

the inside track



**FORT WAYNE
TRACK CLUB**

1987
September

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

FIRST ANNUAL SCHOLARSHIP FUND RUN 5K

SPONSORED BY THE



**FORT WAYNE
TRACK CLUB**

LOOK FOR DETAILS INSIDE

Fort Wayne Track Club

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747-3770

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424-6723

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493-2420

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456-8739

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NEWSLETTER
447-6627

ANN JAMISON
RUNNERS WEEK
627-5450

LYN HANDLIN
RACE SCHEDULE
447-5321

CLEM GETTY
EQUIPMENT
638-4890

DENNY MARKS
BOARD MEMBER
447-4567

CHUCK DEVAULT
BOARD MEMBER
482-2272

**NEXT TRACK CLUB
MEMBERSHIP MEETING
TUESDAY, 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; IUPUI, Fort Wayne, 8:00 am.

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

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 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 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.

CAN THE SUMMER BE GONE ALREADY! I HOPE NOT, HOWEVER I CAN'T HELP BUT NOTICE THE KIDS ARE BACK IN SCHOOL, THE DAYS ARE SHORTER AND A LITTLE COOLER. THIS IS GREAT RUNNING WEATHER AND THE CLUB HAS A LOT OF THINGS TO OFFER THIS FALL.

MARK SUNDAY SEPTEMBER 13, 1987, ON YOUR SCHEDULE. THIS WILL BE A CHANCE FOR ALL TRACK CLUB MEMBERS NOT ONLY TO RUN A CROSS COUNTRY COURSE BUT ALSO DO SOMETHING GOOD FOR THE COMMUNITY. THE

SCHOLARSHIP FUND RUN WILL RAISE MONEY FOR SOME STUDENT-ATHLETES AT IU-PU. MIKE KAST, A FELLOW TRACK CLUB MEMBER, DEDICATES A LOT OF HIS TIME AND ENERGY FOR THE CLUB AND THESE FINE YOUNG ATHLETES, AND NOW WE CAN ALL HELP BY JUST RUNNING A 5K RACE. THERE WILL BE PLENTY OF REFRESHMENTS AND WE PROMISE US WE WILL ALL ENJOY THE FINE FACILITIES OF THE MULTI PURPOSE BUILDING ON THE CAMPUS. I LOOK FORWARD TO THE RACE AND A CHANCE TO RAISE MONEY FOR THIS GREAT CAUSE. BRING A FRIEND!

PLANS CONTINUE FOR THE SUMMIT CITY 10K. THE FIRST CLINIC HAD AN EXCELLENT TURNOUT, WITH ANOTHER CLINIC SCHEDULED FOR WEDNESDAY SEPTEMBER 16, AT FOSTER PARK, 6:00 PM. IF YOU PLAN TO GO OUT OF TOWN TO A RACE SEE A BOARD MEMBER FOR SOME EXTRA APPLICATIONS TO THE SUMMIT CITY 10K AND PASS THEM AROUND. PASS THE WORD, WE NEED EVERYONE OUT ON OCTOBER 25TH. SHOW YOUR SUPPORT AND APPRECIATION TO ST. JOSEPH MEDICAL CENTER, WAJL 95FM, AND SPORTS TECH, OUR SPONSORS!

PLEASE NOTE THE SLATE OF BOARD MEMBERS TO BE VOTED ON AT THE PIZZA DINNER ON OCTOBER 24, 1987. OPEN NOMINATIONS WILL BE ACCEPTED THAT EVENING. PLEASE PLAN TO ATTEND AND SUPPORT YOUR BOARD MEMBERS. (PLUS STUFF YOUR FACE WITH ALL THE PIZZA YOU CAN EAT)

AS MY SECOND TERM AS PRESIDENT COMES TO AN END, I THANK EVERYONE FOR ALL THE SUPPORT AND ENCOURAGEMENT YOU HAVE EXPRESSED. I THINK THE CLUB HAS GROWN IN MANY WAYS, WITH NEW SPONSORS TAKING ON WELL ESTABLISHED EVENTS AND A FEW NEW EVENTS WE HAVE ADDED. AT A TIME WHEN PARTICIPATION IS DOWN IN MANY CLUBS AND ORGANIZATIONS, I THINK WE HAVE A GROUP OF 450 COMMITTED MEMBERS. COMMITMENT IS ESSENTIAL FOR ANY THING OR PERSON TO BE A SUCCESS. I ASK

YOU TO COMMIT YOURSELF TO HELP THE NEW BOARD MEMBERS AND YOUR CLUB CONTINUE TO BE A POSITIVE INFLUENCE ON OUR COMMUNITY AND CITIZENS. BE PROUD THAT YOU ARE A RUNNER. SHOW YOUR PRIDE AND PASS IT ON TO EVERYONE YOU MEET. MAYBE WE CAN HELP CONVINCCE SOCIETY TO BE HEALTHIER AND HAPPIER!

