

**the inside track**



**1987  
March**

*NEWSLETTER OF THE FORT WAYNE TRACK CLUB*

**20K Nutra Run  
Plus Two Mile Fun Run  
Saturday, March 14, 1987  
Woodside Middle School**

# Fort Wayne Track Club

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## 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.

# PRESIDENT'S COLUMN

By Jim Bushey

## WILL WE HAVE A RACE ON OCTOBER 25, 1987 ?

NOT UNLESS YOU, AS A FWTC MEMBER, ARE WILLING TO GO OUT AND MAKE IT HAPPEN! TIME IS RUNNING OUT, AND WE STILL DO NOT HAVE A SPONSOR FOR THE ANNUAL 10K RACE. (FORMERLY THE HOME LOAN 10K)

I HAVE HEARD ALL KINDS OF GREAT IDEALS FOR A SPONSOR, BUT WE DON'T NEED ANY MORE THINKERS! WE NEED DOERS!

IF YOU CAN HELP SOLICIT SPONSORS, SET UP MEETINGS AND BRING A GROUP OF POTENTIAL SPONSORS TOGETHER, IT'S TIME TO GET TO IT.

THE CLUB HAS A GREAT LINE UP OF 11 RACES PLUS THE "SPORTS TECH TRIPLE CROWN SERIES" ON TAP FOR 1987. ADD TO THAT THE "WHITE RIVER PARK GAMES - TORCH RUN" AND THERE ARE PLENTY OF REASONS TO ENJOY YOUR FWTC MEMBERSHIP IN 1987.

TIM FLEMING DID AN OUTSTANDING JOB WITH THE ANNUAL BANQUET LAST MONTH. THANKS GO TO KAREN BUSHEY AND MARY JO LAVINE FOR THE BEAUTIFUL TABLE DECORATIONS. (RED CANDLES AND VALENTINE DECORATIONS!) PUT THIS EVENT ON YOUR CALENDAR NEXT YEAR. WE HAD AN OVERFLOW CROWD THIS YEAR.

MARATHON PLANS ARE PROCEEDING AS EXPECTED. THE APPLICATIONS ARE NOW COMPLETED THE 8K ENTRY IS INCLUDED ON THE MARATHON APPLICATION AS WELL. KEY HEALTH, ONE OF THE SPONSORS WILL BRING IN AROUND 50 VOLUNTEERS, BUT MORE VOLUNTEERS ARE NEEDED. CONTACT CHUCK DEVAULT OR MYSELF IF YOU CAN HELP.

SPRING'S JUST AROUND THE CORNER! SEE YOU ON THE ROADS....

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.

## 1987 FWTC RACE SCHEDULE

**March 14, 1987**

Nutra Run 20K; Woodside Middle School, Fort Wayne, 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 Plan 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 29, 1987**

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

**September 13, 1987**

Scholarship Fund Run; IUPU, Fort Wayne,

**October 25, 1987**

Fall, 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 Amercian Van Lines, 2:00 pm.

**May 9, 1987**

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

**May 27, 1987**

Glass Days, 10K; Dunkirk, 6:30 pm.

**May 30, 1987**

"Z", 10K; Zanesville, 9:00 am.

**June 6, 1987**

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

**June 27, 1987**

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

**July 4, 1987**

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

**July 17, 1987**

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

**July 19, 1987**

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

**August 1, 1987**

Harlan Days, 10K; Harlan, TBA.

**August 15; 1987**

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

**October 3, 1987**

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

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## **1987 SPORTS TECH TRIPLE CROWN**

*These three races are point races! Sponsored by Sports Tech.*

**April 4, 1987**

Cross Country 5K; Shoaff Park, 1:00 pm.

**July 11, 1987**

Foster Park 5 Miler; Foster Park, 6:00 pm.

**October 31, 1987**

Homestead 15K; Homestead, 10:00 am.

## **MARATHON VOLUNTEERS NEEDED!**

**Call Chuck Devault — 482-2272**

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



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

**BEST FOR THE  
LONG RUN**

**CARPETLAND USA**

Leader in fine floor coverings for over 54 years.

1111 W. Washington Center Rd., 489-4584

## LETTERS TO THE EDITOR

Dear Sirs;

It's always my pleasure to re-up with the Fort Wayne Track Club. You're a leader for many clubs in Indiana and the tri-state area, and I would have to say that the top runners in the state, Men and Ladies are Fort Wayne Track Club members. So you fine people up there must be doing something right! Nice going.

