

the inside track



FORT WAYNE
TRACK CLUB

1987
April

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



“ The 1987 FWTC Race Schedules get off to a good start with the YMCA Fanny Freezer.”

Fort Wayne Track Club

Officers and Board Members 1987

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747-3770

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447-6627

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627-5450

LYN HANDLIN
RACE SCHEDULE
447-5321

CLEM GETTY
EQUIPMENT
638-4890

DENNY MARKS
BOARD MEMBER
447-4567

CHUCK DEVAULT
BOARD MEMBER
482-2272

NEXT TRACK CLUB BOARD MEETING TUESDAY, APRIL 14

DISPLAY ADVERTISING RATES

Full Page (4½ x 7¾ inches) \$50.00

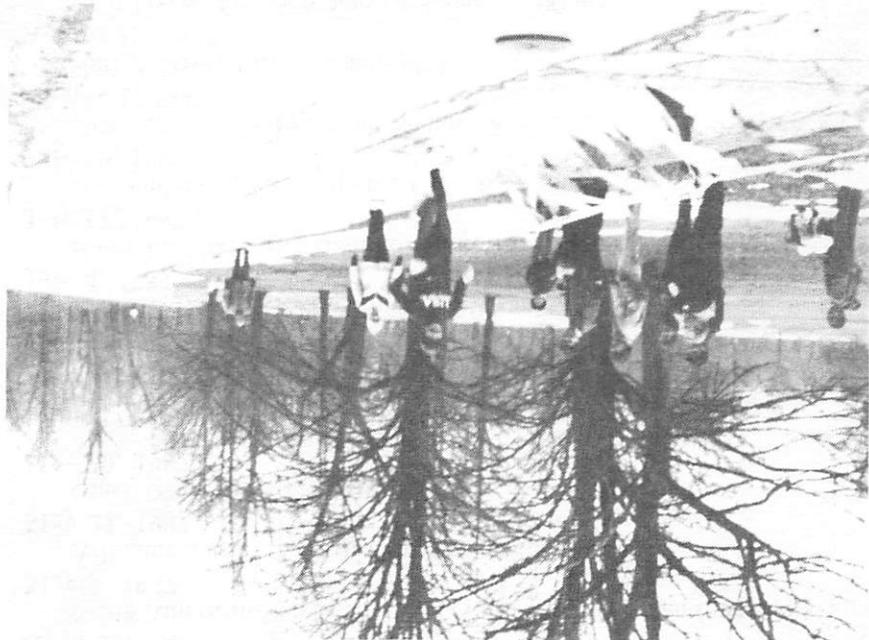
Half Page (4½ x 3¾ inches) 35.00

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.



ENJOY THE SPRING WEATHER, SEE YOU ON THE ROADS.....

FILL OUT YOUR MARATHON OR 8K APPLICATION
MAY 17TH IS COMING UP FAST. WE NEED 100%
PARTICIPATION FROM TRACK CLUB MEMBERS. IF YOU DON'T
PLAN TO RUN EITHER RACE, CONTACT CHUCK DEVAULT AND
VOLUNTEER TO HELP.
LET'S SHOW WHEE AND KEY HEALTH PLAN WE APPRECIATE
THESE COMMITMENT TO THE RUNNING COMMUNITY!

THANKS TO THE GREAT RESPONSE FROM LAST MONTHS INSIDE
TRACK, WE MAY HAVE A NEW RACE ANNOUNCEMENT SOON! I
RECEIVED CALLS FROM A FEW CONCERNED FWTC MEMBERS WHO
WERE WILLING TO ASK AROUND AND TRY TO FIND SPONSORS.
JUDY TILLPAUGH AND BARB TRELAVEN HAVE AGREED TO
HELP COORDINATE THE TRACK CLUB EFFORT, WITH MIKE
ROBINS AND DAN KAUFMAN CONSULTING THE NEW SPONSORS.
I DON'T HAVE ANY MORE DETAILS AT THIS TIME, BUT
SHOULD HAVE AN ANNOUNCEMENT BY NEXT MONTH.

A 10K RACE ON OCTOBER 25, 1987, DOWNTOWN FORT WAYNE
AT 2:00 PM

PRESIDENT'S COLUMN

By Jim Bushey

1987 FWTC RACE SCHEDULE

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.

1987 LOCAL RACE SCHEDULE

April 25, 1987

North American Van Lines, 15K; North Amercian Van Lines, 9:00 am.

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.

September 19, 1987

Concordia Seminary. 5K: Cross Country Run

October 3, 1987

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

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.

FWTC BOARD MEETING

TUESDAY, MARCH 10, 1987

Members in attendance were Gary Hooten, Ron Horan, Jim Bushey, Mark Brattoli, Denny Marks, Don Lindley, Lyn Handlin, Tom Loucks, Clem Getty, Judy Tillapaugh and Roger Wilson.

The meeting was called to order by President Jim Bushey at 7:20p.m.

Minutes: They were approved as printed.

Treasurer's Report: Expenses for January and February were \$1,455.59. Income for the same period was \$2,971.66. The balance on February 28 was \$,412.08. This was split into \$3,036.22 cash fund and \$4,375.86 checking account.

Newsletter: There was no report on this.

Advertising: If the timing equipment is rented through Clem Getty, Clem will do the billing. If the equipment is rented through Ron Horan, Norm Spitzig will bill.

Race Schedule: The month North American Van Lines 15K is on. Apps should be out shortly. The Track Club is still looking for a sponsor for Home Loan 10K.

Equipment: The large clock is in need of repair and is being sent in for the needed repairs.

Marathon: Help is still needed in all areas of the marathon. If you would like to volunteer, please contact Ron Horan.

Publicity: The race schedule will be published in the papers.

White River Park Games: The torch run will be on Thursday, May 28th. Details are still pending. The Track Club has decided to sponsor three athletes for the Games. The May Newsletter will carry more details on the Games.

