

**the inside track**



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

**WMEE/  
KEY HEALTH PLAN**

**8 K RACE  
and  
MARATHON**

**May 17, 1987**

***(DETAILS INSIDE)***

# Fort Wayne Track Club

## Officers and Board Members 1987

JIM BUSHEY  
PRESIDENT  
747-3770

JUDY TILLAPPAUGH  
VICE PRESIDENT  
424-6723

RANDY LAVINE  
V. P./MEMBERSHIP  
493-2420

DON LINDLEY  
TREASURER  
456-8739

GARY HOOTEN  
SECRETARY  
482-1927

TIM FLEMING  
ENTERTAINMENT  
749-8027

MARK BRATTOLI  
PUBLICITY  
493-6240

NORM SPITZIG  
ADVERTISING  
432-2581

RON HORAN  
NEWSLETTER  
447-6627

ANN JAMISON  
RUNNERS WEEK  
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  
MEMBERSHIP MEETING  
TUESDAY, May 12, 1987  
at Bushey's Inc., 1701 Fairfield Ave.**

### 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

SOMETIMES THE STRANGEST THINGS HAPPEN WHILE OUT RUNNING. RECENTLY MARK BRATTOLI AND I WERE OUT ON A SATURDAY MORNING (LSD) RUN. PASSING BY A CHURCH WE NOTICED A FUNERAL HEARSE AND TWO MEN ATTEMPTING TO TAKE A CASKET IN TO THE CHURCH. THE MEN STOPPED TO LOOK AT US AND WAVE, WHICH, AS YOU KNOW, IS NOT UNCOMMON WHEN YOU ARE RUNNING. WE WAVED BACK, BUT THEY WERE ACTUALLY WAVING US OVER AND CALLING FOR A HELPING HAND. IT SEEMS THE CHURCH HAD A STEEP FLIGHT OF STAIRS AND WITH ONLY TWO OF THEM THEY COULD NOT CARRY THE CASKET IN. SO SHOWING OUR TRUE FWTC "COMMUNITY SPIRIT", MARK AND I STOPPED OUR RUN, (AT THE 15.5 MILE POINT) HELPED CARRY IN THE CASKET, AND WITH THEIR MANY THANKS, HEADED BACK DOWN THE ROAD TO FINISH OUR 21 MILE RUN.

SO IF YOU SEE MARK OR MYSELF HAVE TO STOP AT THE 15.5 MILE MARK OF THE MARATHON FOR SOME WEIGHT TRAINING, YOU KNOW WHY....

WHAT'S THE CRAZIEST THING THAT HAS HAPPENED TO YOU WHILE RUNNING? WRITE ME AT P.O. BOX 11703, FORT WAYNE, IN 46860, AND SHARE YOUR EXPERIENCE WITH ALL OF US.

SEE YOU ON THE ROADS....

## 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

**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.

**June 28, 1987**

Mount City Classic, 10K and 2 mile; 8:00 am.; (219) 665-2842 - days,  
665-9736 - evenings- Connie

**July 4, 1987**

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

10th Annual, Mail-Journal Flotilla Road Race; Lakeside Park, Syracuse,  
Indiana.; 3.3 and 8 mile, 8:30 am.; Tony Clouse, (219) 457-5163

**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.*

**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.”*

# FWTC BOARD MEETING

BOARD MEETING MINUTES APRIL 14, 1987, YMCA,  
WERLING DRIVE. 7:00 PM.

GARY HOOTEN, SECRETARY, WAS NOT PRESENT AND FORMAL MINUTES WERE NOT KEPT. HERE IS A SUMMARY REPORT:

TREASURER REPORT: INCOME FOR THE YEAR, THRU MARCH 31, 1987, WAS \$3665.00. EXPENSES \$2170.11. 238 RENEWALS WITH ABOUT THAT MANY OUTSTANDING MEMBERS NOT HAVING RENEWED YET.

NEWSLETTER: RON HORAN WOULD LIKE MORE RACE WRAP UP STORIES FROM RACE DIRECTORS AND MEMBERS WHO MAY ATTEND A RACE.

MARATHON: RON HORAN REQUESTED AND WAS GRANTED APRX. 20.00 TO PURCHASE ROAD ARROW MARKERS FOR FWTC RACES.

EQUIPMENT: CLEM GETTY HAS SENT ONE OF THE RACE CLOCKS IN FOR REPAIR. ESTIMATES APRX. \$500.00 WITH SHIPPING COSTS TO REPAIR. APPROVED BY MEMBERS PRESENT.

PUBLICITY: MARK BRATTOLI IS TRYING TO GET OUR RACE SCHEDULE AND TRAINING RUNS IN THE LOCAL NEWSPAPERS.

WHITE RIVER PARK GAMES: ROGER WILSON INTRODUCED BETTY MCDADE MOYLAN FROM THE FT. WAYNE PARKS DEPARTMENT. THE TORCH RUN WILL BEGIN ON MAY 28TH AT 6:00 PM AT FRIEMAN SQUARE. ALL FWTC MEMBERS ARE ENCOURAGED TO PARTICIPATE. THE BOARD AGREED TO FURNISH DRINKS AND SNACKS FOR THE RUNNERS PARTICIPATING AT THE RECEPTION TO BE HELD AT SOUTHTOWN AFTER THE RUN.

NEW BUSINESS: KELLY GLEN ASKED TO SPEAK. SHE WOULD LIKE THE CLUB TO CONSIDER EQUAL AGE DIVISIONS FOR BOTH MEN AND WOMEN. THE AGE DIVISIONS SHOULD EXPAND FROM THE PRESENT 54-59 TOP AGE DIV. AND INCLUDE 60-64, 65 AND OVER DIVISIONS ACCORDING TO MS. GLENN. THE BOARD WILL TAKE THIS SUGGESTION UNDER ADVISEMENT AND ENCOURAGE ALL MEMBERS TO EXPRESS THEIR THOUGHTS ON MORE AGE DIVISIONS.