SEE YOU ON THE ROADS.....

FWTC BOARD METTING

The Track Club meeting was held on August 11. The meeting was called to order by President Jim Bushey at 7:45. Those in attendance were Jim Bushey, Gary Hooten, Ron Horan, Mark Brattoli, Mike Ducey, Mike Kast, Judy Tillapaugh and Don Lindley.

Previous Minutes- Approved

Treasurer's Report- Expenses for July- \$624.82. Income for July- \$736.64.

Scholarship Run- Entry fee will go to I.U.-P.U. for Scholarships. Track Club will provide refreshments.

Summit City 10K- Plans are all set.

Track Club Elections- A slate of officers for the Track Club are: President, Judy Tillapaugh; Vice Presidents, Ron Horan and Denny Marks; Secretary, Betty Hite-Nelson; Treasurer, Don Lindley. Elections to be held October 24th at Pizza Dinner, Walb Memorial Union, IPFW Campus.

Old Business- The survey results are in. There were 45 responses.

A layout was reviewed of a brochure for the Track Club. A cost of this brochure will be obtained before the club votes to proceed.

Meeting was adjournedjourned at 9:10.

Respectfully submitted,
Gary Hooten

RESULTS OF SURVEY CONDUCTED SUMMER 1987

1. SHOULD WE CHANGE THE CLUB NAME.

20 YES 25 NO

2. SHOULD WE HAVE A POINTS SYSTEM.

21 YES 19 NO

3. ARE YOU INTERESTED IN MORE SOCIAL EVENTS.

15 YES 24 NO

4. DO YOU ENJOY THE CURRENT SELECTION OF RACES.

39 YES 0 NO

5. WHAT WOULD YOU BUY:

	19		16		12
SINGLET	<u>19</u>	I-SHIRT	<u>16</u>	SWEAT SHIRT	<u>12</u>

COMMENTS:

AT LARGER RACES WOMENS AGE GROUPS SHOULD BE THE ME AS MEN.

RUNNERS WEEK IS GREAT!

COMBINE FWTC AND LOCAL RACE CALENDAR.

WE RACE ON ROADS 9 TIMES OUT OF 10, SHOULD BE ROAD RUNNERS CLUB.

I APPRECIATE THE NEWSLETTER, DON LINDLEY ARTICLE WAS GREAT.

HAVE A CLUB PATCH DESIGNED.

COMPUTERIZED POINTS SYSTEM.

GET BACK TO THE BASICS. CONSIDER CUTTING BACK ON THE COST OF THE NEWSLETTER, TO A LESS EXPENSIVE FORMAT. JUST THE BASIC RACES/EVENTS/RESULTS.

MORE INFORMAL RACES ON THE TRACK.

MORE LONGER RUNS.

MORE SHORTER RUNS.

ENCOURAGE TRIATHLON RACES.

KEEP THE PHYSICAL SIZE OF THE NEWSLETTER.

I THINK THE CLUB IS DOING A GOOD JOB THE WAY IT IS.

YOU SHOULD BE VERY PROUD OF THE FINE JOB THE OFFICERS HAVE DONE. I REALLY ENJOY READING THE INSIDE TRACK.

FORM A "MEMCOMERS SOCIAL", ONCE A YEAR.

COMMENTS:

65 - 69 AGE GROUP, MEN AND WOMEN.

SAME AGE GROUPS FOR MEN AND WOMEN.

CHANGE THE NAME TO ROAD RUNNERS, TRACK SOUNDS LIKE WE DO HURDLES, POLE VAULT, ETC.

I LOVE YOU GUYS! YOU'RE BETTER THAN INDY RUNNERS CLUB!

BETTER PUBLICITY FOR RACES NEEDED. IMPROVED MEDIA COVERAGE. ALSO A RACE DIRECTORS GUIDE PUBLISHED FOR INTERESTED MEMBERS. TRAINING TIPS IN THE NEWSLETTER.

MORE SOCIALIZATION.

KEEP IT UP, EXCELLENT WORK!

CHANGE WMEE TO A 20 MILE RACE.

NEVER FORGET THE MID-PACK RUNNERS. A POINT SYSTEM SHOULD RECOGNIZE THEIR VAULE.

IT±S A SUPER CLUB. MY KIND OF PEOPLE.

NUTRITION IN QUESTION

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

Any nutrition issues on your mind? Do you often wonder what is right to eat? Maybe we could help you. You are invited to send your nutrition questions to Judy Newman and Judy Tillapaugh, both registered dietitian, at St. Joseph Mwdical Center. Answers will be included in the Inside Track. Mail nutrition questions to: Judy Newman R.D. & Judy Tillapaugh R.D. Nutrition Services, St. Joseph Medical Center, 700 Broadway, Fort Wayne, IN 46802.

