

the inside track



FORT WAYNE
TRACK CLUB

1987
July

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

CONGRATULATIONS TO



Roger Puckett joins Don at Coverstone, 67 miles.

DON LINDLEY

100 miles in 29:45:46

Fort Wayne Track Club

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447-5321

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**NEXT TRACK CLUB
MEMBERSHIP MEETING
TUESDAY, JULY 14, 1987
at Bushey's Inc., 1701 Fairfield Ave.
FREE REFRESHMENTS**

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

HELLO AGAIN. PLEASE TAKE THE TIME TO FILL OUT THE QUESTIONNAIRE IN THIS ISSUE. IT IS ALREADY ADDRESSED, ALL YOU HAVE TO DO IS PUT A STAMP ON IT AND MAIL IT. YOUR COMMENTS ARE THE ONLY TOOL THE HARD WORKING VOLUNTEERS WHO SERVE ON THE FWTC BOARD HAVE TO USE WHEN SETTING UP PROGRAMS FOR THE CLUB.

HOW ABOUT THE "IRON MAN", DON LINDLEY. ALL THE GREAT PUBLICITY FOR THE CLUB IN OUR LOCAL PAPERS, NOT TO MENTION THE FACT HE RAN, CLIMBED AND CRAWLED 100 MILES IN LESS THAN 30 HOURS! WHAT ARE YOU GOING TO DO TO TOP THAT? LET ME GUESS, SWIM THE ENGLISH CHANNEL, THEN RUN BACK... (IS THAT POSSIBLE?) ASK DON.

ENJOY THIS HOT WEATHER! GET YOUR QUESTIONNAIRE BACK IN!

SEE YOU ON THE ROADS.....



*Carpet, Vinyl, Ceramic
& Hardwood Floors*

**BEST FOR THE
LONG RUN**

CARPETLAND USA

Leader in fine floor coverings for over 54 years.

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1987 FWTC RACE SCHEDULE

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

Summit City, 10K; 2:00 pm.

December 12, 1987

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

1987 LOCAL RACE SCHEDULE

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.

July 25, 1987

The 7th Annual Wabash Cannonball Run and Fun Run, 5 mile & Fun Run; Check in time 7 - 7:45, both races start at 8:00 am.; Call (219) 563-3131 for more information.

August 1, 1987

Harlan Days, 10K; Harlan, TBA.

August 15, 1987

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

August 22, 1987

Mazock Chug-A-Lug, 6:00 pm.; Contact Jerry Mazock, 747-1064

September 7, 1987

Blueberry Stomp, 15K (Certified), 5K and Mile Fun Run; Plymouth, IN; 10:00 am. (E.S.T.); Blueberry Stomp, P.O. Box 34, Plymouth, Indiana 46563. For entry information phone (219) 936-6459

September 13, 1987

The 5th Trustcorp - Amazement Park Run at Cedar Point, 10K, 2 mile fun run.; Sandusky, Ohio; 10k Run 9:30 am., 2 mile Fun Run 8:15 am.; Call (419) 627-2223 for more information.

September 19, 1987

Concordia Seminary, 5K; Cross Country Run

September 20, 1987

run, jane, run, 10k ? 5K for women; Foster Park, 9:00 am. (E.S.T.). Contact Kathleen Stachowski, (219) 424-7977 (8 am.-4 pm.)

October 3, 1987

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

October 18, 1987

Mid America Festival of Running, 3rd. Annual Muncie Marathon & 50K Ultra, 5K - 8:30 am., 10K - 9:15 am., Marathon - 8:00 am.; Muncie, IN.

1987 SPORTS TECH TRIPLE CROWN

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

October 31, 1987

Homestead 15K; Homestead, 10:00 am.

LETTERS TO THE EDITOR



THE CITY OF FORT WAYNE
705 east state boulevard
fort wayne, indiana 46805



June 3, 1987

Mr. Jim Bushey, President
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, IN 46860

Dear Jim,

Thanks very much for your involvement in the recent Torch Run. I appreciate all your work getting the word out and helping to coordinate the whole affair.

Please pass on my thanks to all the track club members who were involved in the planning, running, and the party afterward.

Sincerely,

Betty McDade-Moylan
Betty McDade-Moylan
Special Activities

BMM/lw

May 20, 1987

Dear "Fort Wayne Track Club,"

Since I've had a chance to begin my recovery from the recent Fort Wayne Marathon I thought a quick note thanking you for a job well done was in order.

As you know from your own racing efforts there are many components needed for good performances, only one of which is individual effort. Without generous sponsors, efficient race workers and hours of race preparation any individual effort would be wasted. Therefore I would like to express my appreciation for allowing me to capitalize on my efforts.

Again, thanks for an excellent marathon and if I'm able to return in the future I'll leave the hot weather in South Carolina

Yours Truly,

John A. Mathe M.D.



June 24, 1987

Fort Wayne Track Club
Fort Wayne, IN

Dear Runners:

I would like to introduce myself. My name is Mike Fruchey. My teammate, Buff Dormeier, and I were a part of the 1986-87 Carroll High School Cross Country team which won both sectional and regional titles and qualified for the state meet. Buff and I led Carroll to a 13th place finish at the state meet.

As a result of our team and our own individual efforts, Buff and I were selected to represent the International Sports Exchange in Sidney, Australia during August.

The Indiana team will consist of fifty runners. We will be competing in the fourteen kilometer City to Surf Road Run. Buff and I are honored to have been chosen to represent our community and the state of Indiana in this international event.

The International Sports Exchange does not cover expenses for individuals and, therefore, each member has to provide sponsorship for themselves. The total cost per person is \$195.00. We are excited about this opportunity to represent Indiana in this competition and would sincerely appreciate your sponsorship. Your tax deductible contribution can be sent to:

Mike Fruchey
c/o Breakfast Sertoma Club
15303 Windover Trail
Fort Wayne, IN 46825

The Breakfast Sertoma Club has agreed to help us in our efforts. Thank you for your time and consideration.

Sincerely,

Mike Fruchey
Mike Fruchey
Buff Dormeier
Buff Dormeier



INTERNATIONAL SPORTS EXCHANGE

3503 Temple Ave., Suite D • Pomona, CA 91768
Tel: (714) 598-3555 • Telex: 887839 • Fax: (714) 595-8454

TO: SPONSOR

_____ please print

_____ mailing address _____ phone

_____ city _____ state _____ zip

FROM: ATHLETE Sertoma Breakfast Club, c/o Farmers & Merchants Bank
_____ please print

1615 West Gump Road
_____ mailing address _____ phone

Huntertown, IN 46825
_____ city _____ state _____ zip

The above named athlete has been selected as a member of an international team from the United States that will compete overseas with other nations.

Over the past years, International Sports Exchange has taken teams from the U.S. to such places as China, Korea, Taiwan, England, Kenya, Germany, Australia etc. Each athlete and coach making the trip must raise his/her own funds which usually amounts to approximately \$2000.00. This amount includes airfare, hotels, meals, uniforms, internal transportation, tours, virtually everything but pocket money. Most trips are 10-11 days and are considered to be once-in-a-lifetime experiences.

International Sports Exchange (I.S.E.) HANDLES NO MONEY for the athlete. DO NOT send your contribution for the athlete to our office or staff. Each athlete is responsible for how his/her own financing is handled. For example, you may choose to send your donation directly to the athlete or his/her parents. Some athletes arrange for a local non-profit group to serve as a sponsoring organization. This might be a school booster club, Kiwanis, a church, Rotary, Lions etc. If such a group chooses to set up an athlete fund to handle incoming donations, then this can be a contribution that would be tax-deductible. The athlete determines which way you may best help him in this aspect.

Your contribution (large or small) will assist this young person in making the financial goal and experiencing international travel along with both cultural and athletic encounters.

SPONSOR TO ATHLETE: I wish to make a donation in the amount marked below:
___ \$10 ___ \$25 ___ \$40 ___ \$50 ___ \$75 ___ \$100 ___ other _____

Personal Note From Athlete to Sponsor:

Please return this form and your check directly to the athlete. DO NOT send any money to I.S.E. and DO NOT make any checks payable to I.S.E.

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 dietitians, at St. Joseph Medical 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: A part of every summer is enjoying all the fresh, garden vegetables.

It's a tradition I will not pass up. Could you tell me what vegetables to choose as a high source of vitamin "A" and "C"?

