenn. Participants need to get pledges to sponsor their accomplishment. See the bikathon announcement in Inside Track for further details.

The board meeting will be changed to Tuesday evenings starting in March. There will be no meeting in February — attend the banquet festivities! The next meeting will be Tuesday March 10, 1987 at the Southeast YMCA from 7 to 9 pm. Meeting adjourned at 9:00 pm.

Respectfully submitted; Judy Tillapaugh, Substitute Secretary

## **LET THE FORT WAYNE TRACK CLUB PUT THE FINISHING TOUCH ON YOUR RACE**

**\$125.00 for complete equipment rental**

**includes: Didgal clock**

**Printer**

**Race application inserted in 700  
issuess of Inside Track.**

**Printing results in Inside Track.**

**— or —**

**\$100.00 Digital clock only**

**\$35.00 Printer only**

**12 x entry fee for insertion of race application  
(10 x entry fee if paid in advance)**

**\$40.00 for printing complete race results**

**For more information and to reserve the equipment for  
your race call Clem Getty, 219-638-48900 or write.**

**Fort Wayne Track Club, P.O. Box 11703,  
Fort Wayne, Indiana 46860**

***(Delivery of equipment could incur additional charges)***

The FWTC Board will meet the **second Tuesday** 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.**

# LETTERS TO THE EDITOR

Dec. 27, 1986

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

Editor: Subject--Points System

Being a points system fan for many years, I'd like to put in my "two-bits" worth.

The challenge of doing well in the points race has been a major goal of mine for a long time. I don't think I would be running competitively if it hadn't been for the points system. It has been an incentive for me to do well in the point standings.

Now, here is an idea I have that I'd like to share with the track club members. How about having just 4 points races a year? Maybe the NAVL, the Marathon, the Home Loan and then one more, maybe a 5K. In order to be in contention for the points awards a runner would have to run all four races. Make winning or placing high up in the standings a big deal. Give gift certificates, put the standings in the paper, etc.

The major objection I've heard from top runners was the fact that they didn't want to run 8 or more serious races every year. I realize that the object of requiring so many races was to get maximum participation, but with that many required races it is very difficult to be competitive for every race. And to do well in the points race a runner has to be competitive for every race. I think with four races a runner could compete in all four and still have some "recovery" time. Wouldn't it be easier to keep track of the points if only 4 races counted?

Well, that's about it. How about a few letters next month about this idea. Or better yet some other ideas on keeping the points system!!

Sincerely,

*Jack Morris*

Dear Editor:

Many members are concern about a point system since the FWTC does not have a point system this year. The Hoosier Road Runners Club has a 1987 point system which has overall and age divisions scoring system. Last year their members were recognized for scoring in more than five points races. They had a total of 21 point races for 1986.

Their system is very simple, 10 points for first place, and 9 points for second place, etc. for each age division and 20 points maximum for overall results. They have the same age groups as most FWTC races. They have 5 point races for 1987 already approved. They are as followed:

Groundhog, 7M	2-1	Carmen
Valpo, 8K	2-22	Valpo
Sam Costa, ½ Mar.	3-21	Carmel
Symphony 10K	5-16	Muncie
Pleasant 5K	10-31	Indy

\* More to be added

Information about the point system can be directed to Fred Hanson, 4698 N. Happy Hollow, Bloomington, IN 47401. Membership applications can be directed to Scott Yarger, Hoosier Runner, Dept. of Journalisum, West Quad, B.S.U., Muncie, IN 47306. Please send SASE when inquiring.

My family has participated in the HRRC point races for the last several years. We had an alternative to participate in another point system other than the FWTC point system and we enjoyed it. So I urge members if they want a point system, participate in the HRRC ppoint races because it is for the elite runners and back-of-the pack runners, ask Sharon Pauley

Thank you very much.

Don Lindley



# home loan savings bank

132 EAST BERRY STREET AT CLINTON • P.O. BOX 908 • FORT WAYNE, INDIANA 46801-0908 • PHONE 218/422-3008

MEMBER: FEDERAL SAVINGS AND LOAN INSURANCE CORPORATION • FEDERAL HOME LOAN BANK SYSTEM

W PAUL WOLF  
President

December 18, 1986

Mr. Jim Bushey, President  
FORT WAYNE TRACK CLUB  
P.O. Box 11703  
Fort Wayne, IN 46860

Dear Jim:

We have noted that each year the participants of the HOME LOAN 10K have gradually dwindled. In 1986 the finishers represented less than half of the 1981 race participants. Due to the reduced number of runners, the Home Loan Savings Bank regretfully has decided to discontinue sponsorship of the HOME LOAN 10K Race.

We extend sincere thanks to the Fort Wayne Track Club for their able assistance during the past six years. Also, sincere appreciation to the volunteers of the Home Loan Bank staff, who helped on race day and the months leading up to make the HOME LOAN 10K a great race.