THE MEETING ADJOURNED AT APRX. 9:15 PM.

THE NEXT MEETING WILL BE HELD ON MAY 12, 1987 AT BUSHEY'S INCORPORATED AT 7:00 PM. 1701 FAIRFIELD AVE. REFRESHMENTS WILL BE PROVIDED. ALL MEMBERS INVITED AND ENCOURAGED TO ATTEND!

RESPECTIVELY SUBMITTED,  
JIM BUSHEY, PRESIDENT

# 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 Mwdical Center. 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:** Your information regarding my nutrition needs to match my fitness lifestyle was appreciated. This May 17th I will be among the other WMEE/Key Health Plan marathoners. As the date draws closer I am wondering what I should eat that final week before the race? Should I carbohydrate load? What are the benefits of loading with carbohydrates?

-Jim Bushey

**Answer:** Jim I take personal interest in your question. As a marathoner and lover of carbohydrates I am glad to say that yes carbohydrate loading is right for marathon runners. During long endurance events, like the marathon, athletes need high muscle glycogen stores to feel strong and delay fatigue as long as possible. It is only useful in events lasting longer than 1 1/2 hours. Distance swimming, cross country skiing, endurance cycling, and long duration soccer are other sports where carbohydrate loading could be used. It is not meant for non continuous stop and start sports like basketball and sprinting.

Exercise energy is produced mainly from a persons fat and muscle glycogen stores. Though fat stores are plentiful our muscle glycogen stores are limited. Normal glycogen stores will keep the body fueled 1 1/2 to 2 hours. In long endurance events once glycogen stores become severely reduced exhaustion occurs quickly. When carbohydrate loading is done muscles can get super saturated with glycogen to help delay exercise exhaustion.



Consider carbohydrate loading a meal plan/training regimen. Diet alone is not the only focus. By combining appropriate training and meal plans, carbohydrate can be stored as muscle glycogen 2 to 3 times the normal level. The more glycogen available for the working muscle the longer the athlete can preform at his or her potential.

Carbohydrate loading begins 1 week prior to the endurance event. It is the food eaten the last 2 to 3 days before the event that will super-saturate muscle glycogen stores. Below is a table to illustrate the carbohydrate loading plan.

## CARBOHYDRATE LOADING PLAN

Day	Training	Meal Plan
7 Sunday	Exhaustive - to deplete glycogen (about 12 to 14 miles).	Basic High Carbohydrate Meal Plan
6 Monday	Moderate - to maintain depletion	Basic High Carbohydrate Meal Plan
5 Tuesday	Moderate	Basic High Carbohydrate Meal Plan
4 Wednesday	Moderate	Basic High Carbohydrate Meal Plan
3 Thursday	Light or Rest - to rest muscles and allow carbohydrate to be stored as glyco-gen	Carbohydrate Loading Meal Plan - to super-saturate glycogen stores
2 Friday	Light or Rest	Carbohydrate Loading Meal Plan
1 Saturday	Light or Rest	Carbohydrate Loading Meal Plan
0 Sunday	GO FOR IT!!!	Eat a light pre-race snack, like toast or a english muffin, two hours before race time. Stay Hydrated!
Post Race	Rest and Massage those legs!!!	Carbohydrate Loading Meal Plan - to replace used glycogen

*Basic High Carbohydrate Meal Plan - 50 to 60% of calories from carbohydrates  
 Carbohydrate Loading Meal Plan - 60 to 70% of calories from carbohydrates*

The carbohydrate loading meal plan has 2 phases. First the athlete follows a regular high carbohydrate meal plan — 50 to 60 percent total calories from carbohydrates. This lasts for 4 days. In phase 2 the meal plan shifts to a very high carbohydrate intake — 60 to 70 percent total calories from carbohydrates. It contains a moderate amount of protein and is low in fat. The amount of calories should be similar to a typical training day. Jim for your average intake should be equal to 2600 to 3000 calories per day. Carbohydrate loading does not mean food over load. Over eating may cause excess pre-event weight gain. But remember to have enough exercise energy it is better to slightly overeat than undereat. A 2 to 5 pound weight gain is normal during phase 2 loading, as water is retained to store glycogen.

Most food choices for phase 2 are best gotten from the fruit/vegetable and bread/cereal food groups. It is to the athletes advantage to choose nutrient dense carbohydrates. Avoid fat loading! Fat is not used to fill muscle glycogen stores, only carbohydrate is. So enjoy pasta with tomato sauce instead of a cream sauce. Bite into fruit, bread, or muffins rather than doughnuts or chips.

Another important part of pre-marathon meals is fluid intake. To be sure you are well hydrated before the marathon, try to drink 8 to 10 cups of fluid per day. Alcohol and caffeine containing beverages do not count. They promote dehydration.

As a guide to phase 2 eating (the last 3 days) review the sample meal plan given here. Jim on May 14th, 15th, 16th it's CARBO time!