Question: Cross country season is here! As a member of the IPFW cross country team I want to know more about pre-event meals. Are there special foods I should eat before I compete? Dave Neely

Answer: For pre-event meals choose high energy foods which are high in carbohydrate and low in fat. These meals provide you with maximum fuel with minimal limitations. No one meal will create a spectacular preformance yet it can help you or any athlete meet competitive goals. It is a supplement to mental and physical preparation. That final meal supplies fuel to keep you fine tuned and ready to race.

One important idea about pre-event meals is always to eat what you feel comfortable with. If you have had good results with certain food choices stay with them. Avoid pasta if you hate pasta. It is common for runners to have their own favorite game plan foods. Please enjoy carbohydrate rich foods of your choice. There are many good options to pick like whole grain breads, rolls, bagels, pasta, cereals, potatoes, acorn squash, or rice. Pizza is a popular selection by John Treleaven of the Fort Wayne Track Club. Personally I like a meal with a nice baked potato dressed up with 1 or 2 ounces of low fat cheese and chives. Fresh fruit and a scoop of sherbet would be great along with it.

There are guidelines to pre-event meal panning. Let me share those with you Dave. Pass them on to your team mates! Best of luck this season.

Pre-Event Meal Guidelines

1. High carbohydrate, low fat pre-event meals are ideal for athletes. Carbohydrates are the bodies fuel choice for energy production. They are digested faster than protein or fats. The glucose from carbohydrate digestion will be used to maintain blood glucose levels, used for energy by brain and nervous cells, stored as fat, or stored as muscle glycogen. It is the muscle glycogen that is primarily used by an athletes body for energy during a cross country race.

Here is a list of high carbohydrate foods: breads, rolls, bagels, english muffins, pasta, cereals, rice, pancakes, waffles, dried beans-cooked, potatoes, peas, yams, fruit muffins, all juices, regular soda pops, low fat frozen desserts, fruit bars, fruit crisps, and nutritious cookies.

2. Include a low fat protein food with the meal. It is best if the amount is small to moderate. For low fat meat, poultry, fish, or cheese products the portion should be 2 to 4 ounces. Protein takes longer to digest and absorb than carbohydrates. For low fat milk or yogurt limit portion to 1 or 2 cups.
3. Keep the fat content of the meal low. Fat is digested slower than any other nutrient. The discomfort of a full stomach can prevent maximal running efforts.
4. Avoid high fibre and gas forming vegetables at the meal. They may cause race distress. Wheat bran, oat bran, dried beans (example baked beans), cabbage, onions, radishes, broccoli, cauliflower, brussel sprouts, turnips, raw apples, and dried fruits are common gas forming foods. These effect all individuals differently. Avoid your problem foods.
5. Limit use of simple carbohydrates at the meal to prevent a sugar "high" that can shortly change to a sugar "low" (hypoglcemia). Simple carbohydrate foods are: candies, cakes, cookies, frozen desserts, all fruits, juices, fruits drinks, regular soda pops, honey, jams, jellies, and syrups.
6. Drink fluids at the meal to keep the body well hydrated. If possible drink 2 to 3 cups of water. In addition to this, 2 hours before race time drink 2 to 3 more cups of water (no sugary drinks).
7. If caffeine drinks are used limit to 1 or 2 cups. Caffeine is a stimulant to the bodies nervous and cardiovascular system. It also is a diuretic which increases body fluid loss. Be careful not to over do it on caffeine drinks to avoid being too race nervous. Save your energy for the challenging miles.
8. IMPORTANT! Eat the meal 3 to 4 hours before the event to allow for food digestion. If you have a early morning race I suggest you DO EAT something 1 or 2 hours before start time. A small amount of cereal, toast (with a touch of jam - if desired), english muffin, or 6 low fat crackers would be about right. Also drink 2 to 3 cups of water.
9. The pre-event meal should total about 500 calories. Try not to over eat to prevent feeling to full during the race.
10. Enjoy the meal! Meals with a favorite food can spark a runners potential talents.

Sample Pre-Event Meals

Lunch or Dinner:

1. Lean turkey sandwich, fresh orange, 1 cup low fat milk, oatmeal raisin cookie
2. Hamburg on a bun (with ketchup), 1 cup fruit juice, 1/2 cup sherbet
3. 1 1/2 cups pasta with tomato sauce, 1 to 2 ounces low fat cheese, 2 slices italian bread.

Breakfast:

1. 1 1/2 to 2 cups dry or hot cereal, 1 cup low fat milk, large banana
2. 2 slices toast or english muffin with 1 teaspoon margarine and 2 teaspoons jam, 1 cup low fat milk, 1/2 to 1 cup sliced peaches or pears.
3. 1 cup flavored low fat yogurt, 1 fruit muffin.

