

# the inside track



FORT WAYNE  
TRACK CLUB

1987  
August

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



*Jim Bushey, President of the FWTC; Mike Ducey, Race Director of the Summit City 10K at the press conference announcing St. Joseph Medical Center as the new sponsor. Details inside.*

# Fort Wayne Track Club

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**NEXT TRACK CLUB  
MEMBERSHIP MEETING  
TUESDAY, AUGUST 11, 1987; 7:00 pm.  
TUESDAY, SEPTEMBER 15, 1987; 7:00 pm.  
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.

## 1987 FWTC RACE SCHEDULE

**February 21, 1987**

Fanny Freezer 5K; Foster Park, 2:00 PM.

**March 14, 1987**

Nutra Run 20K; Woodside Middle School, Fort Wayne, IN., 2:00 pm.

**May 2, 1987**

American Cancer Society 5K; Canterbury Green, 9:00 am.

**May 3, 1987**

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

**May 17, 1987**

WMEE/Key Health Plan Marathon, 8K/26.2 miles; 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**

Summit City, 10K; 2:00 pm.

**December 12, 1987**

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

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## 1987 LOCAL RACE SCHEDULE

**August 1, 1987**

Harlan Days, 10K; Harlan, 7:00 am.

**August 15, 1987**

5th Annual Chug-A-Lug Beer Run, 6:00 pm.; Jerry Mazock's, 6135 Orchard Lane, Fort Wayne, IN., bring at least 7 beers, RSVP 747-1064.

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

**August 29, 1987**

7th Annual Bryan-Pepsi Run, 5K & 10K run, 3 or 5 mile health walk, 1 mile fun run; 7:30 am. registration, St. Pat's School/Athletic Field (*Center at Portland Sts.*), Bryan, Ohio; (419) 636-3640.

**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.

## **1987 RACE SCHEDULE Continued**

**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.

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### **1987 SPORTS TECH TRIPLE CROWN**

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

**October 31, 1987**

Homestead 15K; Homestead, 10:00 am.

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## **PRESIDENT'S COLUMN**

By Jim Bushey

THE WORD IS OUT, WE HAVE FOUND A SPONSOR FOR THE OLD HOME LOAN 10K! THANKS TO THE EFFORTS OF MIKE ROBBINS AND MIKE DUCY OF SPORTS TECH, THERE WILL BE A RACE ON OCTOBER 25, 1987. FOR THE 10TH CONSECUTIVE YEAR, THE FALL CLASSIC WILL BE HELD WITH ST. JOSEPH MEDICAL CENTER, THE PRIME SPONSOR. JOINING ST. JOE WILL BE SPORTS TECH, WAJI 95FM RADIO AND THE FORT WAYNE TRACK CLUB.

NOW IT IS UP TO EVERYONE IN THE TRI-STATE AREA TO SUPPORT ST. JOE IN ITS EFFORTS TO MAKE THIS RACE A HUGE SUCCESS. RUSS LONG, KAREN ANDERSEN AND MANY OTHER FINE PEOPLE AT ST. JOE ARE READY TO DO EVERYTHING POSSIBLE TO ENSURE ALL RUNNERS HAVE A GREAT TIME.

HERE IS A PARTIAL LIST OF EVENTS:

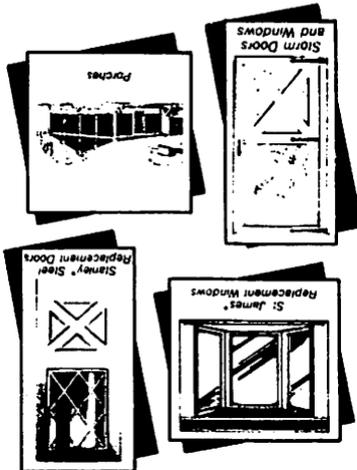
THE RACE WILL BE RUN ON THE SAME COURSE, 2:00 PM ON OCTOBER 25, 1987.

A CLINIC FOR FIRST TIME RUNNERS WILL BE HELD ON AUGUST 19 AND SEPTEMBER 16, AT 6:00 PM, FOSTER PARK. SPONSORED BY THE FWTC, DON LINDLEY, TOM LOUCKS AND JUDY TILLAPPAUGH.

A PRE RACE DINNER WILL BE SPONSORED BY THE FWTC AS AN OPPORTUNITY TO HOLD THE ANNUAL CLUB ELECTION OF BOARD MEMBERS AND ENJOY A MEAL SUPPLIED BY PIZZA HUT. THE DINNER WILL BE SATURDAY OCT. 24 AT THE IPFW WALB MEMORIAL UNION BALL ROOM ON THE CAMPUS. RUNNERS WEEK WILL SHOW FILMS OF PREVIOUS RACES. THE COST WILL BE \$5.00 FOR ALL THE PIZZA AND SALAD YOU CAN EAT. THIS IS A REAL BARGAIN AND A CHANCE TO SUPPORT YOUR CLUB AND THE CROSS COUNTRY TEAM AT IPFW.

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THERE WILL BE A MASTERS DIVISION AND A CRUISER WEIGHT DIVISION THIS YEAR. MORE AWARDS AND PRIZE MONEY. A HIGH SCHOOL BAND WILL PLAY ON THE COURSE AND "RUMBLE" WILL PLAY AT RIEMAN SQUARE. THERE WILL BE A DIVISION FOR RACE WALKING, COMPETITIVE OR NON-COMPETITIVE. I HAVE ONE OF THE RACE T-SHIRTS. IT IS TOP OF THE LINE QUALITY AND VERY NICE LOOKING. THE FOOD AND SNACKS AFTER THE RACE WILL BE THE HIGHLIGHT OF THE DAY. PLENTY TO EAT AND DRINK FOR EVERYONE! TALK THIS RACE UP TO YOUR FRIENDS, NEIGHBORS AND RELATIVES. INVITE OUT OF TOWN PEOPLE TO COME RUN, WALK OR WATCH. EVERYONE CAN HAVE A GOOD TIME. LETS SUPPORT OUR SPONSORS! SEE YOU ON THE ROADS.....