Think Carbo's for Endurance, Judy Tillapaugh, R.D. :  
Clinical/Community Dietitian: St. Joseph Medical Center

### Sample Carbohydrate Loading Meal Plan

#### Breakfast

- 1 cup orange juice
- 2 cups cereal
- 1 whole bagel or english muffin
- 1 teaspoons margarine
- 1 teaspoon jam
- 1 cup 2% milk

#### Lunch

- 2 ounces turkey or beef
- 2 slices whole wheat bread
- fresh tomato or carrot sticks
- large pear or apple
- 2 oatmeal raisin cookies or granola bars
- 1 teaspoon mustard, optional
- 1 cup 2% milk or low fat yogurt

#### Dinner:

- 2 ounces meatballs or low fat cheese
- 1½ to 2 cups cooked pasta
- 1 cup tomato sauce
- 4 slices italian bread
- 1 teaspoon margarine
- 1 cup fruit juice

### Recipe of the month

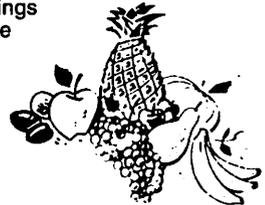
#### Banana Bread

- 1 cup whole wheat flour
- ¾ cup white flour
- 2 teaspoons baking powder
- ¼ tsp. baking soda
- ¼ teaspoon salt
- ¾ cup brown sugar
- 2 eggs
- 1 cup mashed bananas
- ¼ cup melted margarine
- ¼ cup orange or apple juice
- ½ to 1 cup raisins or dates

#### Snack Options -

Have 2 a day (afternoon and evening)

1. 1 cup sherbet or low fat frozen yogurt or ice milk  
6 ginger snaps or fig bars
2. 2 fruit muffins or bagels  
1 cup of fruit juice
3. 1 ½ cups cereal.  
fresh or dried fruit  
½ cup 2% milk
4. Large baked potato  
1 tablespoon sour cream  
or low fat topping  
use yogurt and chives  
1 cup fruit juice
5. 6 cups of popcorn (low fat)  
or 12 pretzel rings  
1 cup fruit juice

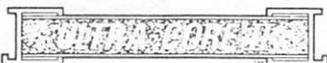


Combine the first five ingredients, set aside.

Combine all the remaining ingredients. Mix together the dry and liquid mixtures then pour batter in a greased 9" x 5" loaf pan. Bake in a 350° oven for about 40 to 50 minutes or until it tests done.

#### Banana Milkshake

- 1 ripe banana or any fruit
  - 1 tsp. honey or sugar
  - 1½ cups ice milk or frozen low fat yogurt
- Blend all the ingredients together and serve in a tall glass. Enjoy!!



### The Ultimate Storm Door!

Solid wood core for strength and insulation, with bonded, maintenance free aluminum exterior. Surface is wood-grained, and finished in pre-hardened, baked-on enamel that resists nicks and scratches. Strictly heavy-duty, strictly quality. Stock and custom sizes. White or Chestnut Brown.

All stock sizes. \$172<sup>95</sup>  
as low as

**W.M.E.E.**

THE NEXT  
FORT WAYNE  
TRACK CLUB  
MEMBERSHIP MEETING  
TUESDAY, MAY 12, 1987  
AT BUSHEY'S INC.  
1701 FAIRFIELD AVE.  
ALL INVITED AND  
EXPECTED!

### COUPON

— \$10.00 OFF —

any WMEE Marathon or  
8K race participant.

Must show completed  
application.

Offer good thru  
May 31, 1987



# Bushey's

INC

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



## 1987 GREAT RACE EXCITEMENT HITS ELKHART COUNTY

On May 25, the "Seventh Annual Great Race" winds its way through Elkhart County with a varied and challenging program. Sponsored by The Elkhart Truth and the First National Bank, activities include a 30K bicycle race beginning in downtown Elkhart with the finish line at Goshen College, a 13 mile canoe race from Goshen to Elkhart, a 20 mile horse trek, and a 3/4 mile swim (the only event scheduled on May 24).

There are also three prize money events. A \$1,000 purse is offered for the "Criterium Race", which is sanctioned by the United States Cycling Federation (USCF). A combined \$4,000 in cash and prizes will be offered for the "10K Foot Race" and the "1/2 Marathon". The "Foot Race" will feature Boston marathon winners, Bill Rodgers and Greg Meyer.

Awards and refreshments will be available to all participants. Please note that there will be no race day registrations. Admission is free. To enter this great spectacle South Bend residents dial direct 674-6337, or call The Elkhart Truth "hot line" 219/294-1661 x-204. There is a \$10 entry fee prior to May 16; \$12 fee after that date. See special entry tabloid for complete times and locations, or write to the Great Race, P. O. Box 487, Elkhart, IN 46515.

### 1987 GREAT RACE EVENTS

#### May 24

1:00 p.m. -- 3/4 MILE SWIM  
Elkhart YMCA, 200 East Jackson Boulevard

#### May 25

- 6:00 a.m. -- 30K BICYCLE RACE  
Starts in downtown Elkhart and ends at Goshen College.
- 8:00 a.m. -- 20 MILE HORSE TREK  
Loveyay Ranch, Bristol
- 8:15 a.m. -- 1/2 MARATHON  
This 13 mile marathon starts in downtown Elkhart and ends at Goshen College, Prize money awarded.
- 8:30 a.m. -- 10K FOOT RACE  
Concord Mall, 3701 So. Main, Elkhart. Features Boston marathon winners Bill Rodgers and Greg Meyer. Prize money awarded.
- 9:30 a.m. -- CRITERIUM RACE  
Goshen College, 1700 So. Main, Goshen, USCF sanctioned bicycle race. \$1,000 in prize money.
- 10:30 a.m. -- 13 MILE CANOE RACE  
Rogers Park, Goshen

Awards and prizes for participants. \$10 entry fee prior to May 16; \$12 entry fee after that date. To enter South Bend residents dial direct 674-6337. For additional information, call The Elkhart Truth "hot line" 219/294-1661 x-204, or write to the Great Race, P. O. Box 487, Elkhart, IN 46515.