HAPPY EATING!

RECIPE OF THE MONTH

Blueberry Muffins

Ingredients:

- 1/4 cup margarine or oil
- 1 cup sugar
- 2 eggs
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup milk
- 2 cups flour (use 1/2 whole wheat
- 1/2 white flour- if desired)
- 2 cups blueberries

Method:

1. Preheat oven to 375° F.
2. Cream margarine with sugar
3. Beat in eggs.
4. Add baking powder, salt, and milk. Beat well
5. Gently stir in flour, then blueberries.
6. Fill muffin cups 2/3 full.
7. Bake for 20 to 30 minutes or until they test done.

Yield: 12 muffins

Note: If you prefer, bake the batter in a 9-inch x 9 inch baking pan to make a coffee cake.

Reference: The Athlete's Kitchen by Nancy Clark, M.S., R.D.

Road Runners Club of America Selects Indianapolis, Indiana, for
1988 Annual Convention

The Road Runners Club of America (RRCA) announced today that the site for the 1988 annual convention will be the weekend of May 5, 6, 7, 8, 1988, in Indianapolis, Indiana. Hosted by the Indy Runners, an RRCA member club, the convention is envisioned as the "best yet" in this city that prides itself in its state of the art sports facilities and world-renowned sporting events.

"Indy Runners club is excited to be hosting the 1988 RRCA convention," said Don Carr, President of the Indy Runners. "We are anxious to show off many of the world class sport and fitness facilities in Indianapolis."

The RRCA convention traditionally is a weekend full of workshops pertinent to running club and race administration, fun-runs, barbecues or picnics, the annual business meeting, the festive annual Awards Banquet, and a major RRCA championship race. In 1988 the race will be a 8-kilometer race, the inaugural Hall of Fame 8K. Said Don Carr, "The 1988 convention will include the Hall of Fame 8k Road Race. Although this is the first year for this race it is already shaping up to be a significant event on the road scene in the United States for 1988."

The convention headquarters will be located in the beautiful Hyatt Regency Hotel, located in the heart of downtown Indianapolis. Available to the attendees will be the Indiana University Track and Field Stadium, home of the 1988 Olympic Track and Field Trials, the I.U. Natatorium, site of the NCAA championships in 1988, and the Major Taylor Velodrome, one of only 13 in the U.S. and the site of international competition (bicycles will be available for this unique experience on a banked track).

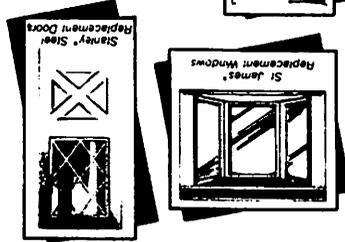
Indianapolis bills itself as a national and international center for amateur athletics, boasting the headquarters of The Athletics Congress as well as many other national sports organizations, and it is a cultural center as well. The Indy Runners, with its 800 members, is the driving force behind running in this sports-minded city, and is experienced in staging events from the Pan Am Games marathon to the American United Statesclimb. "We are delighted with the enthusiasm and organization of the Indy Runners in their preparation of the bid for the 1988 RCA Annual Convention," said Henley Gible, RCA president. "We feel confident that the legendary 'Hoosier Hospitality' will extend itself to our convention in May of 1988, making it the most successful one we've ever had."

For a convention application early in 1988, write to: Convention, Indy Runners, 1411 W. 86th St., Indianapolis, IN 46260.

BUSHEY'S, INC.



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..At Bushey's We Build Trust!