Answer: It's true gardens are smorgasbord of fine vegetables. What an assortment of goodness. Red juicy tomatoes, sweet peas, crunchy carrots, plus crisp leafy greens are just a few options. Salads, relish plates, sandwiches, soups, entrees and breads can be made flavor rich and full of nutrients with vegetables. The nutritious, delicious creations are endless.

Produce choices are limited only by the gardener's taste and desires. Go for a variety of colors and flavors. Where there is variety in food selection, the nutrient benefits come naturally.

Continued on next page

Vegetables are healthy bargains! All vegetables are high in carbohydrates, high in fiber and low in fat. Most starchy vegetables are good sources of protein like legumes (dried beans) and potatoes. Research has proven that the chance for major diseases are less when people use plenty of fiber rich vegetables. For example, cruciferous vegetable use can be a cancer fighter. These vegetables include broccoli, brussel sprouts, cabbage, cauliflower plus leafy greens.

When choosing vegetables high in vitamin A and vitamin C, a good rule of thumb is selecting ones rich in color. Vitamin A is high in dark green leafy or yellow vegetables. The darker the green or yellow, the more carotene (pro vitamin A) the vegetable contains. Some excellent choices are broccoli, greens, winter squash, sweet potatoes, and carrots. Vitamin C is rich in green vegetables also, plus citrus fruits, strawberries, cantalopes, potatoes and tomatoes.

The adult RDA (recommended daily allowance) for vitamin A is 4000 to 5000 IU (International Units) per day, for vitamin C it is 60 mg (milligrams per day).

To help you be a better vitamin picker, here is a list of summer vegetables and their content.

TABLE*

Vegetable	Vitamin A (IU)	Vitamin C (mg)	Fiber (g)	Calories
Broccoli, raw, 1 lg. stalk	2500	113	1.5	32
Beets, cooked, 1/2 cup	17	5	.7	27
Beet Greens, cooked, 1/2 cup	5100	15	1.1	18
Cabbage, raw, 1 cup	130	33	.8	20
Carrot, raw, 1lg.	11,000	8	1.0	42
Cauliflower, raw, 1 cup	60	78	1.0	27
Corn, on the cob, 4 in.	400	9	.7	100
Cucumber, raw, 1/2 medium	125	6	.3	8
Lettuce, ice berg, 3 1/2 oz.	333	6	.5	13
Lettuce, romaine, 3 1/2 oz.	1900	18	.7	18
Peas, cooked, 2/3 cup	540	20	2.0	71
Pepper, bell, raw, 1 lg.	420	120	1.4	22
Potato, medium	trace	25	.6	95
Radish, 10 small with skin	10	26	.7	17
Spinach, raw, 3 1/2 oz.	8100	51	.6	26
Tomato, raw, medium	1350	34	.8	33
Zucchini, cooked, 1/2 cup	459	4	.5	16

*Reference: Bowes & Church's FOOD VALUES OF PORTIONS COMMONLY USED

RECIPE OF THE MONTH

SUMMER SALAD - Ingredients:

1 head Romaine lettuce	1/4 head red cabbage, shredded
4 carrots, grated	or stalks broccoli, cut up
2 cups bean sprouts	1/2 cup raisins
1 zucchini, sliced	1/4 to 1/2 lb. grated swiss cheese
1 green pepper, diced	1/4 cup sliced almonds
1/2 head cauliflower, sliced	

Combine everything - toss with lemon honey dressing (recipe included here)

LEMON HONEY DRESSING - Ingredients:

1/4 cup vegetable oil	1 to 2 tbsp. honey
1/2 cup lemon juice	1/2 tsp. lemon rind, grated
1/2 tsp. paprika	1/4 tsp. salt (optional)
1/2 tsp. dry mustard	

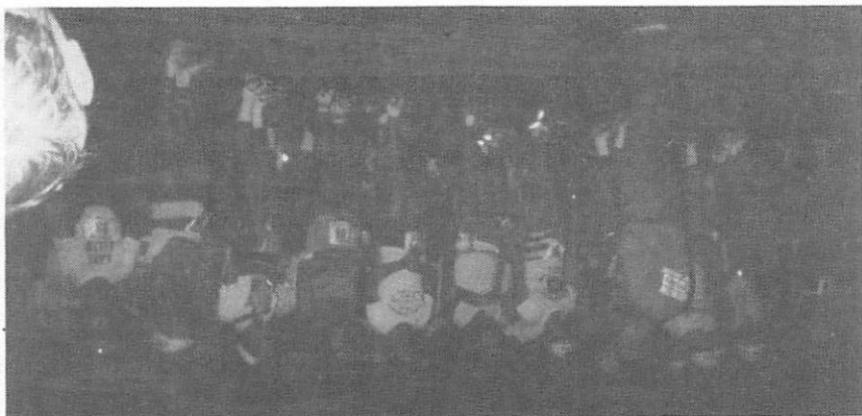
Combine in blender and blend till smooth

FARTLEK

By Ron Horan

I thought it was crazy myself when I first heard about it, but after going with Don Lindley to Front Royal this past month I really admire the ultra runner. Don, as you probably read in the newspaper, ran the Old Dominion 100-Mile Endurance Run. Roger Puckett, Mark Brattoli, Ray Sibral and myself went with Don as his support crew.

The Old Dominion originated in 1979 and is patterned after the Western States 100. That means runners and horse riders. After the 4:00 a.m. start for the runners two endurance horse races get under way on the same trail, 50-mile and 100-mile races.



The start, 4:00 am., Saturday.

The course begins at the 4-H center at the base of the Blue Ridge Mountains at Front Royal, Virginia, using roads, jeep trails and narrow mountain trails run-ners follow a path which goes through the Shenandoah River Valley and Geroqe Washington National Forest on a 70 mile loop. Some of the trails were carved out of wilderness for General George Washington during the Revolutionary War. The Old Dominion Trail has some sharp ascents and spectacular scenery.



The course, looking down from Kennedy Peak in to George Washington National Forest.

Aid stations are set-up all along the 100-mile course and support crews, "handlers", are allowed to meet runners. Meeting points for the crews usually differ from the aid stations because of limited access. When we met Don we provided food, water, Max, change of socks and shoes, massage, and an interesting combination of oil and vaseline for the feet to prevent blisters. At 67 miles pacers are allowed. Roger Puckett joined Don at this point and went the remaining 33 miles.



Roger Puckett joins Don at Coverstone, 67 miles.

June 13th was hot humid. Of 127 runners, 70 finished. At one aid station I saw horses getting i.v.'s. Don managed the course quite well. Between Kennedy Peak, 35.3 miles, and Crisman Hollow Road, 45.4 miles, the heat was beginning to effect Don and slow him down. At Picket Spring, 76.4 miles, Don took a short nap. When he awoke, he got up to quickly for his condition and temporarily passed out. This was a medical check point and the nurse wanted to pull him at this point. Fortunately the more experienced Race Director was present and let Don continue after another nap of 30 minutes. This was at 2:00 a.m. just before the 2:15 a.m. cut-off. (Cut-off times are set at several points in the race. If a runner does not leave the check point by the cut-off time they are pulled from the race.)



Don Lindley being "handled" coming down off Kennedy Peak, 36.7 miles.

From Picket Spring Don and Roger continued on the most difficult part of the course, the ascent up Sherman's Gap to the other side of the mountain is only 5.4 miles. This sharp climb took a little more then 3 hours.

Once this most difficult part of the course was past Don seemed to have renewed vigor. He and Roger began a combination of walking and running. Ed Demoney, Race Support Director, told us that most runners at this point would not reach the 10:00 a.m. Sunday final cut-off and suggested we advise Don to stop.

At the Old Dominion there are two finish cut-offs. First at 24 hours, to receive a silver belt buckle. Then at 30 hours, to receive a plaque. After 10:00 a.m. Sunday you are listed as dnf.

With Don's renewed energy we figured he'd make the distance. After all it only meant a 15 minute per mile pace. At the junction of 634/622, 94.8 miles, we briefly discussed the situation, because we would not see him again until the finish. Don's energy was renewed again when at this point we reminded him of the 30 hour cut-off, not 36 hours which he was shooting for at the time. Undaunted Don and Roger picked up the pace and Ray, Mark and me went to the finish line.