# FOURTH ANNUAL

# LIME CITY 5

## COURSE RECORDS

**MEN: Mick Schlachter 24:02**

**WOMEN: Betty Hite Nelson 29:38**

SPONSORED BY THE OPTIMIST CLUB IN COOPERATION WITH CITY BEVERAGE, PIZZA HUT, FAMILY FOODS

JUNE 20, 1987

10:00 AM

HUNTINGTON, INDIANA

LOCATION: Huntington, Indiana

Located in the Northeastern part of Indiana, junction of Highway 24, 5, and Indiana 9.

### COURSE:

The LIME CITY FIVE is the first unit of the annual HUNTINGTON HERITAGE DAYS FESTIVAL PARADE featuring Northern Indiana's FASTEST FIRST MILE. The parade route is lined with over 256,000 spectators which is the first mile of the run. You will run South, crossing the beautiful banks of the Wabash to the edge of town where the course turns into a beautiful tree lined course.

### STAGING AREA AND STARTING:

Runners will assemble at Kreigbaum Field located 1/2 mile south of the junction of U.S. 24 and Indiana 5. Restroom and facilities available.

### ACCOMMODATIONS:

Information can be obtained by writing the HUNTINGTON CHAMBER OF COMMERCE, 12 West Market Street, Huntington, Indiana 46750 or call 219-356-5300.

### AWARDS

Special LIME CITY FIVE SHIRTS will be given to the first 200 entries post-marked by June 14th. There is a one hour time limit and the course will close at 11:00 a.m. Divisions are boys and girls 6-13, men 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, and 60 and over. Women are 14-20, 21-30, 31-40, 41-50 and over. Nike running shoes will be awarded to the men's and women's overall winners; with separate drawings for special gifts including 2 black and white televisions and various other prizes.

ALL DONATIONS TAX DEDUCTIBLE

## FOURTH ANNUAL LIME CITY FIVE

### 1987 REGISTRATION

June 20, 1987

5 Mile Run

The Event Starts at 10:00 a.m

ENTRY FEE UNTIL JUNE 14th is \$5.00 and AFTER JUNE 14th is \$7.00.

Make checks payable to HUNTINGTON OPTIMIST CLUB, 7 PARKMOOR DRIVE, HUNTINGTON, INDIANA 46750

ATTN: STEVE HACKER Phone: 219-356-3040

SHIRT SIZE: (circle one) S M L XL

PLEASE PRINT

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
TELEPHONE \_\_\_\_\_ AGE ON JUNE 20, 1987 \_\_\_\_\_ SEX M F  
BIRTH/MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_

NO REFUNDS

I WAIVE ANY RIGHT I MAY HAVE AGAINST THE LIME CITY FIVE OFFICIALS AND ITS SPONSORS FOR DAMAGES OR INJURIES OCCASIONED BY MY PARTICIPATION IN THE 1987 LIME CITY FIVE.

DATE \_\_\_\_\_ ENTRANTS SIGNATURE \_\_\_\_\_

IF UNDER 18 PARENT OR GUARDIAN MUST SIGN HERE \_\_\_\_\_

PLAN TO BRING THE ENTIRE FAMILY ON MAY 28TH TO SOUTHTOWN MALL AND FRIEMAN SQUARE. ALL THE MEDIA WILL BE THERE, LET'S FILL THE STREETS WITH RUNNERS FROM THE FWTC!!

\*\* SO GET INVOLVED! PARTICIPATE AND YOU CAN WIN \*\* PERFORMANCES.

AND TO PROMOTE "PARTICIPATION" MORE THAN OUTSTANDING 19. THE GAMES ARE FOR EVERYONE FROM YOUNG TO OLD, JUNE 27-29 AND FINALS IN INDIANAPOLIS ON JULY 18, PARK GAMES REGIONALS TO BE HELD IN FORT WAYNE ON \* PURPOSE IS TO PROMOTE AND HIGHLIGHT THE WHITE RIVER FRONT OF J.C. PENNYES AT SOUTHTOWN MALL. \* CEREMONY TO BE HELD ON A STAGE AT CENTER COURT IN \* MAYOR WIN MOSES TO SPEAK AT THE CEREMONY. RUN.

\* DRINKS AND SNACKS PROVIDED BY THE CLUB AFTER THE DOWNTOWN TO FRIEMAN SQUARE AFTER THE CEREMONY. \* POLICE ESCORTED, A BUS WILL FOLLOW US OUT, YOU MAY RIDE WHEN YOU WANT. THE BUS WILL TAKE US BACK

\* POLICE ESCORTED, A BUS WILL FOLLOW US OUT, YOU MAY RIDE WHEN YOU WANT. THE BUS WILL TAKE US BACK DOWNTOWN TO FRIEMAN SQUARE AFTER THE CEREMONY. \* DRINKS AND SNACKS PROVIDED BY THE CLUB AFTER THE RUN.

THURSDAY MAY 28 6:00 PM  
PLACE: FRIEMAN SQUARE, DOWNTOWN FT.WAYNE  
COURSE: RUN FROM FRIEMAN SQ. SOUTH ON CALHOUN STREET TO TILLMAN ROAD. EAST ON TILLMAN ROAD TO SOUTHTOWN MALL. APPROXIMATELY 5 MILES AT A VERY LEISURELY PACE OF 10:00 PER MILE OR SLOWER.