# 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:

I've heard popcorn is a good diet food when popped in an air popper or a microwave without oil, salt, or butter. Is this true and how many calories are there in a bowl of popcorn? What about butter salt? Would it be considered a grain or bread? What vitamins does it supply?



## Answer:

Popcorn has been placed in the category of "good" snack food and yet as you point out, there's a lot of concern about needing to eat it "naked" to make it healthy. I also get concerned when people put food into categories of "good" or "bad" diet foods.

"Good diet foods" are those foods that are low in Calories and are thought of as foods that help people lose weight. It's my feeling that all foods can be a healthy part of everyone's diet whether trying to lose weight or maintaining weight. If the total Calories consumed are less than those needed for energy expenditure, weight loss will occur. When decreasing Calories from the usual intake amount, three important factors to consider when making food choices are nutrient density vs. Calories, foods that will be filling and satisfying and to be sure that foods consumed provide basic nutrient needs.

Popcorn is a healthy snack food all the time and especially as a snack for someone who may be trying to restrict Calories. Popcorn is nutrient dense, low in Calories, and filling. If you check different sources for Calorie and nutrient content of popcorn, you'll see some variation. This is due to the fact that some popcorn pops into larger kernels than others, and some popcorn that comes in a packet with oil added may use a different amount of oil than others. The unpopped corn kernels would be a more exact way of measuring the Calorie content and then any oil or butter used would be additional Calories.

Popcorn is considered a grain since it is corn, but also it is considered a starchy vegetable. To get 3 cups of air popped corn, use 1½ Tbsp. of unpopped kernels. This would contain approximately 70 Calories. One cup of popped (in oil) popcorn contains (approximately) 55 Calories and the same amount of fiber as one cup of oatmeal (3/10 of a gram). This one cup contains 3 grams of fat, 1 gram of protein (incomplete protein), and 10 grams of carbohydrate. It is not a great source of any one nutrient, but does provide potassium, phosphorous, and magnesium in fair amounts.

The concern about the addition of butter and salt is the extra Calories (and Cholesterol) in butter and the sodium in salt. If you're making it at home, you can control the amount of butter and salt you add unless you're using a prepared pouch such as those made for the

microwave. You can't control the sodium and butter on some popcorn such as that you buy at the movie theatre. A cup of that popcorn could contain as much as 850 mg. of sodium. The addition of salt or sodium doesn't add Calories. If you use margarine, you avoid the animal fat in butter, but the Calories are the same. Also, butter salt adds flavor and isodium, however no additional Calories.

Most persons without weight concerns or health concerns for which they need to restrict cholesterol or sodium can enjoy popcorn however they like it. Take into consideration the amount of sodium in your bowl full of popcorn when selecting other foods that day, you may want to avoid other high sodium foods in the same day and be sure to drink water to help rid your system of excess salt.

Even though you didn't ask - 2/3 cup of carmel corn with nuts contains 130 Calories and is a good source of carbohydrates.

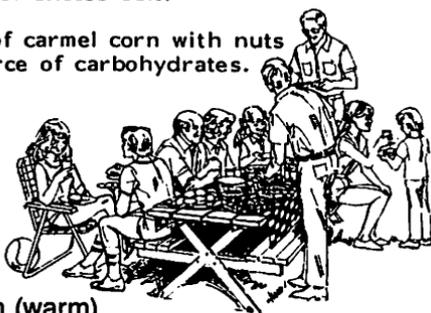
## RECIPE OF THE MONTH

### Shoo-fly Snack

#### INGREDIENTS

1 cup Peanuts	1/2 cup Margarine
1 cup brown sugar	1/4 tsp. nutmeg
1/4 tsp. cinnamon	1/4 cup molasses
1 Tbs. water	3 1/2 quarts popcorn (warm)

1. Melt margarine in 2 quart pan. Add brown sugar, molasses, water and spices.
2. Heat syrup to hard crack (300°).
3. Mix with popcorn and nuts.
4. Bake 250° for 20 minutes. Stir after 10 minutes.
5. Cool, crack apart and store in closed container.



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## FARTLEK

By Ron Horan

In 1957 my mother and father moved the family from the shadows of Comiskey Park on the South Side of Chicago to Homewood, Illinois in the suburbs. I was raised there, from age seven. Homewood is where I did my first running, on my paper route and going from St. Joe's to home for lunch. Later in High School I ran Cross Country and Track ( 1 mile and 2 mile). The last time I ran in a race was the fall of 1968, I quit track that spring for various reasons I choose not to discuss at this time. The last few years I've had a strange urge to run a race in Homewood again.

This summer my mother sold the house and moved into an apartment, in another town. All ten of the kids have moved out, on their own now. Dad died nine years, ago. So this had to be the summer, the last year of the Horan's in Homewood.

At the Valley Fox Trot Memorial weekend I picked up a CARA schedule of Chicago races and some entry forms which always appear at races. In the schedule I found two races, one in Chicago Heights near Homewood and one in Homewood on the Fourth of July. I decided to run those two races.

"A Day for Darlene" is the name of a fund raising day for Chicago area MS. It is organized by comedian Tom Dreesen who comes from the South Suburb of Harvey and whose sister is Darlene. Tom recruits some of his entertainer friends to appear at the race and run a fun run and celebrity relay race. The main race is a 10K, which the celebrities usually don't run. Some of the celebrities are Smoky Robinson, Frankie

Avalon, Dennis Farina ( Torello on Crime Story), Boom Boom Mancini, Jim Aleck ( who comes from Homewood) and the Chicago Bears (including Jim McMahon). The race draws alot of people and raises a lot of money for MS research.