Your Running Friend,  
Bud Stiffler  
P.O. Box 1631  
Anderson, Indiana 46014

### **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  
issues 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)***

# NUTRITION IN QUESTION

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

Any nutrition issues on your mind? Do you often wonder what is right to eat? Maybe we could help you. You are invited to send your nutrition questions to Judy Newman and Judy Tillapaugh, both registered dietitian, at St. Joseph Hospital. Answers will be included in the Inside Track. Mail nutrition questions to: Judy Newman R.D. & Judy Tillapaugh R.D.

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

**Question: BREAKFAST.** It's always hard to take time to eat. Any suggestions for a quick, healthy alternative?

**Answer:** You may want to be selective when choosing a quick healthy alternative for breakfast. By "alternative" I assume you mean options to the fast-food, freezer-to-microwave, or pop-in-the-toaster breakfast. You have good reason to question these busy-family options.

Prior to 1970, the food industry began to test market toaster and freezer-to-oven of microwave breakfast products in their attempt to compete with the fast-food breakfast market. In late 1985, the frozen breakfast entrees were declared the fastest growing category in the frozen food industry. People got used to eating breakfast at fast food restaurants and became interested in comparable fast items "cooked" at home.

Unfortunately, many of these old and new convenience breakfasts are the nutritional equivalent of the doughnut and coffee or the high-fat, salt-laden items offered later in the day at the same fast food establishments. Because many fast food restaurants provide nutritional information for their products and some (not all) packaged products have nutritional information on the label, then decide if you want to put it in your cart.

The egg-bacon-and-cheese on a muffin may be better than no breakfast at all, but you'll want to make the rest of the day's meals low in fat and cholesterol. This sandwich gets 53% of its 325 Calories from fat that's high in cholesterol, and contains almost 2000mg of sodium.

The good news is that your choice doesn't need to be between a bad breakfast and none. Even fast-food restaurant will serve a plain english muffin, low-fat milk and juice. The microwave oven can be used to reheat healthy left-overs as quickly as a frozen entree. It doesn't take any longer to fix a bowl of hot cereal or cold cereal with low-fat milk and fruit than it does to heat a TV-dinner style breakfast in a cardboard box. If you want to consider cost, oatmeal not only costs 8 cents per serving, but can be made in the microwave in 2 minutes. Add your own fruit and flavorings.

In place of the recipe today, I've listed many healthy fast-start breakfast ideas.

## **Blender Breakfast**

- 1 cup low-fat milk or yogurt
- 1 banana or 1 cup other fresh fruit
- 2 T. wheat germ or unprocessed bran or nuts
- ¾ cup orange juice

Blend in blender. Makes one serving. If you have 5 more minutes, have this with two slices of toasted raisin bread or a toasted bagel. Spread lightly with cream cheese or margarine.

## **Weekend Special**

Mix one egg, 1 egg white and ¼ cup low-fat cottage cheese. Cook in non-

*(Continued on next page)*

### *Nutrition in Question Continued*

stick surface sprayed with pan spray. Season as desired. Serve with fruit and toast.

#### **Low-fat French Toast**

Dip whole wheat bread in egg substitute mixed with a small amount of low-fat milk. Cook on non-stick surface sprayed with pan spray. Top with apple butter, thickened fruit or your favorite topping.

#### **High-Fiber-Meal-In-A-Bowl**

Mix plain low-fat yogurt or milk with fresh fruit and your choice of high cereal.

#### **Super Spreads for Toast or Bagels**

- top with low-fat cottage cheese or ricotta cheese and toast in broiler until bubbly. Great flavored with jam, cinnamon, etc.

- low-fat cream cheese or ricotta cheese and apple butter.

- thin sliced cheese (try low-fat mozzarella), tomato slice and a sprinkle of oregano. Toast under broiler.

- peanut butter topped with banana slices.

#### **Eat-On-The-Run**

A piece of fruit and cheese on a bagel sandwich, or cheese and crackers or peanut butter and crackers. (These could be made the night before, and be ready to grab as you go out the door.) Don't forget to carry your toothbrush.

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## **FARTLEK**

By Ron Horan

Over a hundred members and their families enjoyed a delicious feast at the annual banquet. Food was served up smorgasbord style with food being cooked by members. There was plenty and it was all gone by the end of the evening. Tim Fleming did a fine job of preparing Arlington's meeting hall and providing entertainment. Karen Bushey and Mary Jo Lavine set up the decorations.