\*\*\*WHITE RIVER PARK GAMES TORCH RUN\*\*\*\*\*  
SPONSORED BY THE FWTC AND THE PARKS DEPARTMENT  
\*\* RUN WITH THE AUTHENTIC OLYMPIC TORCH FROM THE 1984 GAMES \*\*

# **Commemorative T-Shirts of the WHITE RIVER PARK GAMES TORCH RUN**

***Available by sending \$8.40 to:***

**FWTC**

**White River Park Games T-Shirt**

**P.O. Box 11703**

**Fort Wayne, IN 46860**

***Must receive orders by May 21, 1987***

**You can pick-up your shirt on May 28th,  
the night of the run at Freimann Square,  
6:00 pm.**

---

**\*\*\* DON'T FORGET THE 8K RACE \*\*\***

**May 17, 1987, 8:30 am. after the marathon  
has started.**

**Standard FWTC age divisions, Trophies  
and plenty of refreshments.**

**Stick around and cheer on the marathoners  
as they finish..**

# WMIEE/Key Health Plan MARATHON

## 1987

### \$4,000 Cash Prizes

AGE GROUP AWARDS • GREAT COURSE • SPAGHETTI DINNER

## May 12, 1987 - Fort Wayne, Indiana

Pre-registered runners for either the Marathon or the 5K may pick up their T-shirts and number at the Marathon, Coliseum Road, between 10 a.m. and 4 p.m. on Saturday, May 12. Trophies will be awarded to the top finishers in each age group for male and female winners and each class for winners. Divisions are listed on the reverse of this application.

#### PRIZE MONEY

First place through fifth place Men and Women: \$500 - \$300 - \$250 - \$200 - \$150

\$500 to first place Man finishing with new course record.

\$500 to first place Woman finishing with new course record.

\$500 to first place Finisher running under 2:20 for Men and 2:40 for Women.

A first place winner may receive as much as \$1500 in prize money. No bicycles will be allowed to accompany runners; only designated bicycle escorts for wheelchair racers will be allowed on the course.

Course will close promptly at 1 p.m. Runners still on the course run at their own risk.

If you cannot complete the course, go to the nearest aid station and notify the leader of that aid station, using your number for identification. Transportation will be provided back to the finish line.

Saturday, you and your family can enjoy a healthy and nutritious Spaghetti Dinner at Race Headquarters, Fort Wayne Marathon.

The WMIEE/Key Health Plan Marathon is Indiana's oldest and fastest marathon. It is run on a flat, fast course through city streets and tree-lined roads of Foster Park. The start and finish is in the scenic Johnny Appleseed Park. Join your friends and fellow athletes for a fun-filled marathon weekend, which also includes an 5K Fun Run for the first time.

Course: 26 miles 385 yards, re-certified by T.A.C. in 1987

Add stations to partner each runner's progress.

Divisions: Male / Female / Wheelchair

Marathon \$8 (500 after May 10, 1987). Marathon entries will not be accepted morning of the race.

5K \$6 (58 after May 10, 1987). You may register for the 5K from the morning of the race, beginning at 6:30 a.m.

Each runner will receive a quality T-shirt with the official logo of the 1987 WMIEE/Key Health Plan Marathon.

Each Marathon finisher will receive a beautifully designed medalion at the finish line and a special certificate, for framing, to be mailed after the race.

5K Fun Runners will receive a specially designed T-shirt and a finisher certificate to be mailed after the race.

SPONSORED BY:



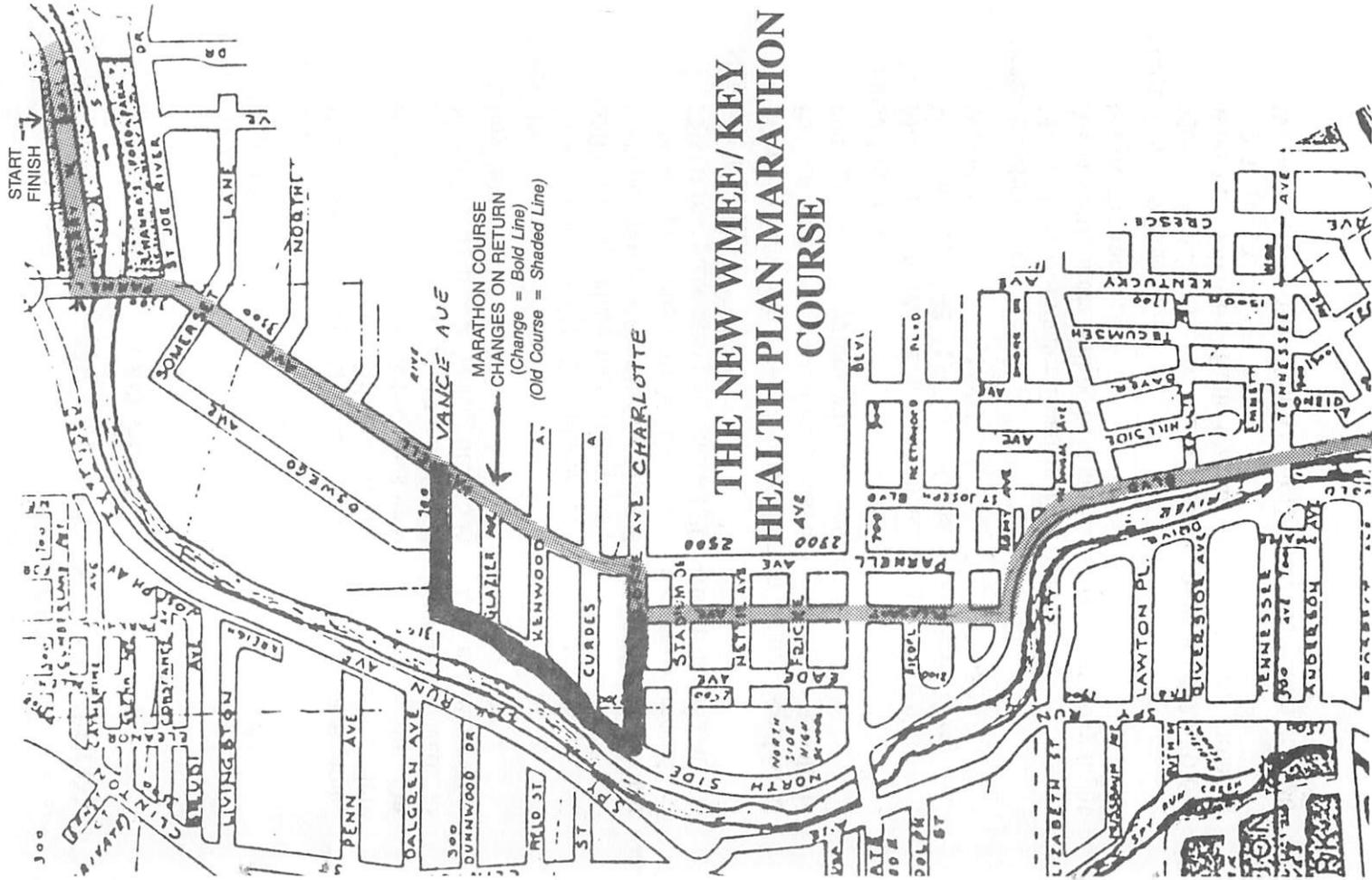
## OFFICIAL ENTRY FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Division: Male Female Wheelchair (circle one)  
 SS Number: \_\_\_\_\_ T.A.C. Number: \_\_\_\_\_ (optional)  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
 What is your best marathon time? \_\_\_\_\_ Where run? \_\_\_\_\_  
 Foot Whyne Track Club member? \_\_\_\_\_  
 T-Shirt Size: Sm Med Lg X Lg (circle one)  
 If you are in wheelchair division, in which class will you be racing? (IA, IB, IC, II, III, IV, or V) (circle one)  
 In case of emergency, contact: Name \_\_\_\_\_ Phone \_\_\_\_\_  
 FACE OFFICIALS RESERVE THE RIGHT TO STOP RUNNERS THAT APPEAR TO BE IN PHYSICAL TROUBLE AT THEIR DISCRETION, AND REMOVE THE RUNNER FROM FURTHER COMPETITION.