Old Business: The appropriate tax papers were filed by Don Lindley.

New Business: A proposal was made that the Track Club sponsor a summer work out program for kids. This was tabled until further details are made available.

The meeting was adjourned at 8:30p.m.

Respectfully submitted: Gary Hooten, Secretary

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

Q. Through the winter I ran 30 miles per week. now I run 50 to 60 miles per week marathon training. I weigh about 145 pounds at 5 feet 7 inches. How many calories do I need per day to maintain my weight at 30 and 60 miles per week? Could you translate the calorie values into a sample day's meal.

-Jim Bushey

A. Food calories fuel our bodies for constant energy production. When our bodies are fueled right we are better able to perform to our potential. For athletes this means improved strenght, endurance and speed. Daily calorie requirement is determined by an individuals sex, age, height, weight and activity level. For weight maintenance, food calorie intake has to match body energy output. Jim below are the steps used to figure your calorie needs.

Step 1 — Basal Energy Expenditure (BEE)

BEE is the minimum level of energy required to sustain the bodies vital functions. Males: $66 + (13.7 \times 66 \text{ kg. wt.}) + (5 \times 170 \text{ cm. ht.}) - (6.8 \times 28 \text{ years}) = 1630$.

Step 2 — Activity Calories

To BEE add 30% of BEE value to cover calorie needs for daily work, family and social Activities. $1630 \times .30 = 489$; $1630 + 489 = 2119$.

Step 3 — Exercise Calories

Add additional calories to cover the exercise cost. For a 145 pound male running at 7 minutes per mile approximately 16 calories/min./kg wt. are used. For 30 miles per week at 7 minutes per mile pace daily exercise calorie need equals 480 calories. At 60 miles per week exercise calorie needs are doubled to 960 calories per day.

Step 4 — Total Calories Needs

$BEE + \text{Activity Calories} + \text{Exercise Calories} = \text{Total Calories needs for 30 miles per week. } 1630 + 489 + 480 = 2599$; For 60 miles $1630 + 489 + 960 = 3079$

When selecting food to meet daily calorie needs, be choosy. Carbohydrate, protein and fat are the calorie containing nutrients in foods. The goal nutrient distribution is 50 to 60 percent of calories from carbohydrates (especially the complex choices), 15 to 20 percent calories from protein and 30 percent calories from fat.

Carbohydrate foods are best used by the body for energy production. Call them the fuels for Fitness. Try this sample meal plan, Jim.

Breakfast

Banana or 1 cup orange juice
1½ cups dry cereal
2 slices whole wheat toast or whole english muffin
2 teaspoons margarine
1 to 2 teaspoons jam
1 cup 2% milk

Sample 2600 calorie Meal Plan

Snack

12 oz. regular beer
24 grapes
3 to 4 cups popcorn or
1½ cups ice milk
1 cup strawberries

Lunch

3 ounces Turkey or Chicken
2 slices whole wheat bread or baked potato
Fresh broccoli or carrot sticks
Medium pear or apple
Oatmeal raisin cookie
2 teaspoons mayonnaise
1 teaspoon mustard, optional
1 cup 2% milk

For 60 mile weeks, add 480 more calories per day. Here are some options.

- 1 cup sherbet
1 fruit muffin
- 2 medium cookies
1 cup fruited yogurt
- 1 slice thick crust pizza
- 2 raisin bagels
8 oz. apple juice
1Tbsp. cream cheese and jam

Dinner

3 ounces meatballs
1½ cups pasta
½ to 1 cup tomato sauce
Dinner roll
1 cup fruit salad
1 teaspoon margarine
3 Tablespoons parmesan cheese

Think Food For Fitness!
Judy Tillapaugh R.D.
Clinical/Community Dietitian
St. Joseph Medical Center

Recipe of the month

Pasta with Broccoli, Sauce

1 bunch fresh broccoli chopped or 2 pkg.
1 Tbsp. olive oil
2 or more garlic cloves, minced
8 oz. thin spaghetti, cooked (or any pasta)
1 cup parmesan cheese
salt (Optional)
pepper (&/or any other herb choice)

1. Saute garlic in olive oil for 3 minutes.
2. Add broccoli. Cover; cook, stirring occasionally, until sauce-like consistency (about 20 minutes-add water as needed).
3. Pour sauce over cooked pasta.
4. Sprinkle generously with cheese.

Yield: 4 Servings

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

\$125.00 for complete equipment rental
includes: Digital 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, 219-638-4890 or write.

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

(Delivery of equipment could incur additional charges)

FARTLEK

By Ron Horan

Brady Wells will be returning to Fort Wayne this spring to run in the WMEE/Key Health Plan Marathon. Brady won the Marathon in 1986.

Members of the Fort Wayne Track Club did very well at the Cincinnati Heart Mini Marathon. Vice President Judy Tillapaugh reported near perfect weather conditions, clear skies and temperatures in the 60 to 65 range. Tom Loucks and Mary Connelly led the way for FWTC. Tom finished 8th overall and in the open division with a time of 48:08. Mary ran a P.R. while placing 5th in the Women's Open Division and 8th overall with a time of 58:18. Judy Tillapaugh ran the course in 59:58 finishing 3rd in her age group and 12th overall. Gary Hooten ran in 1:08:00. Mark Brattolli also was reported to have run well, but was unavailable Monday evening for his exact time.

Nine members of the FWTC made the annual trek to Muncie for fitness testing in Dr. Costill's laboratory. Everyone passed. Next month I should have more details on the trip.

What do runners listen to on those walkman's? If you're one of those people drop me a line. You can do it anonymously. Do you listen to radio or cassette tape? Which radio station? Which music, rock, jazz, classical or new age? Do you listen to motivational tapes? This will be an informal survey, just for fun. Write to me, care of FWTC, P.O. Box 11703, Fort Wayne, 46860.