I drove in from Knox, Indiana (Bass Lake) that morning to register. It was a hot day, about 75 degrees at 7AM. I was an early bird so much of the staging was still being set-up. After filling out the form I went down a line of tables where I received a race t-shirt, a plastic cup with the race logo on it, a Chicago White Sox Beer Mug, a Chicago White Sox coffee cup, then a woman asked me how many children I have and their ages, after which she gave me two White Sox shirts for them, next stop was a packet of coupons from area merchants, then another warm-up t-shirt for the race. Well I had a arm load of stuff now and walked back to my car to unload. With some time to kill before the race I now went and woke up my brother to get him to cheer me on.

We returned to the start/finish line and met my brother in law. Pre-race activities had picked up quite a bit now, with about 1,500 runners getting loose and spectators awaiting the celebrity bus. Music blared over the PA with occassional messages from the announcer about aid stations, arrival of the celebrity bus and other pre-race details. The mood was very festive.

The bus full of celebrities arrived and introductions were made. All the runners were asked to arrange themselves by pace on the street behind the starting line. Finally, about 15 minutes after the scheduled start the gun went off.

The course was generally flat. The first mile and a half are through neighborhoods. Just after the mile turnaround for the two mile run is an aid station, then the rest of the race is run through a Forest Preserve on a bike path. The shade of the trees made the running comfortable. Two more aid stations were set up in the woods. The path circled a small fishing lake and in the fourth mile some short, steep hills sapped the last bit of strength for the final mile and a half back to the finish. My time was about 47:10, not much improvement from Turtle Days the day before.

At the finish line the party continued. Food tents were set up which offered pastry, cookies, apples, oranges, bananas, granola bars, hot dogs, hamburgers, bratwurst, Coca Cola, New York Seltzer water, Dove Bars, beer and more. I enjoyed Peach flavored water and a variety of yogurts.

About 11am the Celebrity Relay Race was getting under way, but it was time to return to the lake for the day. I enjoyed this race and may put it on my list for next year.

The next weekend was the Fourth of July and the Run for Liberty in Homewood. It was another drive from Bass Lake early in the morning and again I arrived early, McDonald's wasn't even open.

The staging area is the Lions Club Swimming Pool. I spent many a summer swimming at this pool and laying on the deck getting sunburn. The high dive was gone, probably some insurance hassle about people jumping off and hurting themselves, but not much else had really changed. After registration I took a drive to see the course.

This was the first time I've raced this course, but I knew every inch. It followed a path I ran many times on the way to the pool. Part of the course even covered my old paper route. The course was flat, not even a slight incline. Only the third mile had any shade.

I looked around, while waiting for the start, hoping to see some of the people I used to know. I didn't recognize anyone. The temperature was warming as the racers were called to the starting line. Since this was a National Holiday a tape of the National Anthem was played before the start.

This is the first race I've run, in recent years, where I knew exactly where I was on the course, although I had never run the race before. I passed the first mile at 6:49 and the second at about 14:00, but the heat started to effect me by the third mile and my pace had fallen off to 8:00. The water stations were adequate and the course markings (although I would have known where I was without markings). Only one timer was not on his mile mark at the correct spot, he was about a quarter mile ahead of the mark.

I ran about a 46:40, the last mile was terribly hot. At the finish line water and fruit was available and showers. I looked around again, hoping to see some teammates from High School. I still didn't recognize anyone. It's part of living in the suburbs. A person grows up, goes away to college, then moves away. Whole families eventually move out and new families move in. People as they get older have less time for some activities or just loose interest. Going back to Homewood brought out conflicting feelings and thoughts, the place was alien, but very familiar. I await the race results to see if anyone was at the race I knew, but through time and changes I just didn't recognize.

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\*\* DISCLAIMER \*\*

TO ALL FORT WAYNE TRACK CLUB MEMBERS AND ASSOCIATES. IN THE JULY ISSUE OF THE INSIDE TRACK, THERE WAS A RACE APPLICATION FOR THE HARLAN DAYS 10K. THE APPLICATION HAD A FWTC LOGO ON IT.

PLEASE NOTE: THE FWTC IS NOT A SPONSOR, OR HAS NOT SANCTIONED THE HARALN DAYS 10K. THE USE OF THE LOGO WAS A MISTAKE! WE WORK WITH MANY RACE DIRECTORS AND AREA RACES BUT THE CLUB ONLY SPONSORS AND SANCTIONS THE FOLLOWING RACES:

- FANNY FREEZER 5K
- NUTRA RUN 20K
- AMERICAN CANCER SOCIETY 5K
- FOSTER PARK 13.1 MILE PREDICTION RUN
- WMEE/KEY HEALTH PLAN MARATHON
- HILL 4
- CENTRAL SOYA COMMUNITY CLASSIC
- WHITE RIVER PARK GAMES 5 MILER
- BIG BROTHERS/SISTERS
- SCHOLARSHIP FUND RUN
- SUMMIT CITY 10K
- J.P. JONES 10K

THANK YOU FOR YOUR COOPERATION AND PARTICIPATION IN THE ABOVE RACES AND MANY OTHER LOCAL AREA RACES.

FORT WAYNE TRACK CLUB  
JULY 18, 1987

# HEEL PAIN IN RUNNERS

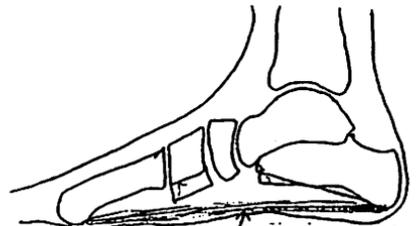
By Robert Wyatt DPM

**H**eel pain is the most prevalent complaint in runners with foot problems. In his survey of 180 runners, Stan James (JAMA) reported heel pain as the result of planter fasciitis in 7% of all the running injuries. Pagliano and Jackson (Runners World; 1980) evaluated 1,077 runners and reported heel pain from a classification of heel spur syndrome in 14% of these patients. In an even larger study, Clement and Tauton stated that 4.7% running problems caused heel pain as noted in the Physician and Sports Medicine (1981) using 1650 runners in his sample. Adding all these figures up shows that about 6.5% of all runners' injuries cause heel pain.