Mail entry form with \$8 or \$6 entry fee to: WMIEE/Key Health Plan, P.O. Box 6000, Fort Wayne, IN 46896. (219) 447-5511

Signature: \_\_\_\_\_ (I understand the requirements of this event, including the weight board, for myself. My race bib, administration and assigned doctored bibs, name and release all sponsors, officials, and all persons and agencies connected with the 1987 WMIEE/Key Health Plan Marathon from all claims, injuries and damages arising from my participation in and from this event. I also certify that I am physically fit and adequately trained to participate in this race. I also certify that I am not taking any medication and of my own free will and without any coercion, I am releasing WMIEE/Key Health Plan Marathon to use my name and picture of me on any newspaper, broadcast, written, or any other means of this event without compensation.)





**THE NEW WHEE/KEY  
HEALTH PLAN MARATHON  
COURSE**

MARATHON COURSE  
CHANGES ON RETURN  
(Change = Bold Line)  
(Old Course = Shaded Line)

START  
FINISH

300

300

300

300

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

315

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

2500

# **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

# 1987 RACE SCHEDULE

## 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

- 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 Starnoni, 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 Durfee, 313-847-6273. ( Not a club run)

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.  
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 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.

## 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.  
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

Continued on next page

*1987 Race Schedule Continued*

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.

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.

Dick Lugar Festival: 1MFR, 5K, 10K (tentative): 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.

*Continued on next page*

**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)***



and **MACO**  
Inc.



Present the 6th ANNUAL  
*Spring Fever 5 and*  
*1 Mile Fun Run on May 30*

**TIME**

8:00 a.m. — Fun-Run (walk, run, jog)  
8:30 a.m. — Spring Fever 5

**LOCATION**

Both races will begin and end at Huntington Memorial Hospital where refreshments will be available. Aid stations will be located at two and four miles. Splits will be given at every mile.

**COURSE**

Runners will leave HMH and follow a rural and city course. The accurate, well marked course will be paved and flat. Traffic control is adequate.

**COST**

Pre-registration is \$6 for the 5-Mile Run, and \$4 for the Fun Run until May 29. Late registration is an additional \$2 for each run. Make check or money order payable to Huntington Memorial Hospital. T-Shirts will be awarded to the first 200 entrants in the two runs combined.

**AWARDS**

- overall male and female winners.
- first, second and third place winners in 5-mile race in all divisions.
- first place winner in wheelchair division.
- men and women first and second place winners in fun run.
- Various other prizes will be given away.

**DIVISIONS — 5 MILE**

MEN		WOMEN
15 and under	40-49	19 and under
16-21	50-59	20-29
22-29	60 and over	30-39
30-39		40-49
		50 and over

**ENTRY FORM**

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

CLUB AFFILIATION: \_\_\_\_\_

SEX:  M  F

T-SHIRT SIZE (ADULT):  S  M  L  XL

ENTERING IN:  SPRING FEVER 5  
 SPRING FEVER 5-WHEELCHAIR  
 FUN RUN

SIGNATURE OF ENTRANT (OR PARENT IF UNDER 18)  
\_\_\_\_\_

DATE: \_\_\_\_\_

**WAIVER OF LIABILITY:** In consideration of the foregoing, I, for myself, my executors, administrators, and assignee, do hereby release and discharge Huntington Memorial Hospital, Maco Incorporated, and The City of Huntington for all claims of damage, demands, action and causes of action whatsoever in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event that I am in adequate physical condition to complete the event I have entered on May 30, 1987. I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the race administrators my continuing would endanger my health.