If you go to a race or take a run in a different city tell us about it. You needn't give us your time, just some comments about the run so other members can learn of races they haven't been to or runs in different cities they might travel to in the future. Use the same address as in the previous paragraph.

Marathon '87

The Miami Herald
Friday, January 9, 1987

Rhodes just keeps rolling along

By LINDA ROBERTSON
Herald Staff Writer

A marathon is not a life-threatening event for the average runner, who must cope only with painful blisters and sore muscles.

But paraplegic Max Rhodes has had enough wrecks to know that wheelchair racers need both the stamina of Frank Shorter and the fearlessness of A.J. Foyt.

Rhodes' worst accident occurred at a Minneapolis race, when he attempted to pass two other men while making a turn at the bottom of a steep hill. The three-chair collision broke Rhodes' chair in half and sent him flying 10 feet through the air and onto a patch of grass.

"I was going about 30 mph," Rhodes said. "It was a stupid move."

Rhodes was back in the saddle for a race the following weekend, 50 in all for 1986, including 11 marathons. Amazing numbers, compounded by another: Rhodes is 73 years old.

Rhodes' age and grandfatherly wit make him a favorite among local spectators. Rhodes acknowledges the cheers, saying hundreds of "thank you's" as he rolls along.

After he set his personal record of 2:47:34 in the Oita, Japan, marathon, he received fan mail from young Japanese.

"The kids want my autograph," he said. "They respect their elders over there."

Rhodes' first marathon was the 1985 Orange Bowl. The 1987 OH wheelchair marathon, which starts at 7:04 a.m., five minutes before the runners, will be his 18th.

He'll be a crowd favorite in a 70-chair field that includes four-time champion George Murray of St. Petersburg and Peter Hull of England.

The youngest wheelchair racer is 17-year-old Lisa Sandelin of Miami, a Rhodes' protegee.

Rhodes bought Sandelin's \$1,500 racing chair through his Committee of 36 fund-raising program. The group, named after the 36 spokes on a wheel, also has raised enough money to buy a chair for a 15-year-old Tampa boy injured in a gymnastics accident.



Miami Herald Staff

Max Rhodes, 73: "The faster I go, the harder it will be for my age to catch up."

"I know what competition did for my spirits. Disabled people need the goals sports provide."

Max Rhodes wheelchair racer

down," he said. "I don't know if it's going to help or hurt my time in the marathon."

Rhodes encourages his pals at the Veterans Administration Hospital in Miami to try sports. He spends about 30 hours a month as a volunteer in the spinal cord injury ward, counseling and writing letters for patients.

The World War II Navy veteran is also a director of the Achilles Track Club South, a division of the Miami Runners Club, whose members are physically and mentally handicapped athletes.

"I know what competition did for my spirits," he said. "Disabled people need the goals sports provide." Rhodes broke his back 17 years ago when he fell off a ladder while cutting a coconut off a palm tree. He didn't try anything athletic until 1983, when he swam and threw the discus at the Veterans Wheelchair Games in Long Beach, Calif.

Rhodes, who lives near downtown Miami, started racing in 1985 and now trains daily at the prefecture hour of 4 a.m. on Key Biscayne. The new bridge, Miami's local race track, has added a challenge to his regimen.

"I go about 3 mph on the way up, and 37 mph on the way down," he said.

Rhodes got up to 40 mph in the St. George, Utah, marathon. He finished in 2:00:25, but doesn't count the time as a personal record because the race was all downhill. "It's a little unnerving when you're going that fast several inches above the pavement," he said. "It's exhilarating, too."

Before he became a globe-trotting world-class athlete, Rhodes led a "routine" life, he said. He grew up in Harrisonburg, Va., during the Depression years, and went to Chicago in 1933 hoping to find a job at the World's Fair. He became a cab driver in-

stead. After the war, he opened Rhodes Appliances store and had four children, named Dusty, Sandy, Rocky and Theresa. "We only named her Theresa because my wife insisted," Rhodes said. "But her middle name is Rail and that's what she goes by."

Rhodes, who gave up the idea of a relaxing retirement in Florida long ago, has no plans to put the brakes on his racing schedule. "I think I can keep improving," he said. "I figure the faster I go, the harder it will be for my age to catch up with me."

See Max Rhodes compete in the WMEE/Key Health Plan Marathon May 17, 1987

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 May 31, 1987

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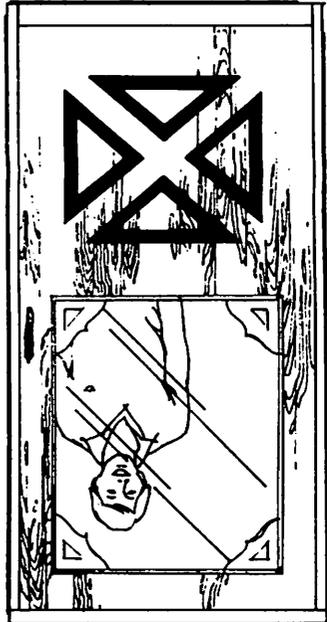
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 1987 WMEE/Key Health Plan
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20K NUTRA RUN - FINAL RESULTS

Day of Event: Saturday March 14, 1987
Sponsored by: Fort Wayne Track Club
Race Director: Judy Tillapaugh

For all the runners who ran the 1987 20 Km. Nutra Run - Congratulations. Running over the hills and into the never ending head wind was not easy but you did make it. Possible the thought of fine food and friends at the finish kept you going. Maybe you were just up for a challenging run. Best of luck towards what ever personal fitness goals you have.

Don Drake was the overall winner with a time of 1:11:59. Don is a student at Southern Indiana University in Evansville. Besides being a student he's an outstanding runner for the universities cross country and track teams. Two other local runners finished out the top three male places - Bill Blosser and John Treleaven. Both are residents of the Homestead area. Wonder where they do there training?