Cordially,

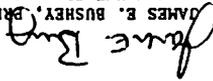
*W. Paul Wolf*  
W. Paul Wolf



Donakowski wins last "Home Loan"

**COME RUN WITH US**

FORT WAYNE TRACK CLUB  
JAMES E. BUSHNEY, PRESIDENT



SINCERELY,

YOU RUN A FIRST CLASS BANK, AND AS WELL, A FIRST CLASS RACE. WE  
WISH EVERYONE AT HOME LOAN BANK A BRIGHT AND PROSPEROUS FUTURE.

IT IS WITH MUCH REGRET THE FORT WAYNE TRACK CLUB HAS TO ACCEPT  
THE FACT, THAT, THERE WILL NOT BE ANOTHER HOME LOAN 10K RACE.  
SPEAKING FOR ALL THE MEMBERS OF THE FWTC, I MUST SAY IT HAS BEEN  
A REAL PLEASURE WORKING WITH YOU, MARY ANDERSEN, AND ALL THE  
STAFF AT HOME LOAN. YOU HAVE CARRIED ON A TRADITION STARTED BACK  
IN 1978, AND ALL OF OUR MEMBERS HAVE A GREAT RESPECT FOR THE  
EFFORTS YOU HAVE PUT FORTH.

DEAR PAUL:

ATTN: PAUL WOLF

HOME LOAN BANK  
132 E. BERRY  
FORT WAYNE, IN 46802

12/23/86



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

**WHEN:**

Saturday, March 14, 1987

**WHERE:**

Woodside Middle School  
(Next to Homestead H.S.)

**TIME:**

2:00 PM — 20KM  
2:15 PM — 2 Mile

**REGISTRATION:**

After 1:00pm Day of Race Only;  
No Pre-registration

**FEE:**

FWTC Members — \$1.00  
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

# 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:** I have some confusion on good fat toppings. Is margarine superior to butter? What are acceptable fat sources? For weight control, what can I do to avoid excess fat calories? Ann Jamison

**Answer:** For health conscious people, it is wise to be concerned on the type and amount of fat used daily. Too much dietary fat can contribute to a number of health problems like obesity, heart disease and cancer. Some fat is fine for daily use. Dietary fat supplies an essential fatty acid, linoleic acid, plus adds to the flavor and texture of food. The task is learning how to use fats in reasonable amounts.

When comparing margarine vs. butter per amount, the calories are the same. Both are pure fat. Their protein and carbohydrate content are zero. The main difference between the two is the type of fat they're made of. Margarine is an unsaturated vegetable fat, and cholesterol free, while butter is a saturated animal fat, cholesterol rich. Animal fat usage has a greater chance to contribute to health problems than vegetable fats. Besides butter, other saturated fat sources are lard, gravies, cream, whole milk, meat/poultry fat, coconut oil, palm oil, hydrogenated fats, and avocados. Other unsaturated fats like margarine are corn oil, cottonseed oil, safflower oil, sunflower oil, soybean oil, olive oil, and peanut oil, nuts, seeds, mayonnaise, salad dressing types, and salad dressings all varieties.

Refer to the table provided here for fat nutrient comparisons.

Margarine and unsaturated fats are the preferred fat choices over butter and saturated fats. When choosing margarine, it's important to select one made from unsaturated oil. Avoid using margarine that is made from part butter, lard, or any saturated fat. Though margarine is smart to use it is not perfect. Daily excess intake of any type of fat contribute to poor health. Many Americans consume 40 to 45% of their daily calories as fat. Health organizations recommend fat intake be 30% of daily calories. With a few eating style changes, a low fat meal plan for wellness can be achieved. Here are some degreasing strategies.

1. Carefully choose your fat toppings. Limit to one or two teaspoons per meal.

*(Continued on next page)*

# Attend the Annual Fort Wayne Track Club Banquet

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



---

## 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.*

---

## ENTERTAINMENT PLUS

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



---

## AWARDS

*Annual awards will be given out.*

---

## FUN

*A chance to relax and have some fun.*

---

**—PLAN NOW TO ATTEND—**

# NUTRITION IN QUESTION

2. Avoid fried foods. Prepare foods by baking, grilling, steaming, poaching, broiling, or microwaving. Frying can double or triple the calorie value of a food.
3. Try a recipe modification option. If a recipe calls for a high fat food, replace it with it's lowfat version. Example: substitute skim milk for whole milk.
4. When topping that potato, toast or muffin, control that amount of fat. Opt to spread a teaspoon not a tablespoon.
5. Choose jam or jelly as a toast topper. Per teaspoon jam or jelly have 16 calories, margarine has 45.
6. For sandwiches, go easy on the mayonnaise and tarter sauce. You'll find less fat and calories in ketchup, mustard, or uncreamed horseradish.
7. On a night when nothing other than fried chicken or fish will do, have it with a baked potato instead of the french fries. Lightly spread the margarine over the potato. Challenge yourself by using less of the entree than you usually do.
8. When preparing your own salad dressings with herbs and spices, choose these as the main ingredient: buttermilk, yogurt, wipped low fat cottage cheese, vinegar, tomato juice or lemon juice. Limit the use of oil and sour cream.
9. When eating out, ask the waitress or waiter to put al toppings "on the side." You can prevent them from drowning your food in fat.
10. If a rich dessert is an absolute must, have it but eat half the normal serving. Share the other half with a friend.