At the banquet many awards were handed out. Of particular note was a special plaque for Tim Fleming, given for his pioneering work on "Runners Week." The plaque included Tim's favorite microphone which was put to good use through Tim's tenure as host.

Don Lindley handed out the Woody Woodpecker Award. This award is given at the previous recipient's discretion. Don received it two years ago for running into a tree. Steven Smith was this year's recipient for wearing the best pair of running shoes for the longest period of time. Steve has been an excellent runner as well this past year, placing fourteenth at the Marathon in 2:45:37.

One final thank you to Jim Bushey for providing the pictures in this month's newsletter.

Ultrarunning Newsletter has ranked two Fort Wayne runners. Ann Mize is ranked 40th for Women in the 50km ultra. Don Lindley is ranked 84th for Men in the 50km ultra. Mary Hanudel of Toledo is a past winner of the Fort Wayne Marathon and is now the top rated Woman Ultra Runner in many of the Ultra distances, she ran the Marathon here last year and we hope to see her back again in 1987.

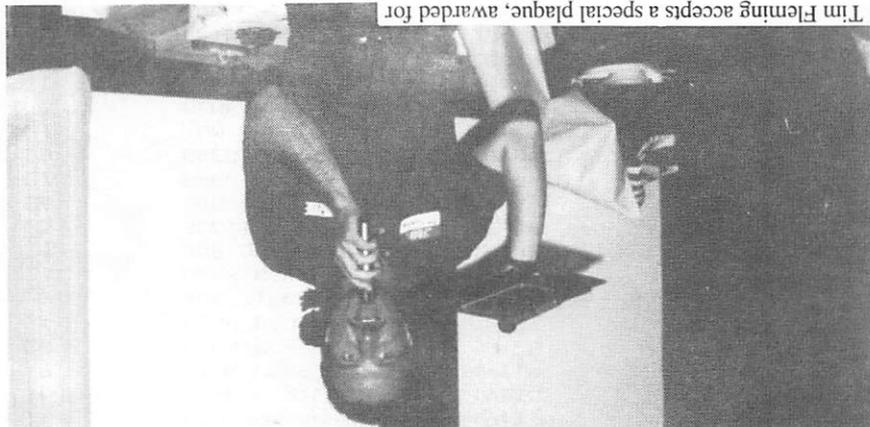
Volunteers are needed for this year's WMEE/Key Health Plan Marathon. If you're interested in helping please call me and leave your name and phone number. My number is 447-6627.

Wednesday fun runs are still happening in Foster Park. They generally start about 6:00PM. Meet at the first pavillion or up on the path.

Steve Smith received the Woody Woodpecker Award from previous winner Don Lindley.



Tim Fleming accepts a special plaque, awarded for his pioneering work on "Runner's Week".



Roseann Simmons receives a Points Award from Vice-President Judy Tillapaugh.