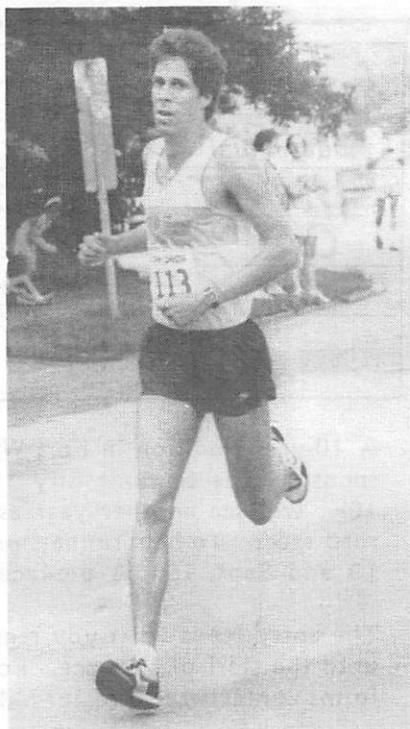
WINDOWS • DOORS • PORCHES

DIET PEPSI 10,000 METER RUN

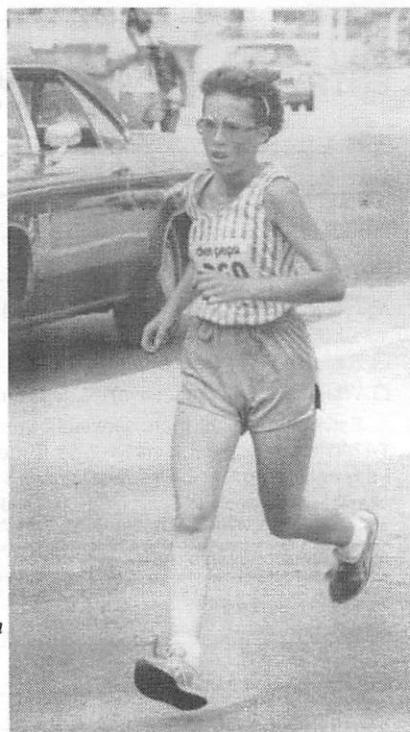
Fort Wayne, Indiana

July 19, 1987

Herman Bueno heads to victory at the Diet Pepsi 10K. Bueno who starred at Indiana Central University, moved to Fort Wayne this year from Indianapolis.



Sherry Hoover heads to victory at the Diet Pepsi 10K. Hoover runs for the University of Kentucky, was the first woman finisher.



Jamie Gorrell of Harlan was the second woman finisher.

All photo's by Tim Creason

10th Annual
**SUMMIT
 CITY
 10K**



St. Joseph
 MEDICAL CENTER



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, WAJ 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 _____

** 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 SUMMIT CITY 10K

LIME CITY 5
RESULTS

<u>PLACE</u>	<u>NAME</u>	<u>AGE GROUP</u>	<u>PLACE</u>	<u>TIME</u>
1	Jesse Cisneros	1 M	20-24	26:28
2	Jerry Williams	1 M	25-29	27:03
3	Jim Serstad	2 M	20-24	27:10
4	Brent Munro	2 M	25-29	27:30
5	Bill Blosser	1 M	35-39	27:39
6	Mark Cisneros	1 M	14-19	27:59
7	Troy Friedersdorf	2 M	14-19	28:13
8	Dave Dorals	1 M	30-34	28:34
9	Neil Tate	2 M	35-39	29:10
10	Doug Sawyer	3 M	14-19	29:46
11	Nathan Huss	4 M	14-19	29:54
12	Ray Ball	5 M	14-19	29:58
13	Gary Hughes	6 M	14-19	30:25
14	Phil Rhodes	7 M	14-19	31:10
15	Paul Miller	2 M	30-34	31:16
16	Larry Averbach	1 M	45-49	31:29
17	Matt Steinmetz	8 M	14-19	31:46
18	Troy Couch	9 M	14-19	31:52
19	Fred Hannan	3 M	30-34	32:08
20	K. Deetz	10 M	14-19	32:17
21	Richard Miller	2 M	45-49	32:21
22	Carlos Guerrero	4 M	30-34	32:24
23	Tom Dodd	11 M	14-19	32:33
24	Clem Getty	1 M	50-59	32:40
25	Max Murchand	3 M	35-39	32:43
26	J.D. Longenecker	12 M	14-19	32:51
27	Larry Vaughn	3 M	25-29	32:52
28	Shane Moore	13 M	14-19	32:53
29	S. Hoover	14 M	14-19	32:54
30	Craig Beghtel	1 M	6-13	32:56
31	Mike Maher	5 M	30-34	32:58
32	Jason Eckert	2 M	6-13	33:00
33	Dan Hanson	4 M	25-29	33:03
34	Dennis Conner	4 M	35-39	33:19
35	Tony Truax	5 M	25-29	33:20
36	Jim Hanna	1 M	40-44	33:42
37	M. Krallman	6 M	30-34	33:44
38	Paul Baker	7 M	30-34	34:07
39	Tom Selig	6 M	25-29	34:07
40	J. Davis	15 M	14-19	34:09
41	Bernie Huesing	2 M	50-59	34:10
42	Jim Kline	3 M	50-59	34:28
43	Dick Harnley	3 M	45-49	35:13
44	Cory Eggan	16 M	14-19	35:14
45	Becky White	1 F	21-30	35:32
46	Ryan Myers	17 M	14-19	35:40
47	Justin Eutsler	3 M	6-13	35:43
48	Ron Woolsey	3 M	20-24	35:51
49	Jim Tucker	18 M	14-19	35:52
50	Brynn Weller	1 F	41-50	35:56
51	Sam Harder	8 M	30-34	36:10
52	Terry Gautsch	4 M	50-59	36:18
53	Brad Peterson	19 M	14-19	36:20
54	John Callicote	2 M	40-44	36:22
55	Barry Peterson	3 M	40-44	36:41