1987 was the first year of the new finish line for the race. After running 99.5 miles through mountain trails, runners had to run one more hill. This hill made the hills of Homestead seem flat.



Don and Roger running up to the finish line.

At the finish line we were informed again that Don would not possibly finish in time. What happened out on the last trail must have been amazing because Don and Roger managed to run about a 8 minute pace that last 6 miles, passing one twosome of runners and finishing 15 minutes before the cut-off with a time of 29:45:46.

At 11:00 a.m. all the runners, riders and handlers gather together for a delicious, all you can eat, brunch. The outdoor pavillion is alive with hundreds of voices sharing their stories of endurance through the day and night of the race. Runners talk to riders and riders talk to runners. Everyone is brought together by this experience of the past 30 hours. At about noon the riders and runners split up and go to other pavillions for awards ceremony.

Of course we went to the runners awards. This was the most unique awards ceremony I've ever been to. Each runner can come up to the microphone and thank the people that help them, share their story or tell a joke. The feeling was one of unique friendship. Of the 70 finishers, 49 ran under 24 hours. A special feeling of achievement seemed to come from the runners that had run this race before and for the first time finished and received a silver buckle. This is the first awards ceremony I had been to where about 98% of the runners stayed.

I'm not sure I would run a 100-mile race, yet. I admire the ability of someone like Don Lindley to push their body to the limit, in a sane and well thought out manner. I respect the achievement of running 100-miles within 30 hours. I no longer think it crazy to try such an endeavor. It's something one does like climb the highest mountain or go the moon or make a million dollars, you do it for the challenge of accomplishment. ■

Photos courtesy of Ray Sibal

CENTRAL SOYA COMMUNITY CLASSIC

DATE) 6/20/87

FORT. WAYNE, IN

WEATHER) HUMID

TEMPERATURE) 81

DISTANCE) 5 MILE

STARTING TIME) 7:00 PM

RACING RESULTS BY ACTION STATS, INC.

PL.	DIV. PL.	NAME	TIME	PACE/MI	PL.	DIV. PL.	NAME	TIME	PACE/MI
1	1	BRIAN SHEPHERD	0:25:12.52	5:02.5	74	6	DAVID ROYLAN	0:32:37.33	6:31.5
2	2	CHRIS MORRICK	0:25:38.89	5:06.2	75	16	JOE NYDM	0:32:37.69	6:31.5
3	1	BRAD COOPER	0:25:36.88	5:07.4	76	17	TERRY ANDERSON	0:32:38.36	6:31.7
4	2	HERMAN BUEND	0:25:45.78	5:09.1	77	9	BRIAN ZUERCHER	0:32:48.57	6:32.1
5	3	TOM LOUJYS	0:25:53.44	5:10.7	78	18	BART STINE	0:32:48.92	6:32.2
6	1	VINCENT GARCIA	0:27:23.85	5:28.8	79	16	LYNN ARMSTRONG	0:32:42.41	6:32.5
7	3	JERRY BERIG	0:28:16.79	5:39.4	80	11	TED HANRAN	0:32:47.47	6:33.5
8	2	ROGER WILSON	0:28:19.85	5:39.8	81	18	FRED HANRAN JR.	0:32:48.43	6:33.7
9	4	THOMAS KOCHENDORFER	0:28:21.65	5:40.3	82	7	DANIEL DOMINGUEZ	0:32:54.11	6:34.8
10	5	RICH HANLIN	0:28:38.23	5:42.0	83	15	WILLIAM FUNK	0:32:57.68	6:35.5
11	1	DAN KAUFMAN	0:28:34.87	5:43.0	84	19	KENIE MCKINNEY	0:32:58.48	6:35.7
12	1	MIKE FAST	0:28:45.28	5:45.1	85	9	KENT HARMAN	0:33:01.80	6:36.2
13	3	HAL PEARSON	0:28:48.87	5:45.6	86	20	ROGER ARTHURHAUIS	0:33:03.84	6:36.6
14	6	MIKE REISER	0:28:49.98	5:46.0	87	2	MYRIE GRUTSCH	0:33:05.38	6:37.1
15	2	MIKE ROBBINS	0:28:58.53	5:46.1	88	5	TOM FELGER	0:33:06.58	6:37.3
16	4	KENT MITCHELL	0:28:51.86	5:46.4	89	8	DONALD LINDLEY	0:33:14.73	6:38.9
17	3	JOHN TRELEAVEN	0:28:58.94	5:47.8	90	1	CLEN GETTY	0:33:15.08	6:39.0
18	5	BRAD MIDDLETON	0:28:59.68	5:47.9	91	17	DEWEY CULBERTSON	0:33:21.29	6:40.3
19	4	DONALD BASHOR	0:29:08.34	5:48.1	92	16	JAMES BERRY	0:33:28.80	6:41.6
20	1	SHERRY HOOVER	0:29:01.36	5:48.3	93	21	DAVID McDONALD	0:33:34.74	6:42.9
21	4	BOB SCHEIDEL	0:29:02.17	5:48.4	94	22	ALICE TRABEL	0:33:36.74	6:43.3
22	5	TOM RENZ	0:29:04.83	5:48.8	95	23	KEITH CAUDILL	0:33:36.98	6:43.4
23	6	TERRY DILLER	0:29:06.32	5:49.3	96	9	JOHN PETERSON	0:33:40.22	6:44.0
24	7	STEVEN SMITH	0:29:06.62	5:49.3	97	24	KELLY CLEVENGER	0:33:41.81	6:44.4
25	7	PAUL KNOTT	0:29:08.76	5:49.8	98	25	JOSEPH LAWPERT	0:33:49.82	6:46.0
26	6	STEPHEN PEREZ	0:29:14.56	5:50.9	99	26	JOHN MCPHERSON	0:33:54.73	6:46.9
27	8	BRET CURRY	0:29:15.89	5:51.0	100	1	ANN JANSON	0:33:55.81	6:47.2
28	5	TERRY COONAN	0:29:16.26	5:51.3	101	18	STEVEN GOLDHARITE	0:33:58.95	6:47.8
29	2	ERIC BAKER	0:29:17.52	5:51.5	102	10	STEVIE ADKISON	0:33:59.62	6:47.9
30	7	COLVIN KING	0:29:20.15	5:52.0	103	27	GARY KOHN	0:34:00.48	6:48.1
31	8	DANIEL GREEN	0:29:26.24	5:53.2	104	17	ROCK KINGHORN	0:34:01.89	6:48.2
32	6	TOM YODER	0:29:36.33	5:55.3	105	28	RICK EATON	0:34:08.78	6:49.8
33	9	MATT FOREMANN	0:29:37.99	5:55.6	106	6	ROBERT GARDNER	0:34:13.78	6:50.7
34	10	DONALD CHALL	0:29:39.99	5:56.0	107	2	THOMAS LAIRD	0:34:14.41	6:50.9
35	9	STEVEN CASWELL	0:29:54.98	5:59.0	108	29	CRAG BOBAY	0:34:16.87	6:51.4
36	10	CHARLES PUTTERBAUGH	0:29:58.16	5:59.6	109	19	AL HEWEL JR.	0:34:18.28	6:51.7
37	11	STEVE McHULTY	0:30:09.98	6:02.0	110	7	KEN CLARK	0:34:19.67	6:51.9
38	7	ROGER KINGSBERY	0:30:12.86	6:02.4	111	3	BETTY MCARDIE MOYLA	0:34:28.41	6:52.1
39	1	STEVE KELLER	0:30:13.58	6:02.7	112	11	BERNIE BURETTE	0:34:23.67	6:52.7
40	8	DAVE ARENS	0:30:14.40	6:02.9	113	12	DAVID FAIRCHILD	0:34:25.80	6:53.0
41	8	GARY RICKNER	0:30:15.18	6:03.0	114	20	TOM ROEHLING	0:34:30.63	6:54.1
42	12	JIM ELLERT	0:30:24.27	6:04.9	115	18	DAN HANSON	0:34:33.53	6:54.8
43	1	JACK MORRIS	0:30:33.49	6:06.7	116	19	MARK KARMER	0:34:34.14	6:54.8
44	13	KENNETH KING	0:30:35.87	6:07.0	117	4	KATY HANSON	0:34:38.10	6:55.6
45	9	JED PEARSON	0:30:37.83	6:07.4	118	20	TOM WELCH	0:34:38.62	6:55.7
46	3	JOEL WISE	0:30:39.66	6:07.9	119	13	MICHAEL JUDD	0:34:39.68	6:55.9
47	2	BOB MILTON	0:30:46.54	6:09.3	120	1	JON WILKINS	0:34:40.84	6:56.2
48	4	CHUCK KAPOCIOUS	0:30:49.28	6:09.9	121	21	JOHN SCHUMACHER	0:34:41.46	6:56.3
49	1	MARY THERESA CONNOLLY	0:30:56.87	6:11.2	122	30	ROBERTO FLOYD	0:34:44.35	6:56.9
50	1	JUDY TILLBROUGH	0:31:08.31	6:12.1	123	31	GREG FAHL	0:34:45.67	6:57.1
51	10	JOE SKEVINSTON	0:31:04.26	6:12.9	124	32	JOE PATTERSON	0:34:46.36	6:57.3
52	11	TOM OCONNELL	0:31:02.46	6:13.3	125	33	JERRY HOOTEN	0:34:58.54	6:58.1
53	11	DOUGLAS HOENBERGER	0:31:26.95	6:17.4	126	34	DENNIS ZECH	0:34:51.89	6:58.2
54	2	JERRY PERKINS	0:31:29.49	6:17.9	127	2	JACQUE HOEVEL	0:34:52.15	6:58.4
55	3	RODGER PUCKETT	0:31:32.86	6:18.6	128	21	LARRY L SHIVELY	0:34:53.11	6:58.6
56	12	GARY WALKER	0:31:35.89	6:19.4	129	35	RICHARD TRAHIN	0:34:54.74	6:58.9
57	5	CHAD SHEARER	0:31:37.18	6:19.4	130	36	WILLIAM CLAUSER	0:34:55.91	6:59.2
58	4	RANDY ROBERTS	0:31:39.89	6:19.8	131	12	TIMOTHY NELSON	0:34:57.57	6:59.5
59	12	NORM SPITZIG	0:31:48.12	6:20.8	132	37	MURTAZA KARIM	0:35:01.95	7:00.4
60	13	MARK BRATTOLI	0:31:48.92	6:20.8	133	5	PHYLIS SUELLER	0:35:02.97	7:00.5
61	2	BETH REHRER	0:31:47.39	6:21.5	134	38	STEVEN FELGER	0:35:07.94	7:01.6
62	13	DAVID HOME	0:31:59.85	6:23.8	135	39	MICHAEL MACHLAN	0:35:16.82	7:03.2
63	14	ROBERT DILL	0:32:04.82	6:24.8	136	40	PAUL PANMAN	0:35:16.22	7:03.2
64	14	DAVID REIMSCHISEL	0:32:05.26	6:25.1	137	3	LINDA CONRAD	0:35:17.84	7:03.6
65	15	CARL HANSEN	0:32:13.48	6:26.7	138	22	DENNIS STRAYER	0:35:28.84	7:04.2
66	5	GORDON PLEUS	0:32:26.33	6:29.3	139	23	PAT HERMAN	0:35:22.51	7:04.5
67	14	DAVID WINTERS	0:32:26.56	6:29.3	140	4	MARIBETH SHEA	0:35:24.55	7:04.9
68	3	LELAND STARREL	0:32:27.24	6:29.4	141	24	RUSSELL SUEVER	0:35:25.15	7:05.0
69	6	RANDY MESTON	0:32:28.39	6:29.7	142	8	YEN MILLER	0:35:27.11	7:05.4
70	7	TIM LONSENBRAHE	0:32:29.52	6:29.9	143	6	LYN HANLIN	0:35:33.33	7:06.7
71	8	ANTHONY BAKERS	0:32:32.93	6:30.6	144	9	RICHARD ZINK	0:35:34.13	7:06.8
72	15	MICHAEL STRAYER	0:32:33.19	6:30.6	145	5	BECKY WHITE	0:25:35.88	7:07.0
73	4	BERNIE MOJYCHA	0:32:36.82	6:31.4					