The strong band of fibrous tissue you feel running the length of the bottom of your foot attaches at the bottom of your heel and courses forward to the toes. This band, the planter fascia, often becomes strained, causing various symptoms called "Planter Fasciitis" or "Heel Spur Syndrome".

At first, the runner may feel a dull ache which later progresses to a chronic pain at the bottom of the foot. This pain is present upon rising in the morning or after a period of rest. After a few steps, the pain eases only to return as a constant pain when continuing to walk. The runner often feels it more intensely upon commencing to run, but then he or she will tell you that "I run through it and don't feel it as much when I get into the run, as when I warm up. It then returns at the end of the run; it returns and becomes more intense." There also may be pain in the heel of the arch area when the heel is lifted off the ground. This condition is often seen with excessive pronators who have arch fatigue and muscle aches in their feet and legs because of the overutilization of the ligamentous and muscle structures.

As we stated before, faulty foot function over a period of years may cause low grade irritation at the fascial attachment to the bottom of the heel bone (*see illustration*). As the foot changes shape or the joints collapse this fascia pulls directly at the heel bone, where it attached, causing a spur to form. The planter fascia may tear along its course or at the heel attachment eliciting an inflammatory reaction.



Initial treatment consists of rest for two weeks, ice massage or contrast baths. Strapping and padding the foot along with oral or injectable medications are added in our office. A special foot appliance (*orthotic devices*) may have to be constructed to support the arch and relieve pressure from the fascia over an extended period of time. If ignored too long, the bone "spur" may have to be surgically removed to relieve pain. ■

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*Dr. Robert Wyatt is a practising podiatrist in Ft. Wayne. He is a graduate of the William School College of Podiatric Medicine in Chicago, Illinois where he was involved in the Sports Medicine Club and treated many running injuries at various races in the area (including Americas Marathon). Dr. Wyatt is a runner himself, having completed many road races and four marathons. We welcome him as a new member of FWTC.*

## **INTRODUCING THE SUMMIT CITY 10K:**

### ***SPONSORS BREATHE NEW LIFE INTO FORMER HOME LOAN 10K***

St. Joseph Medical Center, in cooperation with the Fort Wayne Track, Sports Tech and WAJI-FM 95.1, is making sure a 10-year sporting tradition in Fort Wayne lives on. At 10 a.m., Wednesday, July 1, the medical center announced the formation of the Summit City 10K, formerly known as the Home Loan 10K. Home Loan and Savings, the race sponsor for the past 6 years, decided in 1986 to no longer underwrite the 10K run.

The 10,000 meter run, sanctioned by the Road Runner's Club of American and The Athletic Congress, will take place Sunday, October 25. Runners from all over the country will be invited to compete for \$5,000 worth of cash and prizes, including \$500 for the 1st man and woman to cross the finish line. An additional \$500 will be awarded to any 1st place male or female who establishes a new course record.

The 10K traditionally has been an extremely fast paced race which begins at Freimann Square and winds through the flat, tree-lined streets of Fort Wayne's near northside.

The formal announcement was made by St. Joseph's assistant executive director of business development, Russell D. Long Jr. Jim Bushey, president of the Fort Wayne Track Club; Mike Ducy, manager of Sports Tech and 10K run director; and Kim Kelso, promotions manager of WAJI-FM 95.1.



Pizza & salad bar (all you care to eat)  
Saturday, October 24, 1987  
5:30 to 8:00 pm.; At the Indiana-Purdue Walk  
Memorial Union Ballroom.  
Cost is \$5.00

### PRE-RACE DINNER:

Sponsored by Fort Wayne Track Club.  
Clinics on August 19 and September 16.  
Conducted for those who will participate in the race.  
Meet at Foster Park at the pavillion.  
6:00 pm. (45 min. in length) with a run afterwards.  
No pre-registration for clinics: Just show up.  
Basic running: Training tips, nutrition, proper wear.

### CLINICS:

## SUMMIT CITY 10K DETAILS

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

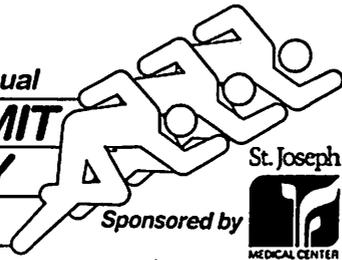
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1111 W Washington Center Rd., 489-4584

10th Annual  
**SUMMIT  
CITY  
10K**



2 P.M. SUNDAY  
OCTOBER 25, 1987

\$5,000 CASH AND  
PRIZES

THE ATHLETIC  
CONGRESS AND  
ROAD RUNNER'S  
CLUB OF AMERICA  
SANCTIONED

A 10-year tradition in Fort Wayne lives on. Thanks to new sponsors, the Summit City 10K, formerly the Home Loan 10K, will see another year as one of the midwest's fastest road races. To help runners prepare, clinics will be held Aug. 19 and Sept. 16. A pre-race dinner will be held Oct. 24.

The entry fee is \$8 if you register before Oct. 18, or \$10 up until the start of the race. For more information and entry forms contact race director Mike Ducey, (219) 484-4322.

**ENTRY BLANK** Please print and fill out complete entry, including waiver at bottom. Incomplete or unsigned entries will not be accepted.

Name \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Birthday \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Age division (check one):  0-14  15-19  20-24  25-29  30-34  
 35-39  40-44  45-49  50-54  55-59  60+

Race walking (check one):  25 & under  26-39  40+

Walking (non-competitive) Est. time: \_\_\_\_\_

Estimated weight if cruiserweight entry \_\_\_\_\_

T-shirt size:  small  medium  large  extra large

I am enclosing:  Pre race dinner \$5  Race fee \$8

Make checks payable to Summit City 10K and send with this completed entry to:  
SPORTS TECH, 4201 Coldwater Road, Fort Wayne, Indiana 46805

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge St. Joseph Medical Center, Sports Tech, Fort Wayne Track Club, WAJL and any other sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents signature if under 18 \_\_\_\_\_

CHURUBUSCO TURTLE 10,000

DATE) 6/27/87

CHURUBUSCO, IN

WEATHER) SUNNY & PLEASANT

TEMPERATURE) 72

DISTANCE) 10,000 METERS

STARTING TIME) 8:00 AM

RACING RESULTS BY ACTION STATS, INC.