LIME CITY 5

RESULTS

<u>PLACE</u>	<u>NAME</u>	<u>AGE GROUP</u>	<u>PLACE</u>	<u>TIME</u>
56	Ryan Davis	4 M 6-13		36:46
57	Darin Shaw	20 M 14-19		36:58
58	Stan Bippus	4 M 45-49		36:59
59	Fred Kendall	5 M 45-49		37:08
60	Tom Steinmetz	4 M 40-44		37:10
61	Jim Owens	7 M 25-29		37:34
62	Bill Steiner	5 M 35-39		37:35
63	Tyler Oden	5 M 6-13		37:39
64	Troy Wetherbee	6 M 6-13		37:48
65	Marv Proffitt	6 M 45-49		37:54
66	Keith Patterson	9 M 30-34		38:05
67	Laurie Randall	1 F 14-20		38:12
68	Joyce Destefano	1 F 31-40		38:13
69	C. Holewinski	8 M 25-29		38:32
70	Wendie Pressler	2 F 14-20		38:33
71	Joyce Butler	2 F 31-40		38:35
72	Rick Yarger	6 M 35-39		38:43
73	Susie Holewinski	2 F 21-30		38:45
74	David Montgomery	7 M 35-39		38:46
75	Dan Stinson	10 M 30-34		38:51
76	Wayne Randall	5 M 40-44		38:54
77	Tony Gozad	6 M 25-29		39:05
78	Kelly Hubayeb	6 M 40-44		39:07
79	Chuck Kennedy	4 M 20-24		39:08
80	Bruce Pressler	8 M 35-39		39:17
81	Dick Sive	5 M 50-59		39:24
82	Fran VanWagner	1 F 51-Over		39:26
83	R. Beemer	9 M 35-39		39:35
84	Dick Ackerman	11 M 30-34		40:08
85	Dan Bjortomt	7 M 45-49		40:20
86	David Hans	7 M 40-44		40:29
87	Debbie Scheiber	3 F 21-30		40:36
88	Barb Scrogam	3 F 31-40		40:41
89	Danny Mylet	21 M 14-19		40:51
90	Tim Godfroy	10 M 25-29		40:52
91	Charles Mssure	10 M 35-39		40:55
92	Gary Klepper	11 M 35-39		40:59
93	Mike Craig	7 M 6-13		41:04
94	Hal Reckert	12 M 35-39		41:45
95	Gene Striggle	6 M 50-59		41:54
96	Steve Cline	13 M 35-39		42:13
97	Sandy Davis	3 F 14-20		42:33
98	Cindy Hicks	4 F 21-30		42:39
99	Michelle Bradford	4 F 14-20		42:51
100	Bob Cooper	11 M 25-29		43:20
101	Mike Hendricks	14 M 35-39		43:22
102	Scott Studebaker	22 M 14-19		43:52
103	Barry Glassburn	5 M 20-24		44:22
104	Rick Delaney	12 M 30-34		44:43
105	Byron Price	15 M 35-39		44:46
106	Reyes Jimenez	16 M 35-39		44:47
107	Dale Smith	8 M 45-49		44:50
108	Dave Cox	1 M 60-Over		45:01
109	Joe Shull	2 M 60-Over		45:05
110	Alice Hakely	5 F 14-20		53:42
111	Stephanie Oden	6 F 14-20		54:02

★★ 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.

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.

Harlan Days 10K Results

8-1-1987

Place	Name	Age	Time
1	Daniel Moord	30	35:19.9
2	Dan Kaufman	36	35:22.1
3	Mike Fast	18	36:50.7
4	Terry Coonan	36	37:34.3
5	Tom Renz	32	38:02.7
6	Tom Dedinge	40	38:09.4
7	Tim Gorell	16	39:58.1
8	Geoff Stratton	17	40:56.8
9	Ray Sibrel	49	41:01.0
10	Larry Averbek	47	41:16.2
11	David Carper	24	41:28.8
12	Dick Furnish	27	41:41.7
13	Jay S. Prichard	30	41:51.2
14	Robert Erexson	25	42:04.0
15	Craig Miller	51	42:05.0
16	Don Lindley	43	42:35.3
17	Clem Getty	52	42:35.8
18	Keith Caudell	30	42:56.9
19	Tom Felger	47	43:30.7
20	Joe Patterson	33	43:53.5
21	Greg Fahl	34	44:22.7
22	Donald Ford	37	44:40.0
23	Brad Deel	48	44:53.8
24	Richard Zink	45	45:02.4
25	Harvey Thompson	48	45:08.5
26	Dick Harnly	49	45:10.0
27	Lyn Handlin	30	45:32.4
28	Marsha Schmidt	41	45:40.7
29	Murtaza Karim	33	45:47.4
30	Terry Gautsch	54	46:20.7
31	Duane Voirol	46	47:06.3
32	Joyce DeStefano	33	47:28.0
33	William Krue	46	47:33.9
34	Kurt Paris	32	47:40.3
35	Ron Cohen	34	47:43.2
36	Howard Bash	53	47:52.7
37	Tom King	51	47:58.0
38	Clifton Gorrell	41	48:15.4
39	Eddie Lee	34	48:36.3
40	David Montgomery	37	48:55.7
41	Shabbir Karim	26	48:57.6
42	Po Powell	30	48:59.4
43	James Thompson	28	49:01.2
44	Michael Yann	35	49:32.3
45	David Wilson	53	50:28.0
46	Richard Beemer	37	50:59.9
47	Kim Krueckberg	36	51:01.9
48	Barbara O'Neil	48	51:19.6
49	Michael Downey	36	51:24.9
50	Dick Sive	52	51:38.2
51	Eugene Beriggee	56	51:41.3
52	Larry Konger	31	51:44.6
53	Jack O'Neil	62	52:04.4
54	Brenda Wolfe	36	52:22.9
55	Dan Kaufman	36	52:51.0
56	Kristi McNally	14	52:53.9
57	Robert Leeper	60	52:56.7
58	Ellis McCann	62	53:29.8
59	Robyn Sharp	16	54:43.8
60	Tim Twiss	37	54:50.8
61	Dean Sharp	40	55:05.8