PL.	DIV.	PL.	NAME	TIME	PRICE/MI	PL.	DIV.	PL.	NAME	TIME	PRICE/MI
146	25		JOE HILDER	0:35:39.07	7:07.0	164	42		LEONARDO PIROPRATO	0:36:19.23	7:15.0
147	1		GENE IMITACRE	0:35:39.26	7:07.9	165	14		DAVID HEYERLY	0:36:19.41	7:15.9
148	10		TOMY MORTH	0:35:46.02	7:09.2	166	43		THOMAS JOHNSON	0:36:22.53	7:16.5
149	2		LARRY PARK	0:35:51.94	7:10.4	167	7		SUSAN PETERSON	0:36:38.20	7:18.1
150	41		DAVID LALLOM	0:35:52.25	7:10.5	168	27		KENNETH JARZYNSKI	0:36:33.05	7:18.6
151	26		TOM FISHER	0:35:53.45	7:10.7	169	14		MICHAEL VANDER SANDT	0:36:35.23	7:19.0
152	2		DON ANDERSON	0:35:53.94	7:11.2	170	4		JANIE WILKINS	0:36:35.65	7:19.1
153	3		ANDY CLAUSER	0:35:56.16	7:11.2	171	26		LARRY WILTINGER	0:36:37.19	7:19.4
154	22		JIM SHOVLIN	0:35:56.49	7:11.3	172	15		ROBERT BENNETT	0:36:41.23	7:20.2
155	11		JASON O'CONNELL	0:35:57.08	7:11.6	173	29		THOMAS FUELLING	0:36:46.06	7:21.2
156	19		DON ASHTON	0:36:01.37	7:12.3	174	30		RICK HOMER	0:36:48.60	7:21.7
157	23		DAVID ZIUBB	0:36:02.23	7:12.4	175	8		ELISABETH RIDGWAY	0:36:49.95	7:22.0
158	13		STEVEN FOSTER	0:36:06.46	7:13.3	176	26		DAVID FRY	0:36:53.19	7:22.8
159	11		BOB LOVELL	0:36:06.98	7:13.4	177	31		DAN BELSCHNER	0:36:56.27	7:23.3
160	3		JOHN HILKER	0:36:07.73	7:13.5	178	2		MARSHA SCHMIDT	0:36:58.34	7:23.7
161	24		DAVID MOORE	0:36:11.01	7:14.4	179	5		KRIS KLEEBERG	0:37:19.60	7:27.9
162	12		BRIAN ALVENSEN	0:36:14.98	7:15.0	180	32		TOM JACKSON	0:37:21.02	7:28.4
163	25		TIM REAM	0:36:15.22	7:15.0						

Hamilton Lake Road Classic

5K Run--July 4th

Starting 9:00 am



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



SPONSORED BY THE:
AUBURN FOOT CLINIC AND
THE BONMAN FOOT CLINIC.

LOCATION

HAMILTON FIRE STATION IN BEAUTIFUL DOWNTOWN HAMILTON INDIANA.

REGISTRATION/PACKET PICKUP

PRE-REGISTERED PACKET PICK UP AT HAMILTON FIRE STATION 7:30-8:30 JULY 4, 1987.
REGISTRATION DAY OF RACE WILL BE THE SAME PLACE BUT PLEASE REGISTER BEFORE 8:30.

RACE STARTS 9 A.M. (INDIANA/TIME

-----AUBURN FOOT CLINIC-----

NAME _____

ADDRESS _____

CITY _____

AGE _____ SEX _____ DATE OF BIRTH _____

PHONE NO. _____

T-SHIRT SIZE S _____ M _____ L _____ XL _____

MAIL ENTRY BY JUNE 30, 1987; TO:

TIM FLEMING
3120 COUNTRY PARK LANE
FT. WAYNE, IN. 46815

MAKE CHECKS PAYABLE TO:
HAMILTON LAKE RUN
(NO REFUNDS)

* FIRST 50 ENTRIES WILL BE ACCEPTED THE DAY OF RACE AND NO MORE THAN THAT AND ENTRY FEE WILL BE \$8.00*

I HAVE CONDITIONED MYSELF TO COMPETE IN THE 3.1 MILE COMPETITION THE HAMILTON LAKE CLASSIC JULY 4, 1987. I WAIVE ANY RIGHTS I MAY HAVE AGAINST HAMILTON BANK, THE COMMUNITY OF HAMILTON, THE AUBURN AND BONMAN FOOT CLINICS CARL AKERS & TIM FLEMING FOR DAMAGES OR INJURIES OCCASIONED BY PARTICIPATION.