# FINAL RESULTS 5K FANNY FREEZER

## FEBRUARY 21st., 1987

PLACE	NAME	TIME	M/F	AGE
1	BRAD TRUGLER	16:30	M	24
2	JOHN TRELEAVEN	16:59	M	34
3	JEFF SALON	17:30	M	32
4	TERRY COONAN	17:40	M	35
5	PAUL FURNISS	17:44.2	M	19
6	TIM GORRELL	17:44.7	M	15
7	STEVE SMITH	17:46	M	29
8	NEIL TATE	17:52	M	35
9	JIM BUSHEY	17:59	M	29
10	CARL RISCH	18:06	M	29
11	JEFF MESSMAN	18:09	M	21
12	JED PEARSON	18:11	M	35
13	JOHN MILLER	18:21	M	31
14	BRAD STEVENS	18:42	M	26
15	TIM ZUMBAUGH	18:52	M	34
16	PATRICK LEBER	18:54	M	25
17	DAN DOMINGUEZ	19:13	M	41
18	DAVE WINTERS	19:15	M	37
19	DAVE HOWE	19:19	M	38
20	BERNIE BURGETTE	19:26	M	43
21	LYNN BAUER	19:37	M	15
22	JOE ZIEGLER	19:40	M	51
23	GARY WALKER	19:42	M	34
24	JOE GUNDER	19:44	M	16
25	SCOTT NIEVEEN	19:48	M	20
26	DON LINDLEY	19:49	M	43
27	CARL CALDWELL	19:57.0	M	42
28	GREG SCHEFFEL	19:57.8	M	31
29	TOM FELGER	20:03	M	47
30	GENE GRAN	20:08	M	56
31	KEVIN RATHNAR	20:12	M	28
32	JACK REINKING	20:14	M	39
33	BETH REHRER	20:16	F	30
34	TOM LAIRD	20:19	M	50
35	KEITH DeMERRITT	20:25	M	35
36	TOM WELCH	20:26	M	27
37	BETTY McDADE-MOYLAN	20:29.1	F	34
38	JAMIE GORRELL	20:29.5	F	17
39	TIM BERKERY	20:35	M	32
40	LYN HANDLIN	21:01.3	F	30
41	TED TOSCO	21:01.7	M	25
42	MICHAEL GLASPER	21:11	M	33
43	TODD FENDT	21:32	M	24
44	TOM FUELLING	21:40	M	36
45	CRATG HARTMAN	21:50	M	32
46	ANDRE CUFFY	21:57	M	26
47	DICK WARNLY	22:03	M	49
48	BOB GENSHEIMER	22:20	M	50
49	BILL McNEELY	22:21	M	26
50	KEVIN TRUELOVE	22:22	M	30
51	JOSEPH BILLYGUAU	22:24	M	38
52	CHARLEY KNEFFLE	22:26	M	38
53	VERN CLIVAN	22:32	M	59
54	LARRY BETTS	22:49	M	25
55	MAX HALBERSTADT	23:01	M	36
56	RICHARD ZINF	23:05	M	45

PLACE	NAME	TIME	M/F	AGE
57	LARRY YANT	23:06	M	44
58	JONATHAN HINSEY	23:07	M	23
59	PAI BEUCHEL	23:11	M	28
60	TOM MATHER	23:12	M	39
61	KATHLEEN STACHOWSKI	23:15	F	36
62	DAVE MILLHOUSE	23:20	M	20
63	GREG JOHNSON	23:25	M	38
64	DAN BELSCHNER	23:37	M	39
65	PHIL STEINEN	23:47	M	31
66	NICKIE GORRELL	23:48	F	14
67	LORRAINE FOX	23:49	F	26
68	BOB YUOSKO	23:55	M	42
69	MATT REARDON	23:57	M	26
70	R.L. LAVINE	23:59	M	35
71	JODY MOUSEL	24:02	F	33
72	JP JONES	24:22	M	50
73	KEN LENTZ	24:28	M	39
74	DAN WEIRICH	24:36	M	34
75	RON HORAN	24:37	M	35
76	DON KEMP	24:57	M	65
77	PATTY HARTMAN	25:04	F	33
78	CHEKIE BELSCHNER	25:09	F	36
79	WAYNE UNSELL	25:14	M	38
80	MIKE McCARTY	25:16	M	30
81	TOM TOSKOS	25:19	M	57
82	SUE STEINEN	25:20	F	30
83	BECKY SEIGEL	25:24	F	28
84	DON NOTTINGHAM	25:26	M	38
85	MARTHA HOEPFNER	25:27	F	31
86	KARL DIETSCH	25:29	M	49
87	JUDITH KILGORE	25:46	F	31
88	DANA BUDD	25:53	M	32
89	BERNICE KING	25:56	F	29
90	KING SULLIVAN	26:00.0	M	56
91	JOHN TORKO	26:00.4	M	24
92	STEVE MARTIN	26:01	M	30
93	MAUREEN DIMIT	26:04	F	26
94	ROSALIE WELCH	26:07	F	23
95	ATHENA TOSKOS	26:31	F	19
96	KRISTIAN LANTZ	26:33	M	12
97	SARAH KLEINKNIGHT	26:49	F	43
98	CHUCK MILLS	27:03	M	40
99	MIKE HENDRICHS	27:06	M	37
100	MOLLIE ROYER	27:07	F	37
101	JENNY RISCH	27:18	F	28
102	ANN THIENEMAN	27:30	F	31
103	ROB GLASPER	27:58	M	8
104	JULIE MAGSAMEN	28:34	F	34
105	MARTIN ZAWODNI	28:43	M	32
106	JOHN JEDINAC	29:56	M	53
107	JO-ANNE ZUROSKO	32:04	F	40
108	SUE ZIMMERMAN	33:35	F	29
109	LARRY ZAWODNI	33:36	M	30
110	DIANE STAKLY	36:30	F	
111	HEATHE BELSCHNER	37:35	F	13
112	CLIFF GLASPER	38:02	M	12
113	SHARON PAULEY	42:24	F	46
114	BOB PAULEY	52:18	M	51

# 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, then to Parnell, 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 . . .