The following recipe is a tasty low fat/low calorie topping. Happy Eating.

Judy Tillapaugh, R.D.

Clinical/Community Dietitian

St. Joseph Medical Center

## FAT COMPARISON CHART

Average nutrients for 1 tablespoon, about ½ ounce

TYPE	Calories	Total Fat	Saturated Fat	Polyun saturated Fat	Cholesterol
Butter	100	11.5g	7.5g	.5g	32mg
Margarine, stick	100	11.5	2	4	0
Margarine, soft tub	100	11.5	1.5	5	0
Margarine, diet	50	5.5	1	2.5	0
Corn Oil	120	13.6	1.7	8	0
Coconut Oil	120	13.6	11.8	.2	0
Mayonnaise	100	11	1.6	5.7	8
Salad Dressing, Mayonnaise type	57	4.9	.7	2.6	4
Italian Dressing	70	7.1	1.0	4.1	0
Low Calorie Italian Dressing	16	1.5	.2	.9	0

(Continued on next page)

## RECIPE OF THE MONTH

1 cup (8oz.) plain low fat yogurt  
1/4 cup finely chopped celery  
1 Tbsp. finely chopped onion  
1 Tbsp. sugar  
1/2 tsp. chopped chives  
1/2 tsp. garlic powder  
1/8 tsp. pepper  
1/4 cup catsup

Combine all ingredients. Blend till smooth. Cover and chill. Mix well before using.

Yield: 1 1/2 cups

Serving: 1 Tbsp.

Calories: 10 / Tbsp.

# Cold Patio Door? Sweat — Frosting — Air Draft “Twin Storm”



**Twin Storm:** A super-efficient sliding patio storm door cuts patio door air infiltration up to 52%, slashes heat loss, saves energy and money!

**Save 52% In Heat Loss!**

**Completely Installed**

**From \$250<sup>00</sup>**

**Call For A Free Estimate**

**Bushey's**  
I N C

1701 Fairfield Ave. • Fort Wayne, In. 46802  
Phone 219-456-1247

## FARTLEK

RON HORAN

Yes, I am the race director for the Marathon. I enjoyed doing it last year and I am excited about doing it again in 1987. Please, if you can't or aren't training, then volunteer.

May 10th the St. Jude Bike-A-Thon will include runners and walkers. Aid stations, Red Cross, and Sag Wagons will be available along the 50 mile route. A donation flyer with more details will be inserted next month.

Excuse me for the free plug, but the Boston Marathon will be broadcast live on ESPN in April, Comcast Channel 11.

# **MARATHON CLINIC**

**Starts Saturday, February 14, 1987**

The Challenge of the 26.2 mile distance of the marathon is classic to all running and race 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 **Southeast 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-Country 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 9:00 am at the Southeast 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 Southeast 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 paid at the Southeast Branch YMCA)

## 1987 WMEE/KEY HEALTH PLAN MARATHON

(Fort Wayne) The 1987 WMEE/KEY HEALTH PLAN MARATHON is off and running. WMEE is proud to sponsor the 13th running of this tradition event. Joining WMEE as co-sponsor of the May 17th, 1987 event is Key Health Plan.

The words "all new" seem most appropriate to describe the 1987 marathon. There's a new race course, and a new prize money award structure that should provide an incentive for faster times. In addition, the 1987 event will feature an 8K Fun Run that will open up a whole new competitive opportunity for area distance and fitness runners.

Parkview Memorial Hospital will once again sponsor the wheelchair division of the marathon. Last year's wheelchair race was one of the largest in the country with 17 entries.

The Fort Wayne Track Club will be a key to the success of the event. The Tract Club will provide technical assistance and volunteers needed to assure a smooth race that's attractive to the best runners from the midwest and beyond.



**Carpet, Vinyl, Ceramic  
& Hardwood Floors**

**BEST FOR THE  
LONG RUN**



**Leader in fine floor  
coverings for over 54 years.**

1111 W. Washington Center Rd., 489-4584

# 1987 WMEE / KEY HEALTH PLAN MARATHON Fact Sheet

**\*Race Date:**

May 17, 1987

**\*New Course:**

Race starts in Johnny Appleseed Park, just past the boat ramp, proceeds out toward Coliseum Boulevard to Parnell . . . left on Parnell and follows Previous course on the way out. On the way back in, course turns left at Charlotte proceeds to North Side Drive, to Vance with the finish at the starting line.

**\*New Prize Money structure:**

Prize money to first five places . . .

\$500 for first place man and woman . . .

\$500 additional award if first place finisher, man or woman breaks previous Fort Wayne Marathon course record . . .

\$500 if first place man runs under 2:20, woman under 2:40 . . .

**\*New 8K Fun Run:**

Starts half an hour after the marathon in Johnny Appleseed Park, to be run on part of the marathon course . . . Tee-shirts and age group trophies will be awarded.

**\*Course Records:**

Men's Time--2:25:22.5 (Thomas Blumer in 1978)

Women's Time--2:41:47.8 (Celia Peterson in 1978)

Wheelchair Time--2:11:03 (Marty Ball in 1982)

**\*Race Headquarters:**

Marriott on Coldwater Road in Fort Wayne . . .