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 POURPOSE 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 BUSHEY, 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 _____

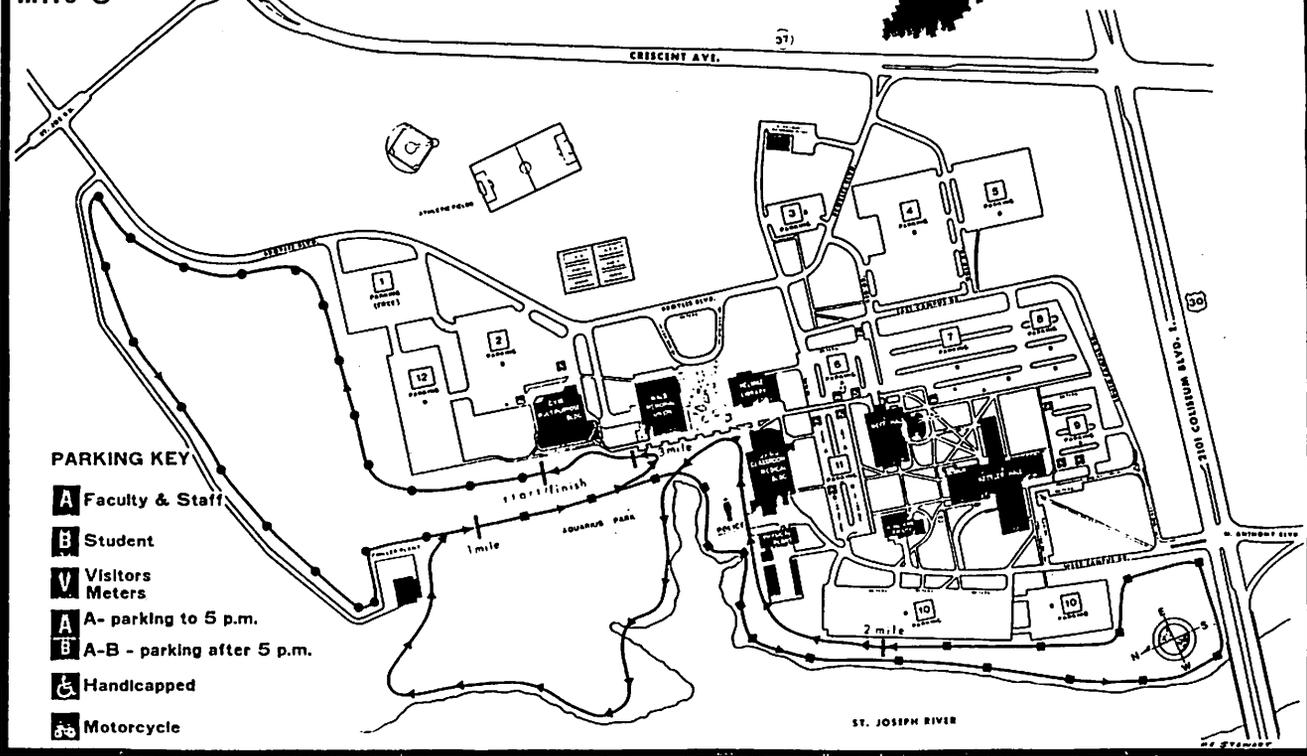
Mail Entry form to: FWTC SCHOLARSHIP FUND RUN
P.O. Box 11703
Fort Wayne, IN 46860