PL.	DIV.	PL	NAME	TIE	TIME	PACE/MI	PL.	DIV.	PL	NAME	TIE	TIME	PACE/MI
1	1		JOHN REEDY	TIE	0:32:52.50	5:17.4	73	1		LINDA CONRAD		0:43:23.68	6:16.0
2	1		JERRY WILLIAMS JR	TIE	0:32:52.50	5:17.4	74	10		MICHAEL CALLAGHAN		0:43:30.12	7:00.0
3	2		BRENT MUNRO		0:35:22.00	5:41.5	75	14		JJ LONGMECKER		0:43:42.61	7:02.0
4	1		JEFF PFEIFER		0:35:40.09	5:44.4	76	0		TON FISHER		0:43:55.75	7:04.2
5	3		KEIT MITCHELL		0:35:40.06	5:45.0	77	7		HARVEY THOMPSON		0:43:57.06	7:04.4
6	1		DOUG FERETE		0:35:53.02	5:46.5	78	14		DAN HARSON		0:44:01.22	7:05.0
7	1		BUFF DOMHEIR		0:35:56.15	5:47.0	79	0		DICK HAROLD		0:44:13.02	7:05.9
8	2		MARK STAFFER		0:36:04.43	5:48.3	80	15		TOM FRANCIS		0:44:16.59	7:07.5
9	4		TERRY DILLER		0:36:22.75	5:51.3	81	9		JOE HILGER		0:44:21.37	7:08.3
10	2		CALVIN KING		0:36:39.83	5:54.0	82	10		JOHN BLOOM		0:44:22.56	7:08.5
11	5		BRIAN SEAPS		0:36:50.37	5:57.0	83	9		BOB ASHTON		0:44:33.01	7:10.2
12	3		MICHAEL GLASPER		0:37:12.10	5:53.2	84	15		JAMIE FERLICH		0:44:42.00	7:11.6
13	4		DANIEL GREEN		0:37:22.34	6:00.9	85	10		STEVE BROWN		0:44:40.70	7:12.7
14	3		MATTHEW HUSS		0:37:39.93	6:03.7	86	13		HARVEY PECK		0:44:51.04	7:13.2
15	6		KEITH KING		0:38:10.20	6:09.9	87	10		NUME VOJRAL		0:44:57.53	7:14.1
16	1		ART OREGON		0:38:19.65	6:10.1	88	16		CHRIS DANIELSON		0:44:58.26	7:14.2
17	2		BOB HILTON		0:38:23.23	6:10.7	89	1		JOYCE De STEFANO		0:45:13.05	7:16.6
18	4		RANDY DOUGLAS		0:38:41.04	6:13.6	90	17		DAVID ZANG		0:45:13.03	7:16.7
19	5		KELLY MADONEY		0:38:56.82	6:15.1	91	2		SUSAN PETERSON		0:45:24.15	7:18.4
20	7		MARK CHALK		0:39:09.66	6:18.1	92	11		TOM FUELLING		0:45:29.05	7:19.3
21	3		DAVID PEICHMAGE		0:39:09.97	6:18.2	93	5		PARRY GLASSBURN		0:45:33.70	7:19.9
22	0		RYAN GROSS		0:39:12.90	6:18.6	94	2		MARSHA SCHMIDT		0:45:35.07	7:20.1
23	6		CHAD SHEPHER		0:39:15.37	6:19.0	95	1		GARY CLAUER		0:45:37.53	7:20.5
24	1		JERRY FEALING		0:39:15.96	6:19.1	96	10		JIM SHOKLIN		0:45:38.10	7:20.6
25	2		LARRY RYERBECK		0:39:42.32	6:23.4	97	20		THOM JOHNSON		0:45:40.68	7:21.0
26	5		MARK BRATTIOLI		0:39:44.10	6:23.7	98	16		MIKE ALKER		0:45:43.49	7:21.5
27	6		GARY WALKER		0:39:50.08	6:24.6	99	19		KIRK MURK		0:45:07.06	7:25.4
28	7		LEE SKINNER		0:39:52.12	6:25.0	100	12		RANDY WILLIAMS		0:46:21.59	7:27.6
29	3		FRED ROSS		0:39:53.73	6:25.2	101	21		EDDIE LEE		0:46:30.56	7:29.1
30	7		CARL HANSEN		0:40:07.79	6:27.5	102	1		DAVID WILSON		0:46:35.25	7:29.0
31	4		DAVID BOYLAN		0:40:13.03	6:28.5	103	13		RON HORN		0:46:37.03	7:30.1
32	0		DORTH SHAW		0:40:16.20	6:28.8	104	14		DALE THOMPSON		0:46:50.09	7:33.6
33	5		RON ALLEN		0:40:18.61	6:29.2	105	11		KEN HENDRICKS		0:46:53.00	7:33.8
34	8		KELLY CLEVELAND		0:40:19.72	6:29.4	106	20		BILL MOHEELEY		0:47:02.22	7:34.2
35	4		RAY STIBEL		0:40:22.09	6:29.8	107	21		JAMES THOMPSON		0:47:05.29	7:34.7
36	9		JAY PRICHARD		0:40:22.54	6:29.9	108	15		BOB KLITZMAN		0:47:11.66	7:35.7
37	2		JOHN PETRIE		0:40:24.00	6:30.2	109	1		LAURIE RANDALL		0:47:15.72	7:36.3
38	2		JAMES MILLER		0:40:30.94	6:31.2	110	22		DAVE SCHEIDER		0:47:18.19	7:36.7
39	10		MARK BEIGER		0:40:35.36	6:31.9	111	11		WILLIAM KRIDER		0:47:25.16	7:38.0
40	11		DAVID BEIGER		0:40:35.70	6:32.0	112	12		ROBERT SEHNETT		0:47:29.16	7:38.5
41	9		FRED HANMAN JR		0:40:33.48	6:32.6	113	13		WAYNE BARNALL		0:47:33.07	7:39.1
42	5		TOM FELGER		0:40:41.05	6:32.8	114	16		LARRY MC CODY		0:47:34.76	7:39.4
43	9		ERIC BAKER		0:40:42.16	6:33.0	115	1		YEN DISLER		0:48:11.41	7:45.0
44	6		DAVID FAIRCHILD		0:41:04.44	6:35.6	116	2		DICK SIVE		0:48:31.38	7:48.5
45	10		MICHAEL HULLINGER		0:41:08.60	6:37.3	117	23		CRAIG HARTMAN		0:48:39.35	7:49.0
46	11		DAVE FOELLINGER		0:41:08.91	6:37.3	118	17		JOEL BARRETT		0:48:43.60	7:50.5
47	3		JIM HEPPER		0:41:25.92	6:40.1	119	3		JOYCE RUTLER		0:49:04.41	7:50.6
48	10		GARY HOOTEN		0:41:29.97	6:40.7	120	24		DAVE JUDKINS		0:49:13.30	7:53.3
49	11		ROGER ANTHEBULTS		0:41:37.19	6:41.9	121	17		DON NOTTINGHAM		0:49:15.99	7:53.7
50	12		ED SHIAN		0:41:50.41	6:44.0	122	25		MICHAEL YRAN		0:49:21.04	7:56.5
51	7		STEVE ADLISON		0:41:56.31	6:44.9	123	3		KARPEL CHASE		0:49:28.77	7:57.0
52	3		JOHN CLAUSS		0:42:04.24	6:46.2	124	2		CINDY RUDOLPH		0:49:29.04	7:57.0
53	12		ROB WALLER		0:42:08.06	6:47.0	125	14		MIKE HEY		0:49:33.00	7:58.0
54	0		JOHN PETERSON		0:42:09.43	6:47.1	126	4		BARB SCROSBAM		0:49:30.95	7:59.4
55	1		GENE GRAY		0:42:14.95	6:47.9	127	3		RELENDIA SLOFFER		0:49:45.41	8:00.4
56	12		ROCK KIRCHNER		0:42:22.32	6:49.1	128	4		CINDY MYERS		0:49:50.41	8:01.2
57	4		BRUCE TISDALE		0:42:24.15	6:49.4	129	26		DANIEL WALKER		0:49:57.65	8:02.4
58	13		JOE PATTERSON		0:42:28.40	6:50.1	130	18		JEREMY LARV		0:50:03.99	8:04.4
59	9		DEANIE BURGETTE		0:42:29.20	6:50.2	131	3		DON MYERS		0:50:27.95	8:07.6
60	4		BRIAN LEFEVER		0:42:37.34	6:51.5	132	13		DON MERILL		0:50:50.62	8:10.9
61	1		KATHY HARMON		0:42:41.63	6:52.2	133	27		LARRY KONGER		0:51:08.36	8:13.0
62	5		PHIL LUTTMAN		0:42:44.13	6:52.6	134	12		DONALD FAYNE		0:51:46.32	8:17.9
63	1		BARBARA COUCH		0:42:47.49	6:53.2	135	16		CARL FIELDS		0:52:19.20	8:25.2
64	13		ANTHONY TRUZI		0:43:01.45	6:55.4	136	17		CARL MARCONE		0:52:26.72	8:26.4
65	14		MARK STODK		0:43:04.93	6:56.0	137	13		RUSSELL SHOOK		0:52:40.00	8:28.5
66	6		DEANIS STRAYER		0:43:07.05	6:56.3	138	2		WALT HARRIS		0:52:41.92	8:28.8
67	7		TOM RECHLING		0:43:15.61	6:57.7	139	2		PAUL SNYDER		0:52:47.49	8:29.7
68	15		GREG FAHL		0:43:17.40	6:58.0	140	5		BERNICE KING		0:52:48.79	8:29.9
69	16		MICHAEL MADLAW		0:43:23.70	6:59.0	141	2		JULIE KULPA		0:52:52.57	8:30.6
70	17		PAUL RUMPH		0:43:24.21	6:59.1	142	1		SUSAN JONES		0:53:01.61	8:32.0
71	13		JEREMY HART		0:43:25.43	6:59.3	143	3		JAMES DEAN		0:53:03.37	8:32.3
72	6		RICHARD ZINK		0:43:25.69	6:59.3	144	3		ALICE KRIDER		0:53:25.25	8:35.0