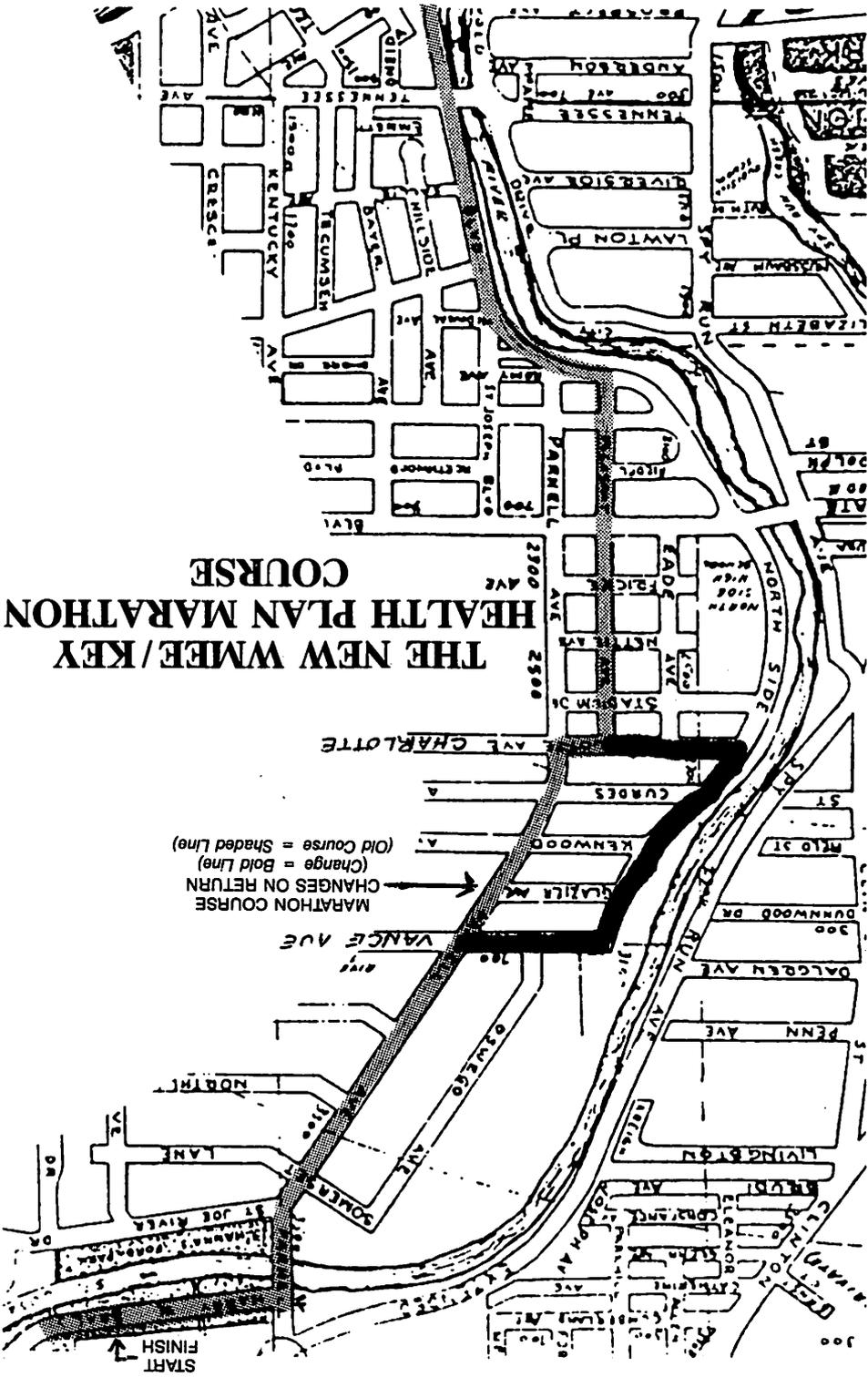
**\*Last Year's Winners:**

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

# THE NEW WMBE/KEY HEALTH PLAN MARATHON COURSE



## An exercise for all

Stretching is not just for joggers, ballet dancers, and athletes. More than anyone, sedentary people need the relief from muscle tension and stiffness that stretching provides. And you don't need a gym in order to stretch—the office or in front of the TV set is as good a place as any.