- KEY**
- mile 1 •
 - mile 2 ■
 - mile 3 ▲

5,000 Meter Cross Country Course



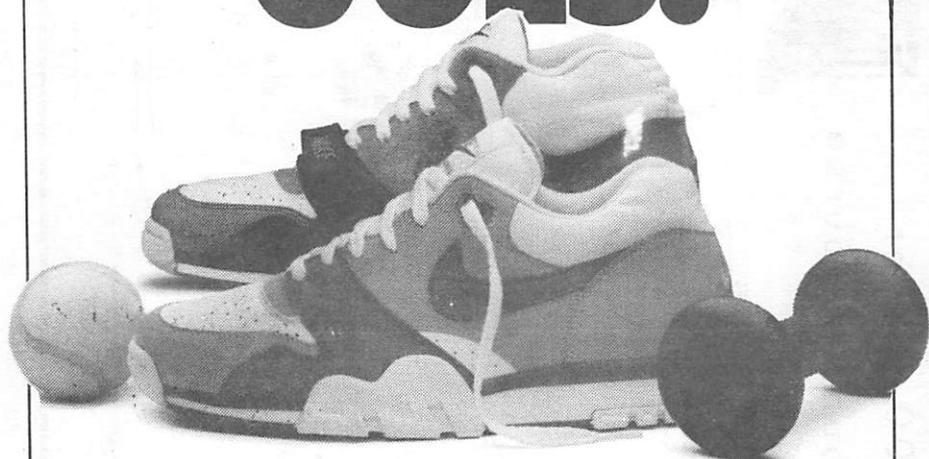
**INDIANA UNIVERSITY
PURDUE UNIVERSITY
AT FORT WAYNE**
FORT WAYNE, INDIANA 46805



PARKING KEY

- A** Faculty & Staff
- B** Student
- V** Visitors
Meters
- A** A- parking to 5 p.m.
- B** A-B - parking after 5 p.m.
- Handicapped
- Motorcycle

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1987 SPORTS TECH TRIPLE CROWN

October 31, 1987

Homestead 15K; Homestead, 10:00 am.



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484-4322



1987 RACE SCHEDULE

SEPTEMBER 6, 1987

YNCA Women's 10K; Mike Fraley, YM-
CA, 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.
Run For The Rock 5K; Saturday, 9:00 am.;
North 3rd. St., Waterville, Ohio, (419)
878-2936.

SEPTEMBER 13, 1987

Dutchess County Marathon; 26.2 miles;
Pefe Sanfilippo, 8 Carmine Dr., Wapp-
inger Falls, New York.
Philadelphia Distance Run; 13.1 miles, 8:30
am.; Philadelphia YMCA, 1421 Arch St.
Philadelphia, Pennsylvania.

SEPTEMBER 16, 1987

AUL Governor's Cup 8K Finale; Indiana-
polis 10:00 am.; 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.
Flower Memorial Hospital 5K Run; Satur-
day, 10:00 am.; Flower Hospital, 5200
Harroun Road, Toledo, Ohio, (419)
882-1100.

Women's Distance Festival, Greendale, WI;
5K; Phyliss Reichardt, 13925 W. Craw-
ford Dr., New Berlin, Wisconsin.

SEPTEMBER 20, 1987

Bowling Green Classic 5K & 10K Runs;
Sunday, 9:00 am.; Bowling Green City
Park, Bowling Green, Ohio, (419)
353-7945

Maine Women's 10K Classic, Gardiner,
Maine; 10K; Linda Keniston, RFD, Read-

field, 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, 10:30 am; Al's Run, Box
661, Milwaukee, Wisconsin.

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

SEPTEMBER 27, 1987

Blade 10,000 Meter Race; Sunday, 9:00
am.; Blade Building, Downtown Toledo;
entry deadline Sept. 22, (419) 726-4336
or (419) 686-7255.

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, 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, 10:30 am; 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.

Continued on next page

1987 Race Schedule Continued

OCTOBER 17, 1987

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

OCTOBER 18, 1987

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

OCTOBER 24, 1987

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

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

OCTOBER 31, 1987

Pleasant Run 5 Miler; Indianapolis, IN.

NOVEMBER 1, 1987

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

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

NOVEMBER 7, 1987

De Feet Diabetes 10K; West Lafayette

NOVEMBER 8, 1987

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

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

NOVEMBER 14, 1987

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

NOVEMBER 21, 1987

Ludwig Turkey Trot 5K; Portland, IN.

NOVEMBER 28, 1987

Tree City Run 10K; Greensburg, IN.

DECEMBER 6, 1987

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

DECEMBER 12, 1987

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



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Coming Events

September 13, 1987

Scholarship Fund Run 5K; IUPU, Fort Wayne, Indiana; 8:00 am.

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 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 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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Ea. Add'l Family Member \$6.00 (\$24.00 Max. Per Family)

(List the Names, Birthdates and Sex of each family member)



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