DATE _____ SIGNATURE _____

IF UNDER 18, PARENT OR GUARDIAN MUST SIGN HERE _____

PL.	DIV. PL.	NAME	TIME	PAGE/MI	PL.	DIV. PL.	NAME	TIME	PAGE/MI
181	12	JOE PYLE	0:37:26.25	7:23.2	264	49	DONNA RUDD	0:41:35.58	8:13.2
182	27	THOMAS LAROFF	0:37:31.29	7:30.3	265	11	WENDY WILLIAMS	0:41:37.52	8:13.5
183	4	HOMARD BASH	0:37:31.88	7:30.4	266	59	BRENT TIPPIN	0:41:38.61	8:13.7
184	16	KEN HENDRICKS	0:37:34.84	7:31.0	267	35	DAN BURKE	0:41:52.89	8:22.4
185	33	STEVE BROWN	0:37:35.11	7:31.2	268	12	MICHELLE BARTONDIK	0:41:53.87	8:22.6
186	9	ALICE SWIFT	0:37:38.98	7:31.8	269	51	JOEL TERSCHORN	0:41:57.59	8:23.6
187	28	WILLIAM McHEELEY	0:37:41.42	7:32.3	270	52	DAVE ARN	0:42:01.91	8:24.4
188	3	ELLEN CRASO	0:37:46.33	7:33.3	271	13	JULIE PALPA	0:42:03.35	8:24.7
187	4	STELLEY BRUMER	0:37:46.52	7:33.3	272	6	LEE BIDDLE	0:42:04.83	8:25.0
170	34	PHILIP KEMMER	0:37:47.82	7:33.4	273	53	PETER STEPHAN	0:42:08.05	8:25.6
191	35	BOB FARL	0:37:52.09	7:34.4	274	7	CURT MOLD	0:42:10.46	8:26.1
192	36	RANDALL SCHULTZ	0:37:52.35	7:34.5	275	8	JAMES JONES	0:42:10.67	8:26.1
193	37	JOE RUFFERT	0:37:52.89	7:34.6	276	54	TIMOTHY PORTER	0:42:10.96	8:26.2
194	17	WILLIAM CAMPBELL	0:38:12.88	7:38.4	277	6	HOLLY HUNTER	0:42:13.36	8:26.7
195	38	PERRY YOUNG	0:38:13.86	7:38.0	278	13	LINDA GOSPODAREK	0:42:22.32	8:28.5
196	10	DONNA MOODY	0:38:18.46	7:39.6	279	49	JOHN GOSPODAREK	0:42:23.04	8:28.6
197	13	RICHARD CAMPBORN	0:38:18.45	7:39.7	280	34	GARRY COLLINSWORTH	0:42:25.89	8:29.2
198	29	SHARIA KAHN	0:38:19.12	7:39.8	281	14	LINDA POWERS	0:42:26.53	8:29.3
197	18	DONALD SHAWDONALE	0:38:19.72	7:39.9	282	58	RAY DOSTAL	0:42:30.51	8:30.1
200	13	JASON DAVIS	0:38:23.28	7:40.7	283	14	KATHY PLEUS	0:42:31.60	8:30.3
201	19	JAMES SIMPSON	0:38:24.57	7:40.9	284	15	ROSALIE MELCH	0:42:31.97	8:30.4
202	14	WILLIAM KRIEGER	0:38:24.73	7:40.9	285	16	PHYLLIS HAYES	0:42:33.71	8:30.7
203	5	ROBYN SHARF	0:38:25.27	7:41.1	286	7	CYD CRAIG	0:42:36.26	8:31.3
204	6	JON YOUNG	0:38:27.66	7:41.5	287	51	CHUCK BEAR	0:42:36.81	8:31.4
205	11	JOHN WELER	0:38:29.31	7:41.9	288	18	RUSSELL SHOOK	0:42:39.85	8:31.8
206	20	RONALD MOTYCKA	0:38:29.49	7:41.9	289	5	ANN NITZ	0:42:39.51	8:31.9
207	39	RON HORAN	0:38:29.89	7:42.0	290	9	PAUL SWYDER	0:42:43.58	8:32.7
208	38	KEITH HEDGES	0:38:31.61	7:42.3	291	35	CARL FIELDS	0:42:53.85	8:34.6
209	44	EDDIE LEE	0:38:34.99	7:43.0	292	5	PHIL BURNS	0:42:54.23	8:34.8
210	40	BOB ROSS	0:38:48.11	7:44.0	293	55	MARK MILLER	0:42:56.99	8:35.4
211	31	DOUGLAS MADLEIT	0:38:41.07	7:44.2	294	36	MARK SORG	0:43:06.94	8:37.4
212	41	STEVE BEGRIEL	0:38:48.80	7:45.6	295	37	DOUG LANCE	0:43:07.13	8:37.4
213	15	DANIEL PILLINGS	0:38:58.46	7:46.1	296	15	CHERIE BELSCHNER	0:43:08.89	8:37.6
214	21	BOB CLAY	0:39:01.31	7:46.3	297	16	BERNICE KING	0:43:14.18	8:38.0
215	45	KURT PARIS	0:39:05.57	7:49.1	298	56	BOB CAMPBELL	0:43:15.23	8:39.0
216	42	PHIL WISNIEWSKI	0:39:05.81	7:49.2	299	52	DANIEL VOUGHT	0:43:15.45	8:39.1
217	15	BILL MACK	0:39:06.32	7:49.3	300	17	DARLENE ROSE	0:43:17.00	8:39.4
218	16	MARK BRIMMAN	0:39:06.61	7:49.3	301	9	MICHAEL LINDLEY	0:43:18.59	8:39.7
219	17	STEVE STANGER	0:39:11.64	7:50.3	302	53	MICHAEL HENDRICKS	0:43:26.91	8:41.4
220	22	KEN BEERY	0:39:15.13	7:51.0	303	17	CHERYL MEYERS	0:43:28.63	8:41.7
221	18	STEVEN McMANON	0:39:15.46	7:51.1	304	36	JERRY SUETTERLIN	0:43:29.57	8:41.9
222	23	ED BECKNER	0:39:21.57	7:52.3	305	18	SUSAN JONES	0:43:34.12	8:42.8
223	24	GARY ODEN	0:39:21.74	7:52.3	306	2	MARY BILLION	0:43:35.42	8:43.1
224	3	KENNETH BISLER	0:39:25.36	7:53.1	307	10	JOHN JEDINAK	0:43:37.28	8:43.5
225	46	DAVID SCHEIDER	0:39:31.82	7:54.2	308	18	SALLY THOMAS	0:43:37.73	8:43.5
226	4	WENDELL ADAMS	0:39:31.28	7:54.2	309	57	GARY PETERSON	0:43:39.98	8:44.0
227	6	KIM LARSEN	0:39:31.43	7:54.3	310	3	GLORIA HYDUN	0:43:41.36	8:44.3
228	47	KURT HAYDEN	0:39:31.61	7:54.3	311	15	NEAL NUL	0:43:48.40	8:45.7
229	17	JAMES WINE	0:39:43.57	7:56.7	312	37	LARRY UELK	0:43:51.83	8:46.4
230	7	DONNA BARCOCK	0:39:46.79	7:57.4	313	58	HARRY QUAMPT	0:43:52.26	8:46.5
231	3	ROSEANN SIMMONS	0:39:47.04	7:57.4	314	6	JOYCE FUZY	0:43:53.84	8:47.2
232	7	KRISTIAN LENTZ	0:39:55.00	7:59.0	315	19	MUREEN PALMER	0:43:56.11	8:47.2
233	25	KEN LENTZ	0:39:55.48	7:59.1	316	6	ELLIS MCCANN	0:44:00.36	8:48.1
234	19	DANIEL KOESTER	0:39:55.69	7:59.1	317	59	TERRY SMITH	0:44:01.51	8:48.4
235	20	TIMOTHY KENT	0:40:05.06	8:01.0	318	20	JILL BURNETT	0:44:03.61	8:48.7
236	32	MEL KENNEDY	0:40:06.37	8:01.3	319	11	DON HASSIG	0:44:04.46	8:48.9
237	33	STEVE ONYX	0:40:08.53	8:01.7	320	60	GARY STANLEY	0:44:04.80	8:49.0
238	5	RUDI FLORREICH	0:40:11.44	8:02.3	321	54	GARY CHENMETH	0:44:14.18	8:50.8
239	43	THOMAS ENGLE	0:40:12.55	8:02.5	322	61	PAUL WISSGANN	0:44:15.46	8:51.1
240	12	MARLENE TYSON	0:40:23.11	8:04.6	323	55	MARK METTERT	0:44:20.41	8:52.1
241	48	JOHN TYSON	0:40:23.73	8:04.7	324	38	DALE SCHIPPER	0:44:28.89	8:53.6
242	26	STEVE RUTLER	0:40:27.13	8:05.4	325	19	JAMES STUMP	0:44:34.37	8:54.9
243	44	KIM KRAEUCKEBERS	0:40:28.12	8:05.6	326	7	JOHN TIPTON	0:44:44.45	8:56.9
244	27	LARRY EGGAR	0:40:29.23	8:05.8	327	62	JOHN HOSCH	0:44:50.27	8:58.1
245	45	RICK YASPER	0:40:38.08	8:06.0	328	39	GEN WIRNER	0:44:56.81	8:59.4
246	46	DON NOTTINGHAM	0:40:31.32	8:05.3	329	38	MARK DOLLINS	0:44:58.63	8:59.7
247	47	LARRY THOMPSON	0:40:42.84	8:06.6	330	39	CHRIS DANIELSON	0:45:04.78	9:01.0
248	17	JERRY FAMBUSH	0:40:44.60	8:06.9	331	19	JO SMITH	0:45:08.36	9:01.7
249	8	TYLER ONEN	0:40:45.86	8:07.2	332	40	MICHAEL SMITH	0:45:08.74	9:01.7
250	28	CHUCK MILLS	0:40:52.12	8:10.4	333	41	THOMAS MARGETTE	0:45:09.19	9:01.8
251	29	DAVID SWANSON	0:40:58.69	8:11.7	334	20	JOSEPH SCHEFER	0:45:12.57	9:02.5
252	8	ARV ANDERSON	0:41:00.74	8:12.1	335	42	JAMES HARTLEY	0:45:30.54	9:06.1
253	9	LINDA MICHAEL	0:41:01.37	8:12.1	336	8	BARBARA LENTZ	0:45:31.65	9:06.3
254	18	BETH BEARY	0:41:05.18	8:13.0	337	63	RICHARD LINDEN	0:45:32.42	9:06.5
255	4	BRAD SCROGGHAM	0:41:07.17	8:13.4	338	43	MOSYAN COI	0:45:39.37	9:07.9
256	1	FRED VAN WAGNER	0:41:10.97	8:14.2	339	12	DON DANIEL	0:45:48.93	9:09.2
257	48	DAVID BUTLER	0:41:17.29	8:15.5	340	40	GREG STEPHAN	0:45:49.58	9:10.0
258	38	ROBERT YUPOSKO	0:41:23.97	8:16.8	341	20	BECKY HEATH	0:45:50.41	9:10.1
259	31	MIY STROBLE	0:41:25.37	8:17.1	342	21	DON MCDERMOTT	0:45:51.96	9:10.4
260	34	DUNE SMITH	0:41:25.55	8:17.1	343	8	ANN HUGENBARD	0:45:56.68	9:11.4
261	14	ROLAND BREMER	0:41:25.73	8:17.1	344	56	LARRY ROLLINS	0:45:59.83	9:11.8
262	32	WILLIE BELL	0:41:32.28	8:18.5	345	64	GREG ABELS	0:46:09.81	9:14.0
263	33	PETE WILLIAMS	0:41:33.97	8:18.8	346	13	THOMAS KENT	0:46:23.48	9:16.7