A spaghetti dinner will be held at the Marriott Saturday night before the race . . .

**\*Last Year's Winners:**

Men's Division--Brady Wells (Salem, Indiana) 2:25:30.6

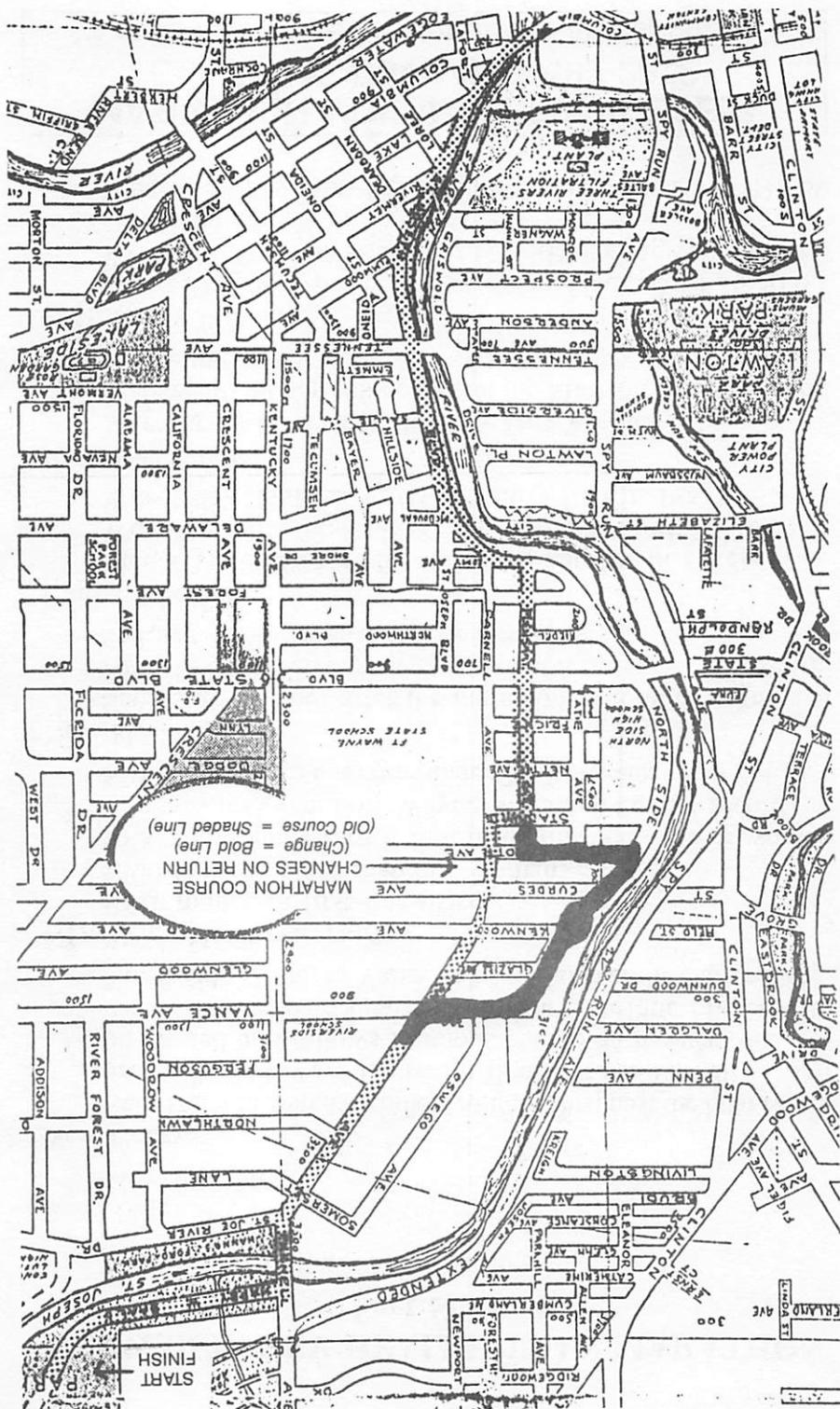
Women's Division--Ruth Ozmun (Bloomington, Indiana)  
2:55:04.93

Wheelchair Division--Ken Archer(Bowie, Maryland) 2:15:30

**MARATHON VOLUNTEERS NEEDED!**

**Call Chuck Devault — 482-2272**

*"I need help for Marathon timers and spotters."*



# 1987 RACE SCHEDULE

## FEBRUARY 7, 1987

Gasparilla Distance Classic; 15K & 5K, 8:15am; Gasparilla '87, P.O. Box 1881, Tampa, Florida.

Women's Faife 5K; K-Lite/97FM, 510 SW 3rd., Suite 100, Portland, Oregon.

## FEBRUARY 14, 1987

Carolina Marathon; 26.2 miles, 9:00am; Russ Pate P.O. Box 5092, Columbia, SC.

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

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

Tallahassee Marathon; 26.2 miles 8:00am; Frank or Kim Nerrhoof, 2049 Harriet Dr., Tallahassee, Florida.