Marnie Gautsch kept her title as 20 Km. Nutra Run female winner by winning again this year with a time of 1:24:14, much improvement from last years time of 1:30:18. A fine run for her. Marnie is a student at Purdue University in the Restaurant, Hotel, Institutional Management program. As a boilmaker Marnie runs for the women's cross country and track teams. Ann Jamison and Lyn Handlin were the second and third place women. Their fitness level is mighty fine. Chances are high that they have spring marathon traing fever.

Many thanks to all the race volunteers - Mike Kast (assistant director), Cliff Dewells, Sharon Getty, Diane Getty, Clem Getty, Deb Glasper, Amy Anderson, Chris Welling (plus little sister Darla), J.T.'s little sister Rosita, Jerry Diehl, Dorothy English (biker), Jan Fairchild, Bob and Sharon Pauley, and Dave Ruetschilling. They Teamed together to make the Nutra Run flow smoothly. Nothing better than helping hands.

Best Of Nutra Eating To You,

Judy Tillapaugh, Race Director 20 Km. Nura Run

Overall Women

Place	Name	Age	Overall Place	Time
1	Marnie Gautsch	21	13	1:24:14
2	Ann Jamison	47	20	1:25:38
3	Lyn Handlin	30	34	1:30:55

Overall Men

Place	Name	Age	Overall Place	Time
1	Don Drake	20	1	1:11:59
2	Bill Blosser	36	2	1:15:16
3	John Treleaven	34	3	1:15:45

Age Group - Men 20-24

1	Chris Edington	24	27	1:27:35
2	David Neely	22	44	1:34:20

Age Group - Men 25-29

1	Steve Smith	29	4	1:16:50
2	Terry Diller	29	8	1:18:05
3	Alex Kyle	28	9	1:19:46
4	Jim Ellert	28	11	1:22:50
5	Harper Peck	29	74	1:43:12

Age Group - Men 30-34

1	Bob Schendel	31	7	1:17:31
2	Dennis Conner	34	19	1:25:01
3	Gary Walker	34	21	1:25:39
4	Mark Brattoli	31	24	1:27:15
5	Tim Zumbaugh	34	25	1:27:19
6	Kelly Clevenger	34	28	1:27:33
7	Gary Hooten	31	31	1:30:16
8	Thomas Johnson	32	37	1:32:52
9	Tim Berkery	32	38	1:33:01
10	Hai Atkinson	32	40	1:33:22
11	Gary Kuhn	30	56	1:36:06
12	Joe Peters	32	57	1:37:31
13	Craig Hartman	32	64	1:41:24
14	Michael Yanh	34	68	1:42:16
15	Paul Sabrack	34	78	1:45:49
16	Michael Callahan	34	79	1:46:39
17	Dave Judkins	31	80	1:47:04
18	Mike McCarty	30	102	2:07:25

Age Group - Men 35-39

1	Jerry Diehl	35	5	1:17:08
2	Terry Coonan	36	6	1:17:26
3	Gary Richner	39	10	1:20:35
4	Dave Smith	38	12	1:23:59
5	Neil Tate	35	17	1:24:46
6	Tim Bolin	36	36	1:32:54
7	Paul Gilley	36	47	1:34:49
8	Rick Hower	35	53	1:35:31
9	Bruce Tisdale	37	55	1:35:50
10	Joe Hilger	37	59	1:39:26
11	Jeff Raff	39	76	1:44:38

Age Group - Men 40-44

1	Don Lindley	43	14	1:24:24
2	Roger Puckett	43	15	1:24:25
3	Daven Boylan	44	16	1:24:28
4	Dave Fairfield	41	26	1:27:55
5	Robert VanOsdol	43	29	1:30:06
6	Dave Wolf	43	42	1:33:53
7	Jim Seiler	42	48	1:34:53
8	Dennis Hudson	42	50	1:37:09
9	Ron Habegger	41	60	1:39:41
10	John Brier	42	62	1:40:25
11	Jim Martin	43	85	1:47:47
12	Chuck Mills	40	95	1:55:09

Age Group - Men 45-49

1	Jack Morris	49	18	1:24:49
2	Tom Felger	47	22	1:25:52
3	Ray Sibrel	49	23	1:26:15
4	Bob Stiffler	48	30	1:30:16
5	Richard Zink	45	51	1:35:09
6	Bob Lovell	45	58	1:38:59
7	Ken Miller	45	65	1:40:48
8	Alan Gilbert	47	69	1:42:14
9	Charlie Brandt	47	70	1:42:25
10	John Rasmussen	46	83	1:47:47
11	Karl Dietsch	49	91	1:53:56

Age Group - Men 50-54

1	Craig Miller	51	32	1:31:55
2	Bernie Huesing	54	33	1:32:08
3	Tom Laird	50	39	1:33:06
4	Joe Ziegler	51	41	1:33:48
5	Don Jantz	50	45	1:34:27
6	Chuck DeVault	53	97	1:55:33

Age Group - Men 55-59

1	Jack Hilker	57	52	1:35:15
2	Vern Chovan	59	66	1:42:04
3	Curtis Nold	56	84	1:48:02
4	Robert Hockensmith	58	98	1:55:44
5	J.P. Jones	58	99	1:57:42

Age Group - Men 60 and Over				
1	Wendell Adams	50	71	1:42:23
2	Don Kemp	66	93	1:55:01
Age Group - Women 20-29				
1	Cindy Sabrack	29	67	1:40:48
2	Betty Dewells	26	73	1:43:04
3	Janine Carrier	23	75	1:43:32
4	Corraine Fox	26	92	1:54:38
Age Group - Women 30-39				
1	Kathy Widow	33	35	1:32:53
2	Susan Peterson	32	46	1:34:50
3	Betty McDade-Moylan	35	54	1:35:32
4	Joey O'Daniel	34	77	1:44:43
5	Joyce Butler	39	86	1:48:51
6	Rebecca Gaff	34	96	1:55:11
7	Martha Hoepfner	31	89	1:53:34
8	Jody Mousel	33	90	1:53:45
9	Rebecca Gaff	34	96	1:55:44
Age Group - Women 40-49				
1	Roseann Simmons	43	72	1:42:34
2	Barb Scroggins	40	87	1:49:42
3	Sarah Kleinknight	43	94	1:55:11
4	Joyce Fuzy	49	100	1:59:31
Age Group - Women 50 and Over				
1	Gloria Nycum	51	101	2:04:00