PL.	DIV. PL.	NAME	TIME	PAGE/MI	PL.	DIV. PL.	NAME	TIME	PAGE/MI
145	18	DAVE SWANSON	0:54:02.30	8:41.8	161	2	ALICIA CEARBAUGH	1:01:09.07	9:50.6
146	28	EDWARD STAUFFER	0:54:10.75	8:43.1	162	3	CARRIE DRAPER	1:01:10.33	9:50.7
147	2	ELIZABETH SCHEM	0:54:34.48	8:47.0	163	3	HOLLY LIEGETT	1:02:32.02	10:03.8
148	6	REBECCA GAFF	0:54:40.61	8:47.9	164	1	WILDENE SHIVELY	1:04:05.00	10:10.8
149	18	MICHAEL HENDRICKS	0:55:29.00	8:55.9	165	5	EUGENE HAINES	1:04:30.00	10:22.0
150	7	SALLY THOMAS	0:55:45.70	8:58.4	166	1	BONNIE TAYLOR	1:04:55.00	10:26.0
151	4	JOHN JEDINAK	0:56:00.07	9:00.7	167	4	CHRISTINE LEWIS	1:05:36.00	10:33.4
152	1	CHRIS FERRIN	0:56:55.43	9:09.6	168	2	PHILLIP MC COY	1:05:55.00	10:36.5
153	3	DAN DANIEL	0:57:04.78	9:11.1	169	4	DIANE PRYNE	1:06:37.00	10:43.2
154	5	DON RHODES	0:57:30.74	9:15.3	170	4	KAY WALL	1:07:30.00	10:53.0
155	4	CHESTER FLEETWOOD	0:58:24.90	9:24.0	171	9	DIANE ROSENER	1:09:33.00	11:11.5
156	19	DARRIN GEIGER	0:59:34.02	9:35.2	172	5	KELLY BRUDI	1:10:47.00	11:23.5
157	2	DAVANNA WALL	0:59:37.50	9:35.7	173	6	LORI MC COY	1:10:49.00	11:23.8
158	4	ROGER PHILLIPS	0:59:45.71	9:37.0	174	2	DORIS SNYDER	1:10:59.00	11:25.4
159	8	CONNIE HOOTEN	1:00:55.42	9:38.6	175	1	MARK DOLMAN	0:35:22.00	5:41.5
160	1	JULIA WILSON	1:00:45.28	9:46.6					