PL.	DIV. PL.	NAME	TIME	PACE/MI	PL.	DIV. PL.	NAME	TIME	PACE/MI
347	21	DEBRA FRY	0:46:37.66	9:19.5	372	5	JEAN LONGMORTH	0:58:30.50	10:06.1
348	44	JIM KURER	0:46:39.09	9:19.0	373	11	SARA SPRINGER	0:58:48.95	10:06.2
349	22	CARIG KEDUM	0:46:40.22	9:20.0	374	20	LINDA GUILMAN	0:58:46.51	10:05.3
350	14	RON CAMPBELL	0:46:40.78	9:20.2	375	10	JULIA ELLERSDOCK	0:58:55.35	10:11.1
351	45	RICHARD BERNING	0:46:44.31	9:20.9	376	21	ROGER FRIESE	0:51:10.89	10:14.2
352	22	JAMIE HANLEY	0:46:45.91	9:21.2	377	42	DAVE CARRIER	0:51:16.82	10:15.4
353	9	VALERIE PUCKETT	0:46:47.05	9:21.6	378	22	KATHY CARRIER	0:51:17.03	10:15.4
354	9	MENDRA RAYDON	0:46:48.64	9:21.7	379	23	SHARON HUNTER	0:51:17.96	10:15.6
355	65	CHARLES TUSCHLING	0:46:49.38	9:21.9	380	24	ANNE CONNOLLY	0:51:20.63	10:16.1
356	15	DOM RHOODES	0:46:59.61	9:23.9	381	25	PAM FRITZ	0:51:22.14	10:16.4
357	23	RELINDA SHARP	0:46:59.79	9:24.0	382	29	JANE BRECHBILL	0:51:28.35	10:17.7
358	57	DEAN SHARP	0:46:59.94	9:24.0	383	1	UNREGISTERED RUNNER	0:53:04.21	10:36.0
359	7	RICHARD LONGMORTH	0:47:03.11	9:24.6	384	11	LESLIE WYMER	0:53:04.40	10:36.9
360	4	JESSIE MCCANN	0:47:03.09	9:25.0	385	12	CATHERINE KENZIE	0:53:13.27	10:38.7
361	50	JIM STANLEY	0:47:17.95	9:27.6	386	30	JUDITH KILBORE	0:53:50.54	10:46.1
362	10	SARAH KLEINIKWIGHT	0:48:31.47	9:42.3	387	43	SEAN HEMISA	0:53:51.32	10:46.3
363	21	LISA CHALL	0:48:34.76	9:43.0	388	31	ANITA KING	0:53:52.31	10:46.5
364	41	RON CHALL	0:48:35.14	9:43.0	389	6	DORIS SNYDER	0:58:00.00	11:37.6
365	24	SUZANNE TODORAN	0:48:37.44	9:43.5	390	7	BEA LAIRD	0:58:14.00	11:38.0
366	25	LINDA HEYMAN	0:48:46.21	9:45.2	391	32	BONNIE PACE	0:59:12.00	11:50.4
367	46	JAMES HEYMAN	0:48:46.48	9:45.3	392	47	JERRY PACE	0:59:13.00	11:50.6
368	23	DOM SMITH	0:49:01.65	9:48.3	393	13	SHARON PAULEY	1:04:21.00	12:52.2
369	26	SUSAN MCCARROLL	0:49:22.76	9:52.6	394	14	CAROL BRANDENBURG	1:10:23.00	14:04.6
370	27	KATHI WEISS	0:50:06.26	10:01.3	395	8	JIM BERSHIRE	1:10:24.00	14:04.8
371	66	RUSS NEUMANN	0:50:17.97	10:03.6					

DIVISION RESULTS

1 MALE 14 & UNDER

TOTAL RUNNERS 9

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	120	JON WILKINS	0:34:40.04				
2	149	LARRY PARK	0:35:51.94				
3	153	ANDY CLAUSER	0:35:56.16				
4	170	JAMIE WILKINS	0:36:35.65				
5	179	KRIS KLEBERG	0:37:19.60				
6	204	JON YOUNG	0:38:27.66				
7	232	KRISTIAN LENTZ	0:39:55.00				
8	249	TYLER ODEH	0:40:45.06				
9	381	MICHAEL LINDOLEY	0:43:18.59				