2 MILE FUN RUN - FINAL RESULTS

Men			Women		
Place	Name	Time	Place	Name	Time
1	Lynn Bauer	11:54	1	Karen Vachon	14:32
2	Steve Davis	12:08	2	Deb Glasper	15:22
3	Rich Squires	13:26	3	Chris Perrin	15:38
4	Bill Squires	13:36	4	Angie Swary	16:20
5	Bob Gensheimer	13:58	5	Sharon Hart	17:09
6	Kevin Vachon	15:17	6	Bea Laird	24:03
7	Mark Vachon	15:21	7	Sharon Pauley	30:51
8	Rudy Kleinknight	15:56			
9	Bobby Pauley	30:51			

MARATHON TRAINING CLINIC SOUTH YMCA-WMEE-KEY HEALTH AGENDA

APRIL	4	9:00am	Nutrition - Judy Tillapaugh, R.D.
	11	9:00am	Running related problems of the feet Dr. Dominick DeTommaso, DPM
	18	9:00am	Preventative Maintenance/Proper attire Don Lindley
	25	9:00am	Carbo Loading & Race Fluids Judy Tillapaugh, R.D.
MAY	3	1:00pm	Goal Setting & Motivation in Running
		2:00pm	Half Marathon - 13.1 mi. - Foster Park PLEASE NOTE THAT THIS IS A SUNDAY SESSION AND WE WILL MEET AT FOSTER PARK PAVILLION # 1
	9	9:00am	Fitness Testing III
	17	8:00am	MARATHON DAY!! - Johnny Appleseed Park

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

Sports: running

For overall fitness, running is one of the easiest and cheapest activities. Running is *the* aerobic sport, and the one by which every other aerobic fitness program is measured. Running for half an hour three or four days a week will provide excellent fitness benefits very rapidly. It quickly increases the fitness of the cardiovascular system—as shown by decreased heart rate and blood pressure. Running is also good as part of a weight-reduction program, since a runner can burn a whopping 400 calories in half an hour.

One great advantage of running over other sports is that it is accessible to virtually everyone. People of any age can run, it can be done almost anywhere, and it requires a relatively small outlay of money—well-fitting running shoes will be your chief expense. You can pass up all the costly clothes and other paraphernalia.

Because Americans are obsessed with speed and distance, many people think that the best way to run is to run fast and far. They start off at full speed, and when they find they can't sustain it for more than a mile, they quit. Actually, you get a far greater fitness benefit from running at a moderate pace for 30 minutes than by gunning it for 15. And there is no need to cover any great distances. Dr. Kenneth Cooper, president of the Aerobics Center in Dallas, recommends running 12 to 15 miles per week, which is 20 to 30 minutes of running four times a week. That amount is sufficient for building and maintaining true aerobic fitness.

The best way for people who are out of shape to start a running program is to walk. (If you are seriously overweight, have any history of heart trouble, or are over 35, it's wise to get a medical exam before starting to run. Your physician will outline a program for you.) At a brisk pace, walk nonstop for 30 to 45 minutes, three days a week. As you get fitter, run for a few minutes, then walk briskly for a few minutes, and repeat for half an hour, increasing the running and decreasing the walking gradually until you are running steadily for half an hour. The average person running at a good pace covers about $3\frac{1}{2}$ miles in 30 minutes.

If you want to increase your distance and running time, keep in mind that running more than 20 miles a week does not greatly increase your aerobic fitness, but

it does increase your chance of injury. Running places harsh stresses on the legs and feet. Avoid hard surfaces and excessive downhill running—and whenever you experience a recurring pain, take heed.

Many injuries occur because muscles are tight and joints are not prepared for stress. So before running, warm up the muscles and joints by walking briskly and jogging slowly for 10 to 15 minutes. Then stretch, which is a crucial part of running because running tends to stiffen the muscles at the back of the leg.

It is also extremely important to know how to stop. If you stop running abruptly, you may faint or possibly even suffer a heart attack because your blood pressure drops sharply. The way to stop is gradually—cool down by slowing your pace and then walking briskly for 10 minutes or so. If you do feel faint, don't remain standing—lie flat on your back.

If running has a drawback, it is the lack of a workout for the upper body—your arms and shoulders will not be strengthened by running. But running regularly can give you the discipline and confidence to undertake a broad program of exercise. And after a running program has gotten you into shape, you'll get more enjoyment out of tennis, hiking, volleyball, and other recreations. ■



Classic running form: stand tall with head up, eyes ahead, back straight, chest high, hips forward, arms and hands relaxed. Land on your heel to put less strain on feet and legs. Don't lean forward.

REPRINT: From the University of California, Berkley Wellness letter
Vol. 1, Issue 12, September, 1985

MARATHON VOLUNTEERS NEEDED!

Call Chuck Devault — 482-2272

"I need help for Marathon timers and spotters."

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.

ARLINGTON 5K TROPHY RUN

May
9, 1987

Starting
at 8:00 A.M.

BOWMAN FOOT CLINIC

SPONSORED BY THE



TRIER ROAD MEDICAL CENTER



ALL WALKERS, JOGGERS AND RUNNERS WILL
RECEIVE A BEAUTIFUL TROPHY INSCRIBED
WITH FINISH PLACEMENT AND A FINE QUALITY
T-SHIRT AND ENTRY FEE IS ONLY \$6.00

EVERY FINISHER IS A WINNER



PORT WYNE
TRUCK CLUB

ENTRY FEE

\$ 6.00 INCLUDES A 6" MARBLE BASED METAL
FIGURE TROPHY, QUALITY T-SHIRT AND FREE
PEPSI. (THE NEW GENERATION REFRESHMENT)

* REGISTER EARLY LIMITED TO THE FIRST 300
ENTRANTS AND FIRST 50 DAY OF RACE \$8.00.
FOR FURTHER INFORMATION CONTACT TIM FLEMING
(219) 749-8027.