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

## FEBRUARY 15, 1987

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

Galveston Marathon; 26.2 miles, 7:00am; Dan Dick, 1920 Black Bay, Galveston, Texas.

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

## FEBRUARY 21, 1987

Washington's Birthday Marathon, Beltsville, MD; 26.2 miles, 10:30am; Larry Noel, 105 Northway Rd., Greenbelt, MD.

## 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, FL; 26.2 miles, 8:30am; Harold J. Tucker, 4200 S. A-1-A Hwy., Meelbourne Beach, Florida.

## FEBRUARY 28, 1987

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

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

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

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

## MARCH 1, 1987

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

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

Los Angeles Marathon; 26.2 miles, 8:00am; Los Angeles Marathon Inc., 5985 Century Blvd. Suite 322, Los Angeles, CA.

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

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

## MARCH 2, 1987

Olympiad Memorial Marathon, St. Louis, MO; 26.2 miles, 8:00am; Gateway Athletics, 13453 Chesterfield Plaza, Chesterfield, Missouri

## MARCH 6, 1987

1st World Indoor Track & Field; varies; 251 N. Illinois St., 1660, Indianapolis, IN.

## MARCH 7, 1987

Arkansas Marthon; 26.2 miles, 10:00am; Bob Weid, 54 E. Main, Booneville, AR. Bidwell Classic Marathon; 26.2 miles, 9:00am; Bidwell Classic, 1043 Hobart St., Chico, California

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

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

## MARCH 8, 1987

Napa Valley Marathon; 26.2 miles, 7:00am; Kaye or Chuck Hall, 4516 Dry Creek Rd., Napa, California.

## MARCH 14, 1987

*Great Oregon Health Service Run*; 50 miles, 8:00am; Rene Casteran, 1542 N.W. B St., Grants Pass, Oregon.

Porterville Half Marathon; 13.1 miles, 8:00am; Milt Stowe, P.O. Box 432, Porterville, California.

## MARCH 15, 1987

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

*North Carolina 50 Mile*; 50 miles, 7:00am; Paul & Kerri Christopher, 4740 Carriage Drive Circle3, North Carolina.

St. Patty's Run; 1 mile, 3.1 miles, 10 miles

(Continued on next page)

## **1987 RACE SCHEDULE Continued**

Kutztown, Pennsylvania.

### **MARCH 21, 1987**

**Cross Timbers Trail Run**, Lake Texoma, TX; 50 miles, 6:30am; Dennis Fugate, 876 Bitternut, Coppell, Texas

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

**Virginia Beach Shamrock**; 26.2 miles, 9:00am; Jerry Bocrie, 2308 Maple St., Virginia Beach, Virginia.

### **MARCH 22, 1987**

**Cincinnati Heart Mini Marathon**; 13.1 miles, 1:00pm; Bob MacVeigh, 2936 Vernon Place, Cincinnati, Ohio

### **MARCH 28, 1987**

**Marathon of the Great SW**; 26.2 miles; Mike Osborn, Box 3137, Abilene, Texas.

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

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

### **MARCH 29, 1987**

**Bonne Bell 10K**; Pamakids, P.O. Box 27557, San Francisco, California.

**Capitol 10,000**; 10K, 10:00am; Capitol 10,000, P.O. Box 2936, Austin, Texas

**Mica Mountain Marathon**; 26.2 miles, 7:00am; R. H. Deeran, 9551 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, SC. **Crescent City Classic**; 10K, 9:00am; Crescent City Classic, 6744 Fleur de Lis, New Orleans, Louisiana

### **APRIL 5, 1987**

**Alpha Beta Women's 10K**, Scottsdale, Az; 10K; Alpha Beta, 3001 W. Indian School, Phoenix, Arizona

**Atlanta Women's 10K**; Atlanta Track Club, 3097 E. Shadowlawn, Atlanta, Georgia **Modesto Marathon**; 26.2 miles, 8:00am; Joann Amundson, P.O. Box 3605, Modesto, California

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

**Stamford Classic Marathon**; 26.2 miles, 8:30am, Stamford Athletic Assoc., 880 Canal St., Stamford, Connecticut.

**Tri-Valley 5 Mile for Women**; Larry Olsen, 1072 Main Street, Millis, Massachusetts.

### **APRIL 11, 1987**

**Barkley Marathons**, Wartburg, TN; 50K & 50 miles, 6:00am; Gary Cantrell, RT. 1 Box 166D, Wartrace, Tennessee

**Focus On Women 5K**; Rec. Office/Green Hill Park, Channing St. Ext., Worcester, Massachusetts.

**YMCA Spring Running Festival**; 10K; Bloomington, Indiana

### **APRIL 12, 1987**

**Athens Marathon**; 26.2 miles, 12:00pm; James Mason, 12 N. May, Athens, OH

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

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

### **APRIL 18, 1987**

**Kansas Relays Marathon**; 26.2 miles, 7:00am; Dave Williams, Room 143 Allen Field House, Lawrence, Kansas.

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

**Tom Carters Day Marathon**; 26.2 miles, 8:00am; Dave Talcott, R.D. 3, Box 152A, Oswego, New York.

### **APRIL 20, 1987**

**Boston Marathon**, Hopkinton to Boston; 26.2 miles, 12:00 noon; Boston Athletic Association, 17 Main St., Hopkinton, Massachusetts.