DIVISION RESULTS

2 MALE 15 - 19

TOTAL RUNNERS 15

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	12	MIKE FAST	0:28:45.28	11	155	JASON OCONNELL	0:35:53.00
2	29	ERIC BAKER	0:29:17.32	12	162	BRIAN ALVERSON	0:36:14.90
3	46	JOEL WISE	0:30:39.66	13	200	JASON DAVIS	0:38:23.20
4	48	CHUCK KAPOCIOUS	0:31:49.28	14	261	ROLAND PEEMER	0:41:25.73
5	57	CHAD SKEAZER	0:31:37.10	15	311	NEAL NULL	0:43:40.40
6	69	RANDY WESTON	0:32:28.39				
7	70	TIM LONGENGAUGH	0:32:29.52				
8	71	ANTHONY BOWERS	0:32:32.93				
9	85	KENT HANSON	0:33:01.00				
10	140	TONY WORTH	0:35:46.02				

DIVISION RESULTS

3 MALE 20 - 24

TOTAL RUNNERS 21

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	1	BRIAN SHEPHERD	0:25:12.32	11	80	TED HANSON	0:32:47.47
2	2	CHRIS MORRICK	0:25:30.89	12	131	TIMOTHY WELSON	0:34:57.57
3	7	JERRY BERIG	0:26:16.79	13	150	STEVEN FOSTER	0:36:06.46
4	9	THOMAS KOCHENDOERFE	0:26:21.65	14	169	MICHAEL VAN DER SANDE	0:36:35.23
5	10	RICH HAMLIN	0:26:30.23	15	213	DANIEL PILLING	0:38:50.46
6	14	MIKE REISER	0:26:49.50	16	210	MARK BRINKMAN	0:39:06.61
7	25	PAUL KNOTT	0:29:00.76	17	219	STEVE STANZER	0:39:11.64
8	40	DAVE ARENS	0:30:14.40	18	221	STEVEN MONTGOMERY	0:39:15.46
9	77	BRIAN ZUERCHER	0:32:40.59	19	234	DANIEL KOESER	0:39:55.69
10	78	BART STINE	0:32:40.92	20	235	TIMOTHY KENT	0:40:05.06

DIVISION RESULTS

4 MALE 25 - 29

TOTAL RUNNERS 43

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	3	BRAD COOPER	0:25:36.88	11	37	STEVIE MCNULTY	0:38:09.90
2	4	HERMAN BUEND	0:25:43.70	12	42	JIM ELLERT	0:39:24.27
3	5	TOM LOUDIS	0:25:53.44	13	44	KENNETH KING	0:39:35.07
4	16	KENT MITCHELL	0:26:51.06	14	64	DAVID KEIMISCHSEL	0:32:05.26
5	18	BRAD MIDDLETON	0:28:59.60	15	83	WILLIAM FLUNK	0:32:57.60
6	23	TERRY DILLER	0:29:06.32	16	92	JAMES BERRY	0:33:20.00
7	24	STEVEN SMITH	0:29:06.62	17	104	ROCK KINCHNER	0:34:01.09
8	27	GRET CURRY	0:29:13.09	18	115	DAN HANSON	0:34:33.93
9	33	MATT FOREMANN	0:29:37.99	19	116	MARK KRAMER	0:34:34.14
10	34	DONALD CHALL	0:29:39.99	20	110	TOM WELCH	0:34:38.62

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5 MALE 30 - 34

DIVISION RESULTS

TOTAL RUNNERS 66

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	6	VINCENT GARCIA	0:27:23.05	11	52	TOM OCONNELL	0:31:21.46
2	8	ROGER WILSON	0:28:19.05	12	56	GRAY WALKER	0:31:36.09
3	13	WAL PEARSON	0:28:45.07	13	60	MIGUEL BRATTOLI	0:31:40.92
4	21	BOB SCHENDEL	0:29:02.17	14	63	ROBERT DILL	0:32:04.02
5	22	TOM RENTZ	0:29:04.03	15	65	CARL HANSEN	0:32:13.48
6	26	STEPHEN PEREZ	0:29:14.56	16	75	JOE NYGUM	0:32:37.69
7	38	CALVIN KING	0:29:20.15	17	76	TERRY ANDERSON	0:32:38.36
8	31	DANIEL GREEN	0:29:26.24	18	81	FRED HANAW JR.	0:32:48.43
9	35	STEVEN CASHWELL	0:29:54.90	19	84	MIKE MCILHINEY	0:32:58.48
10	36	CHARLES PUTTERBAUGH	0:29:58.16	20	86	ROGER RATHERKALTS	0:33:03.04

6 MALE 35 - 39

DIVISION RESULTS

TOTAL RUNNERS 58

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	11	DAN KAUFMAN	0:28:34.07	11	53	DOUGLAS HOENBERGER	0:31:26.95
2	15	MIKE ROBBINS	0:28:50.53	12	59	NORM SPITZIG	0:31:40.12
3	17	JOHN TRELEAVEN	0:28:58.94	13	62	DAVID HOBE	0:31:59.05
4	19	DONALD BASHOR	0:29:00.34	14	67	DAVID WINTERS	0:32:26.56
5	28	TERRY COONAN	0:29:16.26	15	72	MICHAEL STRAYER	0:32:33.17
6	32	TOM YODER	0:29:36.33	16	79	LYNN ARMSTRONG	0:32:42.44
7	38	ROGER KINGSBERY	0:29:42.06	17	91	DEWEY CULBERTSON	0:33:21.29
8	41	ERRY KICKER	0:29:45.18	18	101	STEVEN GOLDMATEITE	0:33:58.95
9	45	JED PEARSON	0:29:47.03	19	109	AL HENKEL JR.	0:34:10.20
10	51	JOE GREVINGTON	0:31:04.26	20	114	TOM ROEHLING	0:34:38.63

7 MALE 40 - 44

DIVISION RESULTS

TOTAL RUNNERS 47

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	39	STEVE KELLER	0:30:13.90	11	112	BERNIE BURGETTE	0:34:23.67
2	47	BOB WILTON	0:30:46.54	12	113	DAVID FAIRCHILD	0:34:25.00
3	55	RODGER PUCKETT	0:31:32.06	13	119	MICHAEL JUDD	0:34:39.60
4	58	RANDY ROBERTS	0:31:39.09	14	165	DAVID HEYERLY	0:36:19.41
5	66	GORDON PLEUS	0:32:26.33	15	172	ROBERT SENNETT	0:36:41.23
6	74	DAVID BOYLAN	0:32:37.33	16	184	KEN HENDRICKS	0:37:34.84
7	82	DANIEL DOMINGUEZ	0:32:54.11	17	194	WILLIAM CAMPBELL	0:38:12.00
8	89	DONALD LINDLEY	0:33:14.73	18	199	DONALD SHRIDWELL	0:38:19.72
9	96	JOHN PETERSON	0:33:40.22	19	201	JAMES SIMPSON	0:38:24.57
10	102	STEVE ADKISON	0:33:59.62	20	206	RONALD MOTYKA	0:38:29.49

NAME	OVERALL	DIV PLACE	TIME	NAME	OVERALL	DIV PLACE	TIME
JACK MORRIS	43	11	0:38:33.49	BOB LOVELL	159	11	0:36:01.37
JERRY PERKINS	54	12	0:31:29.49	JOE PYLE	161	12	0:31:29.49
LELAND SIMBEL	68	13	0:32:27.24	RICHARD CHRISTMAN	197	13	0:32:27.24
DEWINE MOTTOMA	73	14	0:32:56.82	WILLIAM KRIDER	282	14	0:32:56.82
TOM FELBER	88	15	0:33:06.50	BILL WICK	217	15	0:33:06.50
ROBERT GARDNER	106	16	0:34:13.70	JAMES WINE	229	16	0:34:13.70
KEN CLARK	110	17	0:34:13.67	JERRY FRAUSH	240	17	0:34:13.67
KEN MILLER	142	18	0:35:27.11	RUSSELL SHOOK	268	18	0:35:27.11
RICHARD ZINK	144	19	0:35:34.13	JAMES STUMP	325	19	0:35:34.13
DON HSHTON	156	20	0:36:01.37	JOSEPH SCHERER	334	20	0:36:01.37