THIS IS THE FIRST IN A SERIES
OF TWO TROPHY RUNS SPONSORED BY
THE BOWMAN FOOT CLINIC. THE NEXT
TROPHY RUN WILL BE AT HAMILTON
LAKE JULY THE FOURTH

LOCATION
THE BEAUTIFUL ARLINGTON PARK
CLUB HOUSE
IN ARLINGTON PARK ADDITION OFF
HIGHWAY 37, 2 MILES EAST OF
MAPLECREST ROAD
REGISTRATION- 7:00 A.M.
RACE START - 8:00 A.M.
(FIRST 50 ENTRIES WILL BE
ACCEPTED DAY OF RACE)

1987 RACE SCHEDULE

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; Cres-

cent City Classic, 6744 Fleur de Lis, New
Orleans, Louisiana.

Eastern Hancock Run; Eastern Hancock
High School; Indianapolis, Indiana;

Continued on next page

APRIL 3, 1987

Indiana Governor's Council For Physical
Fitness & Sports Medicine Walk; John
Yantiss 633-0293; (Tentative).

Coaches & Athlete's Clinic & 10K;
Lawrence North High School, Eastern
Hancock High School; 462-6198; Spon-

sored by National Institute for Fitness &
Sport.

DATE

ENTRANT'S SIGNATURE

Club for damages or injuries occasioned by my participation in the 5 K event.

Arlington Park. I waive any rights I may have against Arlington Park Association

I have conditioned myself to compete in the 3.1 mile competition May 9, 1987 at

T-SHIRT SIZE S M L XL

PHONE NO.



(NOTE FIRST 50 ENTRIES WILL
BE ACCEPTED THE DAY OF RACE

) (NO REFUNDS)

ARLINGTON PARK TROPHY RUN

MAKE CHECKS PAYABLE TO:

FT. WAYNE, IND. 46815

3120 COUNTRY PARK LANE

TIM FLEMING

MAIL ENTRY BY MAY 2, 1987; TO:

NAME

ADDRESS

CITY

STATE

ZIP

AGE

SEX

DATE OF BIRTH

1987 Race Schedule Continued

Run for Stritch 5-Miler: Cardinal Stritch High School. Picke Rd., Oregon. Ohio: 11:00am.: \$5 race day registration, without shirt.. Age group awards and prize drawings.: Jim Kubacki. 693-0465. or Dan Reardon. 693-4058. (Not a club run.)

APRIL 5, 1987

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

Athletes In Motion Roadrace: 5 & 10K: Slayter Center. Purdue Universit.: Alpha Chi Omega Road Race. 851 David Ross Road, West Lafayette, Indiana 47906

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: Phil Stewart, P.O. Box 4594, Silver Springs, Maryland 20904: 301-445-4177.

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.

5th Annual Trustcorp Co. 10K: 10:00am.: To be held in Bucyrus, Ohio. \$6 pre-register, \$7 race day. Long sleeve T-Shirt to 1st 200 registered. Gift Cert. to 1st three overall men & women, trophies to 1st three in each age group. Door prize drawing.: Beth Casey, 259-8668: (Not a club run)

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

Ohio Northern: 5K: 9:00am.: Ada YMCA Spring Running Festival: 10K: 332-5555: Bloomington, Indiana.

Mini-Marathon Training Run: 10 miler: 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

Annual Easter Egg Hunt & 5K Prediction: Ottawa Park: 1 mile egg hunt for ages 10 & under. \$1: 10:00 am.: Mitch Balonek. 473-8703: (Club run)

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

AUL Governor's Cup 8K: Brown County Start Park: 10:00am.: 1-800-622-4931

Kentucky Derby Fesetival Mini-Marathon 21K: Metro Track Club: (502) 459-5606

Lima City Schools 5K: 10:00am.: Faurot Park.

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

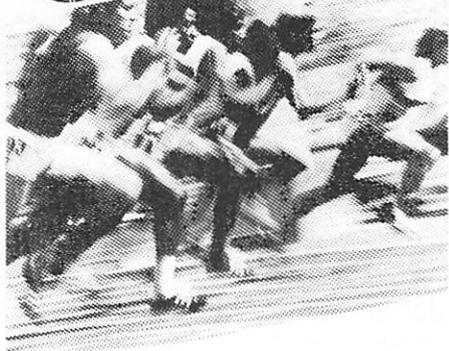
Big Sur International Marathon: 26.2 miles 7:00am: William Burleigh, P.O. Box 222620, Carmel, California.

Kangaroos 10K classic: 9:30am.: Maumee Bay State Park, Oregon, Ohio: \$7 pre-registration by April 20th with T-Shirt: \$5 race day, no shirt.: Terry Mahr, 248-8840 & John Gray 691-8641. (Not a club run)

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.

Continued on next page



APRIL 20 ON CABLE 1987 BOSTON MARATHON

ESPN offers live coverage of this world-class running event, and you'll witness every heart-pounding moment of the action!

**MONDAY, APRIL 20
AT 10:30 LIVE
CHANNEL 11**

ESPN™
THE TOTAL
SPORTS NETWORK

 **COMCAST**

1987 Race Schedule Continued

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.

Southwest YMCA World Service 5K Run; Swan Creek Metro Park; 9:00am.; \$7 w/shirt.. Winners names displayed at YMCA; Rick Clegg, 866-YMCA. (Not a club run)

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.