### **APRIL 25, 1987**

**Wills Point Daybreak Marathon**; 26.2 miles, 6:00am; Bob Deke, Box 44, Wills Point, Texas.

### **APRIL 25, 1987**

**Hogey Marathon**; 26.2 miles, 7:30am; Dr. Barry S. Brown, HPER 321G, University of Arkansas, Fayetteville, Arkansas.

**I.U. Scholarship Run**; Bloomington, Indiana.

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

### **APRIL 26, 1987**

**Big Sur International Marathon**; 26.2 miles 7:00am; William Burleigh, P.O. Box 222620, Carmel, California.

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

**Lewis & Clark Trail 50 Mile**, Fort Clark, (Continued on next page)

## **1987 RACE SCHEDULE Continued**

ND; 50 miles, 7:00am; Bruce Hetland, 1911 S. Grandview Lane, Bismarck, ND.  
New Jersey Waterfront Marathon; 26.2 miles; 1 Path Plaza, New Jersey, NJ.

**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-PCR-PSR (C. Bruich) USAG, Ft. Huachuca, Arizona.  
Saginaw Bay Marathon; 26.2 miles, 8:00am; Terry L. Rock, Delta College, University Center, Michigan.

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

**MAY 3, 1987**

Avenue of the Gaints Marathon; 26.2 miles; 6 Runners Running Club; Box 214, Arcata, California.

Lilac Bloomsday Run; 12K, 9:00am; Lilac Bloomsday, P.O. Box 1511, Spokane, Washington.

Lincoln Marathon; 26.2 miles, 7:00am; Nancy Sutton, 5309 S. 62, Lincoln, NE.

Long Beach Marathon; 26.2 miles, 7:30am; Joe Carlson, 1827 Redondo Ave., Long Beach, California.

Long Island Newsday Marathon; 26.2 miles; Long Island Sport Unit, Eisenhower Park, East Meadow, NY.

Mayor's Cup Marathon; 26.2 miles, 7:30am; Bill Michaels P.O. Box 18938, Denver, Colorado.

Pittsburgh Marathon; 26.2 miles, 9:40am; Pittsburgh Marathon, 600 Grant St. Room 638' Pittsburgh, Pennsylvania.

Vancouver International; 26.2 miles, 7:30am; Neil Burke, 6 Glenmore Dr., West Vancouver BC V7S 1A4 Canada.

Wild Wild West Cross Country; 26.2 miles, 6:00am; Lone Pine Chamber of Comm., P.O. Box 749, Lone Pine, California.

**MAY 9, 1987**

Gold Coast Women's 10K Championship; Ft. Lauderdale RRC, P.O. Box 2512, Fort Lauderdale, Florida.

Great Potato Marathon; 26.2 miles; Tim Severa, 1050 State St. Boise, Idaho.

Lake Geneva Marathon; 26.2 miles; Barbara Dobbs, 1024 Wisconsin St., Lake Geneva, Wisconsin.

**MAY 10, 1987**

G. Fox Women's 10K; G. Fox & Co. Special Events, 960 Main St., Hartford,

Connecticut.

London Marathon; 26.2 miles; London, England.

National Capital Marathon; 26.2 miles, 9:00am; Andrea Acheson, Box 426 Station A, Ottawa, Ontario, Canada K1N 5V8.

**MAY 16, 1987**

Freihofer's Run for Women; 10K; Freihofer's, George Regan, 382 Broadway, Albany, New York.

**MAY 17, 1987**

Champlain Valley Marathon; 26.2 miles, 7:30am; Rosilan Leahy, P.O. Box 310, Plattsburgh, New York.

Revco-Cleveland Marathon; 26.2 miles, 8:30am; Reno Starnoni, 658 Broadway, Bedford, Ohio.

Windward Marathon; 26.2 miles, 7:00am; Carl Ellsworth, 502A Kawaiiloa Rd., Kailua, Hawaii.

WMEE/Key Health Plan Marathon; 26.2 miles; WMEE, P.O. Box 6000, Fort Wayne, Indiana.

Yonkers Marathon, Yonkers, NY; 26.2 miles; New York Road Runners Club, 9 E. 89th St., New York, New York.

**MAY 23, 1987**

Andy Payne Bunion Run; 26.2 miles; J. R. Cook, Box 25042, Oklahoma City, OK.

Bayshore Marathon; 26.2 miles, 7:30am; Terry McHoskey, 4319 Deerwood Dr., Traverse City, Michigan.

Funfest Races Marathon; 26.2 miles, 7:00am; Beckie Turner, 3714 Linda Dr., Amarillo, Texas.

Gage Roadrunner Marathon; 26.2 miles, 6:00am; Glenn Mayhew, P.O. Box 328, Gage, Oklahoma.

**MAY 24, 1987**

Coeur d'Alene Marathon; 26.2 miles, 8:00am; Terry Mack, 911 Bancroft Dr. P.O. Box 2393, Coeur d'Alene, Idaho.