Besides feeling good, stretching promotes flexibility. Research suggests that the muscle elasticity afforded by stretching enhances physical performance and decreases the risk of injury, since tightness makes muscles (along with ligaments and tendons) susceptible to pulls and tears if they are forced beyond their normal range. Improper or excessive stretching, however, may first increase the likelihood of injury. So the trick is to stretch correctly and in moderation.

While stretching is an excellent way to limber up for sports and exercise, stretching itself should always be preceded by a brief warm-up, such as jogging in place or riding a stationary bicycle. This increases blood flow and raises muscle temperature, both vital for muscle elasticity. Stretching while muscles are cold may sprain or tear them.

There are three basic types of stretching: ballistic, static, and contract-relax. The one to avoid is ballistic stretching, in which you stretch to your limit and perform quick, repetitive, bouncing movements. This may do more harm than good, actually shortening muscles and increasing the risk of muscle tears, soreness, and injury.

In contrast to ballistic stretching, static and contract-relax stretches are highly recommended because they are slow and gentle, never sudden or drastic. A static stretch is a gradual stretch through a muscle's full range of movement until you feel resistance or the beginning of discomfort. You hold the maximum position for 3 to 30 seconds, relax, then repeat this several times. In static toe touches, for instance, you roll down slowly (with knees bent) towards your toes and hang in the down position without bouncing. Then slowly roll up. It could hardly be easier.



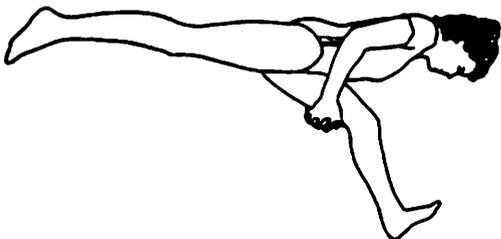
*Contract-relax stretching. To stretch your hamstrings (the muscles behind the thighs), lie on your back with one leg extended upward. While your partner kneels under the raised leg, push it down against his shoulder for 5 to 10 seconds.*

## seasons: stretching

Contract-relax stretching, sometimes called developmental or proprioceptive neuromuscular facilitation (PNF) stretching, is a bit more complicated. Here you first contract a muscle against a resistance, usually provided by another person, then relax into a static extension of the muscle (see illustration). By bringing the opposing muscle into play, contract-relax stretching is the best way to increase a muscle's flexibility, according to Dr. William Prentice, coordinator of Sports Medicine at the University of North Carolina at Chapel Hill.

### Tips for stretching

1. If there's any pain, stop. At worst, any discomfort should be mild and brief.
2. Try to stretch 3 or 4 times a week to maintain flexibility. Remember, always warm up first.
3. An optimal stretching session should last 10 to 20 minutes, with each stretch held at least 3 seconds, working up to 20 to 30 seconds.
4. Besides a general stretch of major muscle groups, stretch the specific muscles required for your sport or activity. A tennis player, for instance, needs to stretch muscles in the upper back, shoulders, neck, and calves.
5. Stretch within an hour of exercising or playing a sport in order to help prevent muscle strain and injury.
6. Don't bounce. Stretching should be gradual and relaxed.
7. Try to isolate the muscles you want to stretch. If other parts of the body move, there will be less benefit to that muscle and a greater risk of injury.
8. Stretch *after* vigorous exercise as well as before. This prevents muscles from tightening up quickly and lessens the chance of soreness.
9. Don't give up because you are less flexible than others. Flexibility varies from person to person. It may take months for you to notice an improvement—but you will.



which contracts the hamstring muscles. Then stretch the leg toward your head, which tenses the quadriceps (the opposing muscles) and relaxes the hamstrings. Stretching the hamstrings while they are relaxed increases their range of motion.

# **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

# 1987 RACE SCHEDULE

## MARCH 6, 1987

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

## MARCH 7, 1987

Arkansas Marathon; 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.

McCormick Creek AUL B-K; (800) 622-3931.

## 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 Circle 3, North Carolina.

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

Sam Costa Race; Carmel Jr. High School; Steve Furst, 2484 Rolls Dr. Apt. #C, Indianapolis, IN 46268.