CATCH THE WAVE OF RUNNERS

# RUNNERS WEEKS

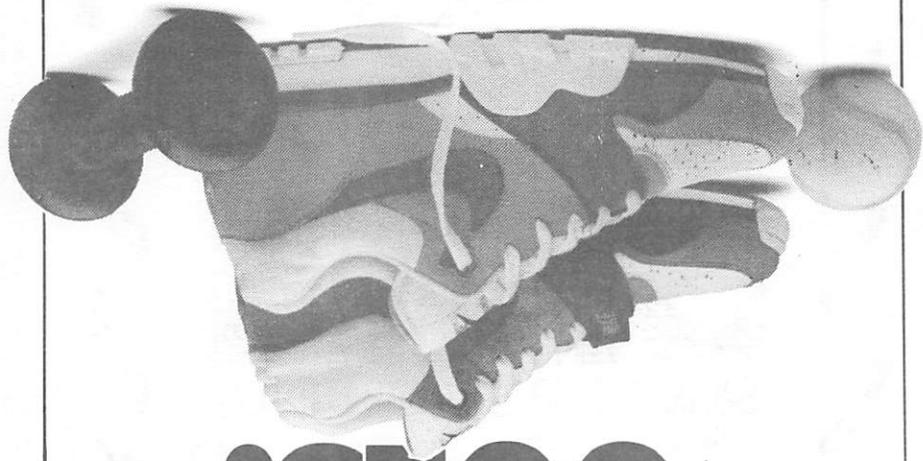


THURS. 8:00PM

SAT. 2:30PM

CHANNEL 10

# ANYTHING GOES.



*Men's Air Trainer High and Low. A cross-training shoe for workouts, court sports and running. With NIKE-AIR® cushioning to absorb shock and protect against the impact. Now get ready to work it out.*

A I R



1987 SPORTS TECH TRIPLE CROWN

October 31, 1987

Homestead 15K; Homestead, 10:00 am.

GLENBROOK SQUARE

NEXT TO THE ICE RINK

484-4322



# ★★ SUMMIT CITY 10K RACE CLINIC ★★

For the first time runners, -or- and experienced runner  
looking to improve your time.

## FEATURED SPEAKERS:

Judy Tillapaugh, RD

Talking about proper nutrition and what to eat before a race.

Tom Loucks, Sports Tech.

Talking about the latest running shoes and proper equipment  
to wear.

Don Lindley, FWTC

Training Tips, will hand out a suggested training schedule.

## DOOR PRIZES

AND SUMMIT CITY 10K T-SHIRTS WILL BE DRAWN FOR.

Ron Heimbürger

Will be available to discuss "Race Walking" and "Power  
Walking".

## DATE:

August 19, 1987 — 6:00 pm.

September 16, 1987 — 6:00 pm.

## PLACE:

Foster Park, Pravillion #1

## COST:

Free!!

COME DRESSED AND PREPARED TO RUN A SHORT  
TRAININ RUN AFTER THE CLINIC. (OPTIONAL)

Call Mike Ducey, Sports Tech, 484-4322, or  
Jim Bushey, 456-1247 with any questions.

# FIRST ANNUAL SCHOLARSHIP FUND RUN 5K

SPONSORED BY THE FORT WAYNE TRACK CLUB



ALL FUNDS RAISED WILL BE DONATED TO THE INDIANA-  
PURDUE AT FORT WAYNE CROSS COUNTRY TEAM TO BE  
USED FOR SCHOLARSHIPS.  
T-SHIRTS TO THE FIRST 200 RUNNERS, DONATED BY  
"CRAIG HARTMAN FOR CITY-COUNCIL"

**RACE STARTING TIME:**  
8:00 AM EST, SUNDAY SEPTEMBER 13, 1987

**START:**

MULTI PURPOSE BUILDING, ATHLETIC CENTER  
(ACROSS FROM THE TENNIS COURTS)

**ENTRY FEE: \$5.00**

**AGE GROUPS:**

STANDARD FWTC AGE DIVISIONS

**AWARDS:**

TO BE ANNOUNCED

**RACE COURSE:**

5K COURSE ON THE ROADS AND GRASS OF THE IPFW CAMPUS  
SHOWER FACILITIES AVAILABLE  
FOR MORE INFORMATION CALL: JIM BUSHKEY, 456-1247, 747-3770

## FIRST ANNUAL SCHOLARSHIP FUND RUN 5K REGISTRATION FORM

Name \_\_\_\_\_ M  F  Age \_\_\_\_\_

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

Phone \_\_\_\_\_ Zip \_\_\_\_\_ T-Shirt Size S M L XL

*Waiver of responsibility: In consideration of the acceptance of this entry, to the Scholarship Fund Run 5K, 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.*

Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_  
Mail Entry form to:

FWTC SCHOLARSHIP FUND RUN  
P.O. Box 11703  
Fort Wayne, IN 46860

\*\* SUMMIT CITY 10K PRE RACE DINNER \*\*  
AND FWTC 1988 BOARD MEMBER ELECTIONS

(BE THERE, OR YOU MAY BE ASSIGNED A POSITION)

COST: \$5.00

ALL THE PIZZA HUT PIZZA AND SALAD YOU CAN EAT.  
DRINKS PROVIDED!