Main Coast Marathon; 26.2 miles; Steve Mooney, Box 1333, Biddeford, Maine.

**MAY 25, 1987**

Bandelier Marathon, White Rock, NM; 26.2 miles, 6:30am; Aaron Goldman, 4723 Sandia, Los Alamos, New Mexico.

Bolder Boulder; 10K, 8:15am; Bank of Boulder, 3033 Iris, Boulder, Colorado.

Cotton Row Run; 10K, 8:00am; Huntsville Track Club, 8811 Edgeville Dr. Huntsville, Alabama.

**MAY 30, 1987**

L'eggs Mini-Marathon; 10K; L'eggs Mini, 9 E. 89th St., New York, New York,

*(Continued on next page)*

## **1987 RACE SCHEDULE Continued**

**MAY 31, 1987**

**Multiple Wrightson Massacre;** 30 miles, 5:00am; Gordon Neal, 828 S. Langley #105, Tucson, Arizona.

**JUNE 6, 1987**

Alaska Women's 10K; Alaska Women's 10K, 3605 Arctic AA, Anchorage, AK. Aptos Women's 5 Miler; Gail Goettleman, 866 Burns Ave., Aptos, California.

Oliver Winery 10K Run; Bloomington, Indiana.

The Governor's Cup; 26.2 miles, 7:00am; Governor's Cup, P.O. Box 451, Helena, Montana.

Tribune Sunburst Marathon; 26.2 miles; Joyce Fox, South Bend Tribune, 223 W. Colfax Ave., South Bend, Indiana.

**JUNE 7, 1987**

Lake Ontario Marathon, Greece, NY; 26.2 miles, 8:00am; Tim McAvinney, 79 Merrick St., Rochester, New York.

Nipmuck Trail Marathon, Ashford, CT; 26.2 miles, 9:00am; David Raczkowski, P.O. Box 191, Willington, Connecticut.

Russian River Marathon, Talmage, CA.; 26.2 miles, 6:00am; Steve Prochter/Anne Veno, P.O. Box 204, Ukiah, California.

**JUNE 13, 1987**

God's Country Marathon, Galeton to Coudersport; 26.2 miles, 8:00am; Potter County Recreation, P.O. Box 245, Coudersport, Pennsylvania.

Sound To Narrows; 12K, 10:15am; Tacoma News Tribune, P.O. Box 11000, Tacoma, Washington

**JUNE 14, 1987**

**Tri-Indiana Triathlon;** 1.5K, 10K, 40K; Bloomington, Indiana

**JUNE 20, 1987**

Grandma's Marathon; 26.2 miles, 9:00am; Grandma's Marathon, P.O. Box 6234, Duluth, Minnesota.

Mayor's Midnight Sun Marathon; 26.2 miles; Jim Mayo, Box 196650, Anchorage, Alaska.

**JUNE 21, 1987**

Valley of the Flowers Marathon; 26.2 miles, 7:30am; Lee Heinz, 4617 Titan Ave., Lompoc, California.

**JUNE 26, 1987**

Breckenridge Marathon; 26.2 miles, 6:30am; Breckenridge, Michigan.

**JUNE 27, 1987**

Dependable Columbine Classic, Lakewood, CO.; Women's 5K; Rachella Seeley, 11145 W. Pacific Ct. Lakewood, CO.

**Western States Endurance Run,** Squaw Valley, CA.; 100 miles, 5:00am; Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova, California.

**JUNE 28, 1987**

Cascade Run Off; 15K, 9:00am; Cascade Run Off, P.O. Box 40228, Portland OR.

**JULY 2, 1987**

Midnight Sun Marathon; 26.2 miles; Joe Womersley, 138 Major St., Toronto, Ontario Canada.

**JULY 4, 1987**

Peachtree Road Race; 10K, 8:00am; Atlanta Track Club, 3097 E. Shadowlawn Ave., Atlanta GA.

**JULY 4, 1987**

Salmon River Summer Marthon; 26.2 miles; Pat Hauff, Box 2042, Salmon, Idaho.

**JULY 11, 1987**

Longest Day Marathon; 26.2 miles; Charles S. Roberts, MD., 1345 1st. St., Brookings, South Dakota.

**JULY 19, 1987**

San Francisco Marathon; 26.2 miles; San Francisco Marathon, P.O. Box 27385, San Francisco, California.

Voyageur Marathon; 26.2 miles; Shelda Patenaude, Lee Valley Rd. R.R. #2, Massey, Ontario Canada.

**JULY 24, 1987**

Deseret News Marathon; 26.2 miles; Keith West/Deseret News, Box 1257, Salt Lake City, Utah.

**JULY 25, 1987**

Bix 7 Miler; 7 miles, 8:00am; Bix 7 Miler, 2685 Kimberly Rd., Bettendorf, Iowa.

**JULY 26, 1987**

Capital City Marathon; 26.2 miles; Sharon Scholl, Box 1681, Olympia, Washington. Wharf to Wharf, Santa Cruz, CA.; 5.8 miles, 8:30am; Wharf to Wharf, P.O. Box 307, Capitola, California.