Catholic Club 5K; Contact Bill Sanford at 243-7255 for more information. (Not a club run)

Camelback 10K, 5K Walk & Youth 2K; Sandusky County Courthouse, 10K at 2:00pm., \$7 w/shirt to 1st 600, \$4 no shirt, deadline April 26,1987, race day reg. between 12:00 noon & 1:30 pm. is \$4 with no shirt; 5K walk at 1:30 pm., \$7 w/shirt , \$4 no shirt, race day reg. at St. Joe's from 11:00am. to 1:00pm. is \$4 w/no shirt; Youth 2K at 1:00 \$5 w/shirt, TAC certified fo children 12 & under, free ice cream; Race day reg. from 11:00am to 12:30pm. 10K race - Bob Semer, 419-332-5700; Youth 2K - Gary Logsdon, 419- 332-7636. (Not a club race)

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.

Continued on next page

RUNNERS WEEK

A AREA RUNNING PROGRAM PRODUCED BY AND FOR FORT WAYNE RUNNERS

- COVERING AREA RACES - INTERVIEWING RUNNERS - TRAINING TIPS -
- OFFERING MEDICAL ADVICE - TRAVELING RUNNER SEGMENTS - FUN -

NEW THIS SEASON MUSCLE CARE

WITH DIAN PLANCK
A MUSCLE AND MASSAGE THERAPIST

Interesting segments offering advice on massage and stretching to improve your muscle tone, flexibility and race recuperation.
** STARTING ON THE APRIL 15TH PROGRAM **

WE NEED YOU!!

JOIN THE TEAM AT RUNNERS WEEK - WE NEED HELPERS
GUEST HOSTS - CAMERA OPERATORS - TAPE EDITING - NARRATION
We will train, assist and help you in every way to get started. The equipment is easy to operate and tapes will be supplied. There are many ways to become part of the team. It's fun to watch a race but when you tape it you become PART of the race. IF YOU CAN TAKE THE EXCITEMENT CALL ANN JAMISON 627-5450 FOR INFO.

APRIL SCHEDULE

- | | |
|--------------------|---|
| APRIL 1st
& 8th | FANNY FREEZER 5K also WEIGHTS at the Y, Changes in our MARATHON and a TALK with Betty McDade Moylan |
| APRIL 15
& 22 | THE SPORTS TECH X-COUNTRY 5K and MUSCLE CARE with Dian Planck, Massage Therapist |

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

1987 RACE SCHEDULE Continued

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.

Continued on next page

1987 Race Schedule Continued

MAY 10, 1987

5K Club Championship: Swan Creek Metro Park, Airport Highway entrance: 6:00pm.: TRRC members only, non-members may join day of race; 1 mile jog at 5:45: Peter Buehler. 472-0614 (Club run).

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

AUL Governor's Cup 8K: Mounds State Park; 1-800-622-4931

Clean Water Classic 5-Miler: Ottawa & Chirch Sts., Oak Harbor, OH.: \$5 w/shirt, \$6 race day: Carol Benner, 419-898-2638 or 419-898-6354 & Phil Metzger 419-898-6431: (Not a club run)

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 Staronni, 658 Broadway, Bedford, Ohio.

6th Annual Mercy Hospital/Bedford Spring Run: Bedford High School, Dean & Jackman Rds., Temperance MI.: 10:00 am.: \$10 before May 7 includes running singlet, \$4 race day w/no shirt; 4-miler and 7-miler with the latter consisting of 3 miles of cross country running. Picnic & prize drawing after races.: Larry Durfey, 313-847-6273. (Not a club run)

Windward Marathon: 26.2 miles, 7:00am: Carl Ellsworth, 502A Kawaioloa 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.

5th Annual Devil's Lake 10 Mile Race: Manitou Beach Inn, Devil's Lake, MI.: \$7 w/shirt, \$9 race day w/shirt.: Dave Payette, 473-1341. (Not a club run)

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.

JUNUE 6, 1987

Alaska Women's 10K: Alaska Women's 10K, 3605 Arctic AA, Anchorage, AK.

AUL Governor's Cup 8K: 9:00am.: Harmonie State Park: 1-800-622-4931

Aptos Women's 5 Miler: Gail Goettleman, 866 Burns Ave., Aptos, California.

AUL Governor's Cup 8K: 9:00am.: Pokagon State Park: 1-800-622-4931

Monroe Evening News Press 5/10K Run: 9:00am.: St. Mary's Park, Elm & Monroe; \$7 pre-entry, \$4 no shirt. Age group awards. Results mailed to all entrants; Jack Schwab, 241-326. (Not a club run)

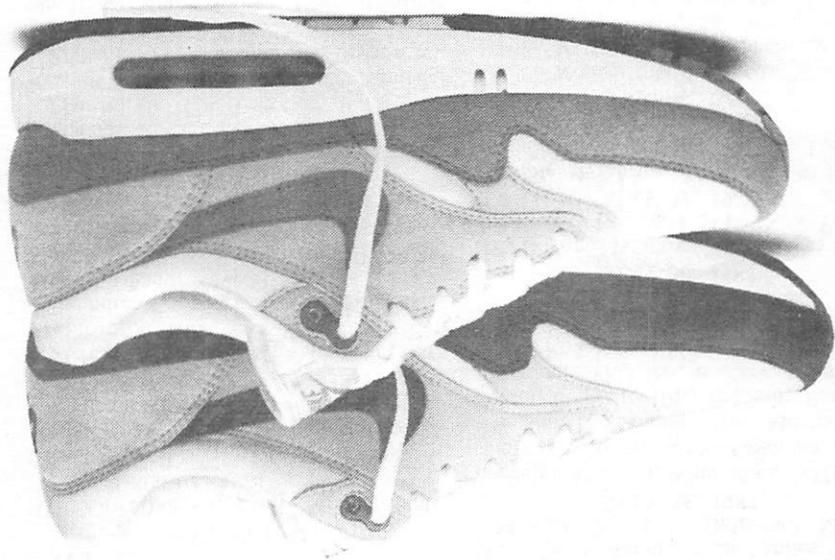
Oliver Winery 10K Run: 8:00am.: Bloomington Harmony School, P.O. Box 1787, Bloomington, Indiana: 47401: (812) 334-8349.