SIGNATURE: \_\_\_\_\_

TELEPHONE: ( ) \_\_\_\_\_

Return form with fee to Rehabilitation Services • Huntington Memorial Hospital  
1215 Elm Avenue • Huntington, Indiana 46790

*1987 Race Schedule Continued*

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

AUL Governor's Cup 8K; 10:00am.; Potato Creek State Park; 1-800-611-4931

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 16, 1987**

AUL Governor's Cup 8K Finale; Indianapolis 10:00am.; 1-800-622-4931

*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  
IF YOU CAN TAKE THE EXCITEMENT CALL ANN JAMISON 627-5450 FOR INFO.

— Look for Runner's Week at a —

## **NEW TIME**

**Thurs. 8 P.M. & Sat. 2:30 P.M.**

**Thurs., April 30 & Sat., May 2**

**North American 15K & 5K**

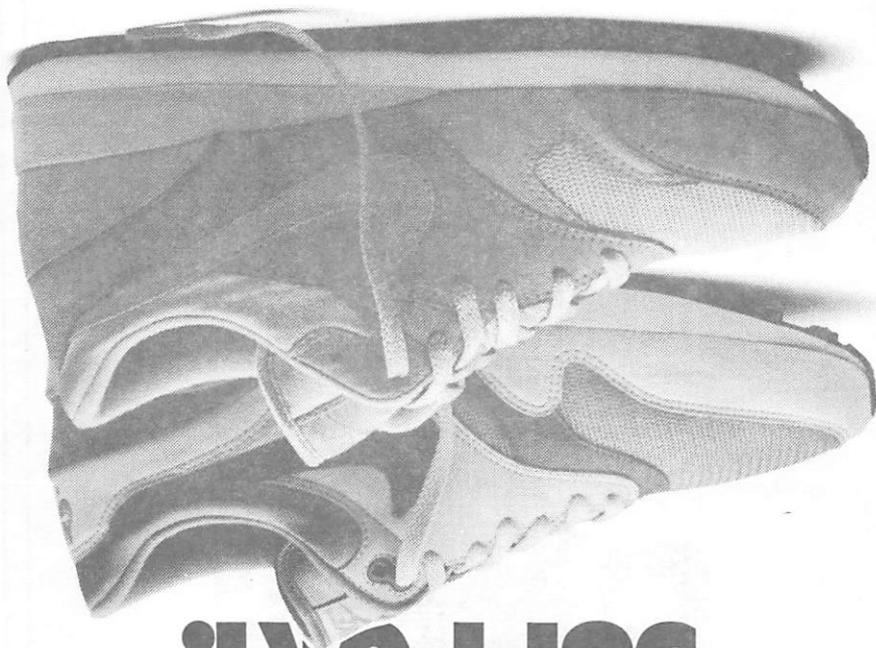
**CHANNEL 10**

GLENBROOK SQUARE  
NEXT TO THE ICE RINK  
484-4322



*The Air Control and Air Support from Nike. Running shoes with superb stability and NIKE-AIR® cushioning. So you can hold your own against any road.*

A I R



**UNCONDITIONAL  
SUPPORT.**

1987 Race Schedule Continued

**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; Phyllis Reichardt, 13925 W. Crawford Dr., New Berlin, Wisconsin.

**SEPTEMBER 20, 1987**

- Maine Women's 10K Classic, Gardiner, Main; 10K; Linda Keniston, RFD, Readfield, Main.

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

**SEPTEMBER 20, 1987**

- Sioux Falls Marathon; 26.2 miles, Rick Hanson, Drawer 1186, Sioux Falls, SD.

**SEPTEMBER 26, 1987**

- Al's Run; 5 miles, 10:30am; Al's Run, Box 661, Milwaukee, Wisconsin.

- Virginia 10 Miler; 10 miles, 9:00am; Virginia 10 Miler, 3020 Cranehill Dr., Lynchburg, Virginia.

**SEPTEMBER 27, 1987**

- Clarence DeMar Marathon; Pete Hanrahan, Box 168, Gilsum, New Hampshire.

- Montreal International; 26.2 miles; Jean Claude Arsenault, Box 1570, Stn. B, Montreal, Quebec Canada.

- Norwood Women's 5K; Warwick Parks & Recreation, 975 Sandy Lane, Warwick, Rhode Island.

- ORCC Portland Marathon, Portland, OR.; 26.2 miles, Les Smith, Box D, Beaverton, Oregon.

- Port Clinton Marathon, Port Clinton, OH.; 26.2 miles; John F. Galati, 1208 Central Ave., Sandusky, Ohio.

- Toronto Marathon, Toronto, Ontario; 26.2 miles; John Craig, 1220 Shepard Ave. E., Willowdale, Ontario Canada.

**OCTOBER 3, 1987**

- Cowtown Women's 2 Miler; Wichita Running Club, Box 47171, Wichita, Kansas.

- Octoberfest 5K; Seymour; 533-4020.

**OCTOBER 4, 1987**

- Oktoberfest; 12K, 10:30am; Trammel Crow Co., Pierce Place, Suite 400 West, Itasca, Illinois.

**OCTOBER 10, 1987**

- Montana's All Women's Run; 1 mile, 5K, 10K, 13.1 miles; Missoula, Montana.  
Blue Mountain Women's Clinic; 715 Ken-

- sington, Suite 24, Missoula, Montana.

**OCTOBER 11, 1987**

- Covered Bridge Run; 10 miles; Mansfield, Indiana; (317) 344-1120.

- Twin Cities Marathon; Minneapolis/St. Paul; 26.2 miles; Twin Cities Marathon, P.O. Box 24193, Minneapolis, MN.