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

Shamrock Shuffle; Jerry Summers, Bloomington, Indiana; (812) 299-1618.

## 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. Egly, 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.

Eastern Hancock Run; Eastern Hancock High School; Indianapolis, Indiana; 462-6187.

## 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; 332-5555; Bloomington, Indiana.

Mini-Marathon Training Run; 10 miler;

*Continued on next page*

1987 Race Schedule Continued

Runners Forum.

**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.

North Vernon Spring Tonic 10K; 1MFR, 10K, 9:00, 9:30; Historic Vernon, Orlo J. Blomquist, 286 Oakridge Dr., North Vernon, Indiana 47265; (812) 346-5691.

**APRIL 20, 1987**

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

**APRIL 25, 1987**

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

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

I.U. Foundation Scholarship Run; Bloomington, Indiana; 335-9152.

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

Brown County AUL; Don Carr, State Parks or Runners Forum; 800-622-4931.

**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, ND; 50 miles, 7:00am; Bruce Hetland, 1911 S. Grandview Lane, Bismarck, ND. Middletown Classic; 1MFR, 10K; Ball State University Gym; David Owensby, Sigma

Chi Fraternity, 830 W. Riverside Ave., Muncie, Indiana 47303.

New Jersey Waterfront Marathon; 26.2 miles; 1 Path Plaza, New Jersey, NJ.

**MAY 2, 1987**

Columbus May Day Medley; Columbus, Indiana; (812) 379-1556.

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.

Commodore II Run; 5K and 10K; Crane; 824-7420.

**MAY 10, 1987**

G. Fox Women's 10K; G. Fox & Co.

Continued on next page

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

- WINTER SCHEDULE**
- March 4 Old Settlers 10K & White River
  - March 11 State Games Torch Run  
IUPUI Festival of Peace 5K  
& Ken Davis 5K
  - March 18 Run Jane Run Triathlon &  
Run Jane Run Bike Rally.

**RUNNERS WEEK**

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*1987 Race Schedule Continued*

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.

Muncie Symphony Run; 5K and 10K, 8:30 am.; Carla Clark, 30 Timbercrest Lane, Muncie, IN: 289-4944.

**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 Kawailoa 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 Marthon, 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.

**MAY 31, 1987**

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

**JNUE 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; 8:00am.; Bloomington Harmony School, P.O. Box 1787, Bloomington, Indiana; 47401: (812) 334-8349.

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; Tocomo News Tribune, P.O. Box 11000, Tacoma, Washington.

Dick Lugar Festival; 1MFR, 5K, 10K (tentative); 7:45, 8:00, 8:20; Runners Forum; 1430 E. Keystone, Carmen, Indiana 46032.

**JUNE 14, 1987**

*Tri-Indiana Triathlon*; 1.5K, 10K, 40K; Bloomington, Indiana; 332-9668.

**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, An-

*Continued on next page*

*1987 Race Schedule Continued*

chorage, Alaska.

Buzzard's Roost; 10K, FR (time?); Arcadia IN; Evan Achenback, R.R. #1, Box 46, Atlanta IN 46031; 984-3019.

**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.

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

Liberty Run; 1 M, 8K, 5:45, 6:00 pm.; Doug Osborn, 503 E. Main St., Hartford City, IN 47348.

**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; 336-7131.

**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.

**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.

Air Fair 5K; Terre Haute; 299-1618

**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, YMCA, 4247 W. Ridge Rd., Erie, PA.

**SEPTEMBER 7, 1987**

Redbrush 4 Miler; 497-2420

**SEPTEMBER 12, 1987**

Columbus Fall Fitness Festival; 5K, 10K; Columbus, Indiana; (812) 376-5808.

**SEPTEMBER 13, 1987**

Dutchess County Marathon; 26.2 miles; Pete Sanfilippo, 8 Carmine Dr., Wappinger 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.

*Continued on next page*

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May 30, 1987

**210K**

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**March 14, 1987**

Nutra Run 20K; Woodside Middle School (*next to Homestead High School*), Fort Wayne, Indiana; Registration, after 1:00 pm. day of race, (*no pre-registration*); Race time, 2:00 pm. for 20K, 2:15 pm. for 2 mile.

**April 4, 1987**

Sports Tech, Cross Country 5k; Shoaff Park, Fort Wayne, Indiana; 1:00 pm.

**April 25, 1987**

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

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