Run, Jane, Run 5K: Call for details. Molly Wilson, work — 241-3235 or home — 535-1839 (Not a club run)

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

Continued on next page

THE RUN. REDEFINED.



The Nike Air-Max, with NIKE-AIR® cushioning. Making it the best-cushioned running shoe to ever hit the road. It will take you as far as you want to go. And then some.



A I R

SPORTS TECH TRIPLE CROWN SERIES



Saturday—April 4—1 P.M.—5KM—XCountry . . . Shaaff Park
 Saturday—July 11—6 P.M.—8KM—Road Race . . . Foster Park
 Saturday—October 31—10 A.M.—15KM—Road Race . . . Woodside Middle School
 (next to Homestead)

1987 Race Schedule Continued

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 Mer-
rick 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 (ten-
tative): 7:45. 8:00. 8:20: Runners Forum:
1430 E. Keystone, Carmen, Indiana
46032.

Toledo Humane Society 10K Race:
9:00am.: Call for details. Nancy Vadnal.
891-0705. (Not a club run)

JUNE 14, 1987

*4th Annual Toledo Dental Hygienists
Assoc. Smile Run 5K; Pearson Park,
9:00am.; \$6 includes T-shirt &
toothbrush. (T-shirt size not guaranteed
after June 5th.) Overall & age group
awards. Door Prizes.: Katie Camp,
885-4796 or 866-1706. (Not a club run.)*

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-
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, Ont-
ario Canada.

JULY 4, 1987

Peachtree Road Race: 10K. 8:00am: Atlan-
ta 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., Brook-
ings, 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

Continued on next page

FORT WAYNE TRACK CLUB

One-Half Marathon

13.1 Prediction Run

WHEN:

Sunday, May 3, 1987

WHERE:

Foster Park (*next to the volleyball courts*)

TIME:

8:00 AM.

REGISTRATION:

After 7:00 AM. Day of Race Only;

FEE:

FWTC Members - \$1.00

Non-Members - \$2.00

Come run with us on an out and back course three times (out 1.5 miles, then out 2.5 miles two times plus .1 for a total of 13.1 miles).

Make this as a part of your training for the WMEE/Key Health Plan Marathon. Every runner must register prior to race with their predicted finishing time. No watches will be allowed.

The top ten finishing the closest to their predicted time will receive an award.

RACE DIRECTOR:
Don Lindley - Phone 456-8739

AMERICAN CANCER SOCIETY
CANTERBURY GREEN
RED LOBSTER
CHEMICAL WASTE MANAGEMENT
"WE ARE WINNING WEEKEND"

WHAT: Fourth Annual 5 K AWARDS: Shirt to all entrants

WHERE: Canterbury Green Apartments Trophies to top male and female in each standard FWTC age group

WHEN: Saturday, May 2, 1987 Awards ceremonies immediately following the race.
At 9:00 a.m.

WHO: Sponsored by Canterbury Green, Red Lobster and Chemical Waste Management with proceeds to benefit the American Cancer Society. OTHER EVENTS:
Win incentive awards (running apparel or shoes) by raising donations on your own. Sponsored by Sports Tech and the FWTC.

FEES: \$ 7.00 pre-registration received by Friday, April 24, 1987. Late entries will be accepted thereafter at \$ 9.00, including day of race. Sorry, no refunds. Tennis tournament Saturday and Sunday, May 2-3, 1987
Phone ACS (219) 482-9181 for details.

REGISTRATION: Tax deductible check payable to:

AMERICAN CANCER SOCIETY
2925 East State Boulevard
Fort Wayne, Indiana 46805

For additional information, call ACS office at (219) 482-9181.

AMERICAN CANCER SOCIETY
"WE ARE WINNING RUN"

NAME _____ PHONE _____ AGE _____ SEX _____
ADDRESS _____ CITY/STATE _____
FORT WAYNE TRACK CLUB MEMBER: YES _____ NO _____ ZIP _____
T-SHIRT SIZE: Small Medium Large X-Large (Circle one)

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assignees, release and discharge Canterbury Green, Red Lobster, the American Cancer Society, Chemical Waste Management and all other race sponsors and representatives for any and all damages which may be sustained by me in connection with my association with or entry or participation in the "We Are Winning Run". I attest that I have full knowledge of the risks involved and am physically fit to compete.

SIGNATURE _____ DATE _____
(Parent or guardian, if under age 18)

**ZANESVILLE UNITED METHODIST CHURCH
BENEFIT RUN/WALK**

May 30, 1987

**7
10K**

BLUFFTON

WELLS COUNTY FOOD BANK, ZANESVILLE, KY

Faith Ministries, Kentucky -

Haiti -

Grace Children's Hospital, Haiti

The 2nd annual 710K will be held at 9 A.M. on May 30 at Zanesville, Indiana (Allen-Wells County Line). All proceeds from the event will go to benefit Grace Children's Hospital in Haiti, Faith Ministries in Eastern Kentucky and the Wells County Food Bank. The \$8 registration fee includes a T-shirt and a \$3 donation to the projects. Pledge sheets are also available for those wishing to seek sponsors for the race/walk. For a registration form call 638-4420 or 638-4108 or write: 710K, Box 4, Zanesville, IN 46799. Registrations must be received by May 26 to receive a T-shirt.

**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



Attend

April 4, 1987

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

April 25, 1987

North American Van Lines 15K; North American Van Lines; Fort Wayne, Indiana; 9:00 am.

May 9, 1987

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

May 17, 1987

WMME/Key Health Plan Marathon 8K/26.2 miles; Johnny Appleseed Park; 8: am.

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB

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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)



**FORT WAYNE
TRACK CLUB**

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

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