**AUGUST 2, 1987**

Morgan-Monroe Miler; 4 miles, 10 miles; Bloomington, Indiana

**AUGUST 8, 1987**

Asbury Park 10K Classic; 10K, 9:00am; Asbury Park 10K Classic, P.O. Box 2287, Ocean Township, New Jersey.

**AUGUST 15, 1987**

Run the Rockies Marathon; 26.2 miles; Sam Williams, Box 2463, Breckenridge, CO.

*(Continued on next page)*

**1987 RACE SCHEDULE Continued**

**AUGUST 16, 1987**

Puma/Falmouth Road Race; 7.1 miles,  
10:00am; Puma/Falmouth Road Race,  
Box 732, Falmouth, Massachusetts.

**AUGUST 22, 1987**

Bobby Crim Road Race; 10 miles, 8:30am;  
Bobby Crim Road Race, P.O. Box 981,  
Flint, Michigan.

Pikes Peak marathon, Manitou Springs,  
CO.; 26.2 miles; Carl McDaniel, 5520  
N. Union Blvd., Colorado Springs, CO.

**AUGUST 23, 1987**

AFC Half Marathon; 13.1 miles, 7:00am;  
American Lung Association, P.O. Box  
3879, San Diego, California.

**AUGUST 30, 1987**

Black Hills Marathon; 26.2 miles; Ed  
Egbert, Box 9243, Rapid City, SD.

Santa Monica Marathon; 26.2 miles;  
Richard Gill, 1685 Main St., Santa  
Monica, California.

The Sugarloaf Marathon, Stratton, ME;  
26.2 miles; Chip Carey, Minister Hill,  
Kingfield, Maine.

**SEPTEMBER 6, 1987**

YNCA Women's 10K; Mike Fraley, YM-  
CA, 4247 W. Ridge Rd., Erie, PA.

**SEPTEMBER 12, 1987**

Columbus Fall Fitness Festival; 5K, 10K;  
Columbus, Indiana

**SEPTEMBER 13, 1987**

Dutchess County Marathon; 26.2 miles;  
Pete Sanfilippo, 8 Carmine Dr., Wapp-  
inger Falls, New York.

Philadelphia Distance Run; 13.1 miles,  
8:30am; Philadelphia YMCA, 1421 Arch  
St. Philadelphia, Pennsylvania.

**SEPTEMBER 19, 1987**

Buffalo/Niagara Falls; 26.2 miles; John  
Chew, Box 9, Buffalo, New York

Coca-Cola Classic Marathon, 26.2 miles;  
Roger Mazurak, Box 549/1608 N.  
Washington, Bismark, North Dakota.

Equinox Marathon; 26.2 miles; John Estle,  
Univ. of Alaska, Dept. of Athletics, 105  
Patty Bldg., Fairbanks, Alaska.

Women's Distance Festival, Greendale, WI;  
5K; Phyliss Reichardt, 13925 W.  
Crawford Dr., New Berlin, Wisconsin.

**SEPTEMBER 20, 1987**

Maine Women's 10K Classic, Gardiner,  
Maine; 10K; Linda Keniston, RFD, Read-  
field, Maine.

Nashville Women's 10K; Nashville Striders,  
1000 Church St., Nashville, Tennessee.

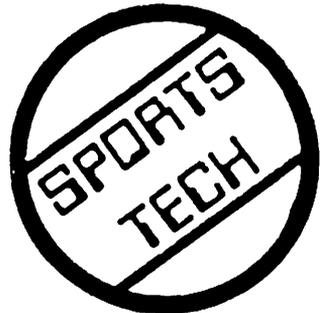
# SALE

Winter Running  
Apparel

**25 to 50%  
OFF**

Selected  
Running Shoes

**25%  
OFF**



**GLENBROOK SQUARE  
NEXT TO THE ICE RINK  
484-4322**

# RERUN YOUR 1986 TRACK CLUB RACES ON



## WINTER SCHEDULE

Feb. 4 New Haven Canal Days 10K  
& Homestead Hilly four

---

### NEW SHOW

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

---

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  
& Ken 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.)*

**DO A FRIEND A FAVOR . . . .**

Give this card to them and invite them to  
 start enjoying the benefits of the . . . .

**FORT WAYNE TRACK CLUB**

**M  
E  
M  
B  
E  
R  
S  
H  
I  
P  
O  
N**

Name \_\_\_\_\_

Sex \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

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

If Renewal, Your Current Track Club # \_\_\_\_\_

All Memberships Good Thru 1-1-88

Make Checks Payable To:

Fort Wayne Track Club and Mail To: Fort Wayne  
 Track Club, P.O. Box 11703, Fort Wayne, IN 46860

**Membership Fee \$12.00**

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

(List the Names, Birthdates and Sex of each family member)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



FWTC NEWSLETTER  
P.O. Box 11703  
Fort Wayne, IN 46860

Bulk Rate  
U.S. POSTAGE PAID  
Ft. Wayne, IN  
Permit No. 1799

Mark February 7, on your  
Calendar TODAY!