**OCTOBER 12, 1987**

- Tuft's 10K for Women; Conventures, 45 Newberry St., Boston, Massachusetts.

**OCTOBER 17, 1987**

- Bloomington Break-Away 10K & 5K; Harmony School; Bloomington, Indiana; 344-8349.

**OCTOBER 18, 1987**

- Detroit Free Press Marathon; 26.2 miles; Pam Weinstein, 321 W. Lafayette, Detroit, Michigan.

**OCTOBER 24, 1987**

- Jasper Wood Capital Classic; Jasper, Indiana; (812) 482-0419.

- Wendy's 10K Classic; 10K, 11:30am; Wendy's 10K Classic, P.O. Box 1316, Bowling Green Kentucky.

**OCTOBER 25, 1987**

- America's Marathon; 26.2 miles; America's Marathon, 214 W. Erie, Chicago, IL.

**NOVEMBER 1, 1987**

- 7-11 Grande Finale 10K; Terre Haute, Indiana; (812) 232-3961.

- Marine Corps Marathon, Washington DC; 26.2 miles; Marine Corps Marathon, P.O. Box 188, Quantico, Virginia.

- New York City Marathon; 26.2 miles; New York Road Runners Club, 8 E. 89th St., New York, New York.

**NOVEMBER 8, 1987**

- Columbus Marathon; 26.2 miles; Columbus Marathon, Corporate Processing Dept., Columbus, Ohio.

**NOVEMBER 14, 1987**

- Karstan Women's 4 miler; NYRR, Box 882, FDR Station, New York, NY.

**DECEMBER 6, 1987**

- Honolulu Marathon; 26.2 miles, 6:00am; Honolulu, Hawaii.

**DECEMBER 12, 1987**

- Snowman Chase 4 Mile; Maurice Ragsdale; Bedford Indiana; 279-5029.

1987 THREE RIVERS FESTIVAL



FORT WAYNE PARKS & RECREATION

**RACE STARTING TIME:**

8 AM EST. SUNDAY  
JULY 19, 1987

**START:**

DOWNTOWN, MAIN STREET  
IN FRONT OF THE COURT HOUSE  
FORT WAYNE, INDIANA

**ENTRY FEE:**

\$7.00 PRE-REGISTRATION (Postmark July 13)  
\$8.00 AFTER JULY 13

**AGE GROUPS:**

WOMEN: 14 and Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 and Over  
MEN: 14 and Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60 and Over  
WHEELCHAIR DIVISION

**AWARDS:**

First place awards will be presented to overall winners in both men's and women's divisions (overall winners do not qualify for age group awards). Awards will be presented the day of the run to the top three finishers in each age group. All runners will receive a T-Shirt.

**RACE COURSE:**

DOWNTOWN — LAKESIDE AREA COURSE

1987 THREE RIVERS FESTIVAL



FORT WAYNE PARKS & RECREATION

**REGISTRATION FORM**

Name \_\_\_\_\_ M  F  Age (on 7-20-87) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone \_\_\_\_\_ Zip \_\_\_\_\_ T-Shirt Size: (Circle) S M L X-L

Waiver of Responsibility: In consideration of the acceptance of this entry to the Three Rivers Festival 10K Run, I waive all claims for myself, my heirs, and assigns against the race sponsor or promoters for injury or illness which may result from my participation. I further state I am in proper physical condition to compete in this race.

WHEELCHAIR ENTRY

Signature \_\_\_\_\_

Parents Signature \_\_\_\_\_

(If Under 18 Years Old)

DATE \_\_\_\_\_

Mail Entry Form To: 3 Rivers Festival Diet Pepsi 10K  
P.O. Box 12224  
Fort Wayne, Indiana 46863

For Additional Information Call: Clark Hamilton, (219) 427-1270

# 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



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.

(219) 749-8027.

FOR FURTHER INFORMATION CONTACT TIM FLEMING

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)

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

NAME

ADDRESS

CITY

STATE

ZIP

AGE

SEX

DATE OF BIRTH

PHONE NO.

T-SHIRT SIZE S M L XL

-----BOWMAN FOOT CLINIC-----

MAIL ENTRY BY MAY 2, 1987; TO:

TIM FLEMING

3120 COUNTRY PARK LANE

FT. WAYNE, IND. 46815

MAKE CHECKS PAYABLE TO:

ARLINGTON PARK TROPHY RUN

( NO REFUNDS )

(NOTE FIRST 50 ENTRIES WILL

BE ACCEPTED THE DAY OF RACE

AND ENTRY FEE SAME DAY IS \$8.00

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

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

Clubhouse, The Bowman Foot Clinic, The Ft. Wayne Track Club and Tim Fleming

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

ENTRANT'S SIGNATURE

IF UNDER 18, PARENT OR GUARDIAN MUST SIGN HERE



GRACE CHILDRENS HOSPITAL, HAITI ~ FAITH MINISTRIES, KENTUCKY ~ WELLS COUNTY FOOD BANK, BILLETON

**Z 10K**  
May 30, 1987



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

The 2nd annual Z10K 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 :  
Z10K, 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

# Coming Events

**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.

**May 27, 1987**

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

**May 30, 1987**

The second annual "Z", 10K; Zanesville, IN; 9:00 am.

**June 6, 1987**

Canal Days, 10K; New Haven, IN; 7:00 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**

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

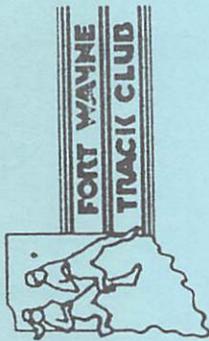
Make Checks Payable To:

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)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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

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