TOTAL RUNNERS 23

DIVISION RESULTS

8 MALE 45 - 49

THURS. 8:00PM
SAT. 2:30PM
CHANNEL 10



RUNNERS

CATCH THE WAVE OF RUNNERS

DIVISION RESULTS

9 MALE 50 - 59

TOTAL RUNNERS 15

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	90	CLEN BETTY	0:33:15.00	9	290	PAUL SNYDER	0:42:43.50
2	107	THOMAS LAIRD	0:34:14.44	10	307	JOHN JEDLINK	0:43:37.20
3	160	JOHN HILKER	0:35:07.73	11	319	DON HASSIS	0:44:04.46
4	183	HOWARD BASH	0:37:31.60	12	339	DAN DANIEL	0:45:40.93
5	238	RUDI FLOREICH	0:40:11.44	13	346	THOMAS KENT	0:46:23.40
6	272	LEE BIDDLE	0:42:04.03	14	350	RON CAMPBELL	0:46:49.70
7	274	CURT NOLD	0:42:10.46	15	356	DON RHODES	0:46:59.61
8	275	JAMES JONES	0:42:10.67				

DIVISION RESULTS

10 MALE 60 & OVER

TOTAL RUNNERS 8

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	147	GENE WHITACRE	0:35:39.26	5	292	PAUL DURAN	0:42:54.23
2	152	DON ANDERSON	0:35:55.94	6	316	ELLIS MCCANN	0:44:00.36
3	224	KENNETH DISLER	0:39:25.36	7	359	RICHARD LONGMORTH	0:47:03.11
4	226	WENDELL ADAMS	0:39:31.20	8	355	JIM BERKSHIRE	1:10:24.00

DIVISION RESULTS

11 FEMALE 19 & UNDER

TOTAL RUNNERS 11

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	20	SHERY HOOPER	0:29:01.36	7	206	CTO CRAIG	0:42:36.26
2	127	JACQUE HOEVEL	0:34:52.15	8	343	ANN HUBENARD	0:45:56.88
3	180	ELLEN CRAIG	0:37:46.33	9	354	KENDRA RUNYON	0:46:48.64
4	109	SHELLEY BRUNER	0:37:46.32	10	375	JULIA ELLERBROOK	0:50:55.35
5	203	ROBYN SHARP	0:38:25.27	11	384	LESLIE WYMER	0:53:04.40
6	277	HOLLY HUNTER	0:42:13.36				

DIVISION RESULTS

12 FEMALE 20 - 29

TOTAL RUNNERS 25

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	50	JUDY TILLAPROUCH	0:31:00.31	11	265	WENDY WILLIAMS	0:41:37.52
2	07	WAKIE BRITSCHE	0:33:05.38	12	260	MICHELLE BARTKOWIAK	0:41:53.09
3	137	LINDA CONRAD	0:35:17.84	13	271	JULIE KULPA	0:42:03.35
4	140	MARIBETH SHERA	0:35:24.35	14	281	LINDA BOWERS	0:42:26.53
5	145	BECKY WHITE	0:35:35.08	15	204	ROSALIE WELCH	0:42:31.97
6	202	KIM LARSEN	0:39:31.45	16	205	PHYLLIS HAYES	0:42:33.71
7	230	DONNA BRODICK	0:39:46.79	17	303	CHERYL MEYERS	0:43:20.63
8	252	AMY ANDERSON	0:41:00.74	18	305	SUSAN JONES	0:43:34.12
9	253	LINDA MICHAEL	0:41:01.37	19	315	WALGREEN PALMER	0:43:56.11
10	254	BETH BERRY	0:41:05.18	20	310	JILL BURNETT	0:44:03.61

DIVISION RESULTS

13 FEMALE 30 - 39

TOTAL RUNNERS 32

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	49	MARY THERESA CONNOLLY	0:30:56.07	11	205	JOAN MELLER	0:30:29.31
2	61	BETH REHNER	0:31:47.39	12	240	MADELYN TYSON	0:40:23.11
3	111	BETTY MADRAE NOYLA	0:34:20.41	13	278	LINDA GOSPODAREN	0:42:22.32
4	117	KATHY HARRON	0:34:38.19	14	203	KATHY PLEIS	0:42:31.60
5	133	PHYLLIS SUEZLER	0:35:02.59	15	296	CHERIE BELSCHNER	0:43:08.99
6	143	LYN HANLIN	0:35:33.33	16	297	BERNICE KING	0:43:14.10
7	167	SUSAN PETERSON	0:36:30.20	17	300	DARLENE ROSE	0:43:17.00
8	175	ELISABETH RICKNER	0:36:49.95	18	300	SALLY THOMAS	0:43:37.73
9	186	ALICE SHIFF	0:37:30.58	19	331	JO SMITH	0:45:08.56
10	196	DONNA MOODY	0:38:18.06	20	341	BECKY HEATH	0:45:50.41

DIVISION RESULTS

14 FEMALE 40 - 49

TOTAL RUNNERS 14

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	100	ANN JANISON	0:33:55.01	8	336	BARBARA LEWITZ	0:45:31.65
2	170	MARSHA SCHMIDT	0:36:50.34	9	353	VALERIE PLUCKETT	0:46:47.05
3	231	ROSEANN SIMMONS	0:39:47.04	10	362	SARAH KLEINWISHT	0:49:31.47
4	255	BRIS SCROSWAM	0:41:07.17	11	373	SARA SPALINGER	0:50:40.95
5	209	ANN NITZ	0:42:39.51	12	305	CATHERINE MENZIE	0:53:13.27
6	314	JOYCE FUZY	0:43:55.04	13	393	SHARON PAULEY	1:04:21.00
7	326	JEAN TIPTON	0:44:44.45	14	394	CAROL BRANDENBURG	1:10:23.00

DIVISION RESULTS

15 FEMALE 50 - 59

TOTAL RUNNERS 7

DIV PLACE	OVERALL	NAME	TIME	DIV PLACE	OVERALL	NAME	TIME
1	256	FRAN VAN WAGNER	0:41:10.97				
2	306	MARY GILLION	0:43:35.42				
3	310	GLORIA NYLUM	0:43:41.35				
4	360	JESSIE MCCANN	0:47:09.00				
5	372	JEAN LONGMORTH	0:50:30.50				
6	309	DORIS SNYDER	0:50:00.00				
7	390	BEA LAIRD	0:50:14.00				



GLENBROOK SQUARE
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 484-4322

October 31, 1987
 Homestead 15K; Homestead, 10:00 am.

1987 SPORTS TECH TRIPLE CROWN

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SHOES THAT GO THE DISTANCE.



DIVISION RESULTS		DIVISION RESULTS	
TIME	DIV PLACE	OVERALL NAME	TIME
# 16 FEMALE 60 & OVER			
TOTAL RUNNERS 0			
# 17 MISC.			
TOTAL RUNNERS 1			
UNREGISTERED RUNNER			
#133/04/21			

1987 RACE SCHEDULE

JULY 4, 1987

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

Salmon River Summer Marathon; 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.
ST. Mary's Hospital Classic Triathlon, ¼ mile swim, 15 mile bike, 3 mile run; 9:00 am.; Phil Willis, 3333 N. Seminary St., Galesburg, IL 61401.

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

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; Phylliss Reichardt, 13925 W. Crawford Dr., New Berlin, Wisconsin.

SEPTEMBER 20, 1987

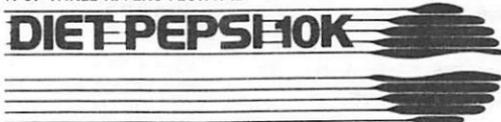
Maine Women's 10K Classic, Gardiner, Main; 10K; Linda Keniston, RFD, Readfield, Main.

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

SEPTEMBER 20, 1987

Continued on next page

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

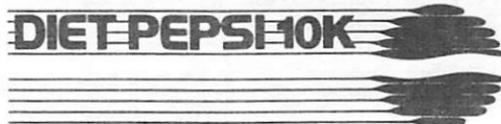
AWARDS:

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

1987 Race Schedule Continued

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 Cranchill 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 Kensington, 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, In-

diana; (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.

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Coming Events

July 4, 1987

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

July 4, 1987

10th Annual, Mail-Journal Flortilla Road Race; Lakeside Park, Syracuse, IN.; 3.3 mile and 8 mile; 8:30 am.

July 17, 1987

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

July 19, 1987

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

July 25, 1987

Wabash Cannonball Run & Fun Run, 5 mile & Fun run; Wabash, IN. Both start at 8:00 am.

August 1, 1987

Harlan Days, 10K; Harlan, IN, TBA.

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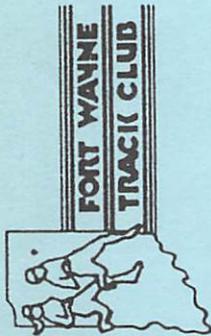
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