DATE: OCTOBER 24, 1987

TIME: 5:30 TO 8:00 PM (DINNER WILL BE SERVED)

PLACE: IFFW WALB MEMORIAL BALL ROOM

PLEASE RSVP. (YOU MAY ALSO PAY AT THE DOOR)

ANY QUESTIONS, CONTACT MIKE DUCY 484-4322

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

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

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

NUMBER ATTENDING THE DINNER: \_\_\_\_\_ X \$5.00

TOTAL: \_\_\_\_\_

PLEASE MAIL TO: SUMMIT CITY 10K RACE DINNER

C/O SPORTS TECH  
GLENBROOK SQUARE  
4201 COLDWATER RD.  
FORT WAYNE, IN 46805

MAKE CHECKS PAYABLE TO SPORTS TECH.

# 1987 RACE SCHEDULE

## 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 9, 1987

5th Annual Kick's 10K and 1 Mile Fun Fun Run; 8:30am; Dolton, Illinois; P.O. Box 118, Dolton, Illinois 60419; 312-239-4611

## AUGUST 15, 1987

Run the Rockies Marathon; 26.2 miles; Sam Williams, Box 2463, Breckenridge, CO. Country Classic 10K; 7pm; Shabbona, Illinois; Box 79, Shabbona, Illinois 60550; 815-246-7147

## 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

Abe's Amble 10K Run; 6:30am, Springfield, Illinois; c/o IPHA, 428 W. Jefferson St., Springfield, Illinois, 62702; No race day registration allowed.

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

10th Annual Park Forest Scenic Ten; 8:00am, Park Forest, Illinois; Recreation & Park Dept., 200 Forest Blvd., Park Forest, Illinois 60466; 312-748-2005; Registration deadline August 31; No race day registration.

## 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; Phyliss 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 Arseneault, Box 1570, Stn. B, Montreal, Quebec Canada.

Norwood Women's 5K; Warwick Parks & Recreation, 975 Sandy Lane, Warwick,

*Continued on next page*

# KENT DAVIS 5K

DATE: AUGUST 15, 1987 SATURDAY

TIME: 7:00 A.M. START FOR THE ONE MILE RUN

7:30 A.M. START FOR THE 5K RUN



FEE:

5K - \$3, One Mile - \$1.00

PLACE:

GEORGETOWN SQUARE, 6400 EAST STATE BLVD.,  
FORT WAYNE IN

REGISTRATION:

DAY OF RUN, STARTING AT 6:30 A.M.

AGE GROUPS:

MEN		WOMEN	
14 & Under:	15 to 19	19 & Under	19 & Under
20 to 24:	25 to 29	20 to 29	20 to 29
30 to 34:	35 to 39	30 to 39	30 to 39
40 to 44:	45 to 49	40 & Over	40 & Over
50 to 59:	60 & Over		

AWARDS:

5K RUN - ROGERS GIFT CERTIFICATES FOR 1st 3 PLACES  
EACH AGE GROUP: RIBBONS

PROCEEDS:

CROSSROAD (AN ORGANIZATION OFFERING SHELTER & HELP  
TO CHILDREN)  
ONE MILE - TROPHIES TO 1st 10 FEMALES & 1st 10 MALES

RAFFLE:

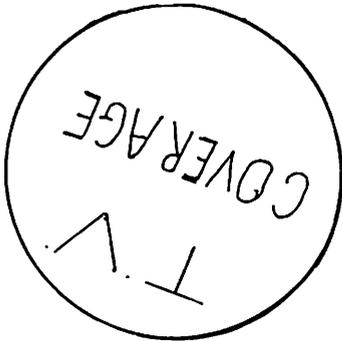
ALL RUNNERS AUTOMATICALLY ENTERED, OTHERS MAY DONATE AND  
ENTER. OVER 25 GIFT CERTIFICATES AND ITEMS OF  
MERCHANDISE TO BE GIVEN AWAY.

SPONSOR:

ROGERS, GEORGETOWN MERCHANTS AND FORT WAYNE TRACK CLUB  
BILL SCHMIDT, RACE DIRECTOR 485-1114

INFORMATION:

HIGH SCHOOL  
CROSS  
COUNTRY  
RUNNERS  
ARE  
ELIGIBLE TO  
RUN ONE MILE  
AND 5K RACE



*1987 Race Schedule Continued*

Rhode Island.

ORCC Portland Marathon, Portland, OR.;  
26.2 miles, Les Smith, Box D, Beaver-  
ton, 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 Run-  
ning 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; Har-  
mony 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; Wen-  
dy's 10K Classic, P.O. Box 1316, Bowl-  
ing Green Kentucky.

**NOVEMBER 1, 1987**

7-11 Grande Finale 10K; Terre Haute, In-  
diana; (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; NYRRRC, 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

**August 1, 1987**

Harlan Days, 10K; Harlan, IN, 7:00 am.

**August 15, 1987**

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

**August 22, 1987**

5th Annual Chug-A-Lug Beer Run, 6:00 pm.; Jerry Mazock; RSVP  
747-1064

**August 29, 1987**

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

7th Annual Bryan-Pepsi Run, 5K & 10K run, 3 or 5 mile health walk,  
1 mile fun run; 7:30, Bryan, Ohio. (419) 636-3640

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