

the inside track



**FORT WAYNE
TRACK CLUB**

1987 1988

December / January

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

INSIDE!

J. P. 10K Results

1988 FWTC Schedules

Point System

Banquet Information

Fort Wayne Track Club

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424-6723

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RACE SCHEDULE
447-5321

CLEM GETTY
EQUIPMENT
638-4890

ANN JAMISON
RUNNERS WEEK
627-5450

TOM LOUCKS
POINT SYSTEM

NEXT TRACK CLUB MEMBERSHIP MEETING

SATURDAY, JANUARY 16, 1988; 7:30 am.

at Bushey's Inc., 1701 Fairfield Ave.

FREE REFRESHMENTS

Banquet Feb. 20, 6:00PM.; SW Conservation Club

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.

1988 FWTC RACE SCHEDULE

February 20, 1988

Fanny Freezer 5K; Foster Park, 2:00 PM. Race Director: Dennis Marks, (219) 447-4567

March 12, 1988

Nutra Run 20K; Woodside Middle School, Fort Wayne, IN., 2:00PM
Race Director, Judy Tillapaugh, (219) 424-6723

June 18, 1988

Central Soya 5K; Downtown, Fort Wayne, IN., 6:00 PM. Race Director, Jim Seiler, (219) 425-5345.

August 27, 1988

Big Brothers / Sisters, 2 mile / 5 mile; Foster Park; 5:00 PM. Race Director, Frank Zirille, (219) 456-1600.

December 10, 1988

"Just Plain 10K", 10K; Foster Park, 2:00PM. Race Director, J. P. Jones, (219) 745-7339.

Other races to be added in February issue.

1988 LOCAL RACE SCHEDULE

April 23, 1988

North American Van Lines 5K / 15K; North American Van Lines, Fort Wayne, IN , 9:00AM. Race Director Terry Shipley, (219) 429-2430.

May 7, 1988

"We Are Winning 5K", 5K; Canterbury Green, Fort Wayne, IN, 9:00AM. American Cancer Society, (219) 482-9181.

July 4, 1988

Hamilton Lake, 5K; Hamilton Lake IN, 9:00AM. Race Director, Tim Fleming (219) 749-8027

July 17, 1988

Diet Pepsi, 10K; Friemann Square, Fort Wayne, IN, 8:00AM. Fort Wayne Parks & Recreation, (219) 427-1270.

PRESIDENT'S COLUMN

By Judy Tillapaugh

Tis the season for plenty of good cheer! It's a special time of year for family and friend to truly pass on feelings of joy, hope and love. Enjoy every moment! May you be filled with good tidings over the Holidays and throughout the New Year.

December is rich with holiday preparation. For the Track Club December means preparation for 1988 running and social events. Members of the Track Club Board, Committee Directors, and Committee Assistants are working together to offer events to meet the wishes and needs for the majority of Track Club members. I hope our club can closely meet your expectations of fun and fitness. It's difficult to match 100% of all wants. Remember our Board is always open to new proposals. If you have a strong opinion on a certain event, volunteer to initiate it!

One change for the new year is the addition of a 5 and 10 mile race in May. This will replace the Marathon. Negotiations with WMEE, Key Health Plan and Parkview Memorial Hospital are in progress for sponsorship. We are hoping to create a festive event for everyone.

You may be wondering "How can the Track Club drop it's Marathon?" It is a beautiful course, but presently the negatives out weigh the benefits. In the last few years marathoning has become less popular. Fort Wayne used to have hundreds of runners, yet last year there were about 380. The Track Club Board can't anticipate this changing. Shorter races are more attractive for more runners. For new runners setting goals to complete a 5 Km, 5 mile, 10 Km, or $\frac{1}{2}$ Marathon is more realistic than a full marathon.

The Fort Wayne Marathon has been held 13 years. Maybe another year it will be reborn. This May there will be a fine Fort Wayne Track Club event at a shorter distance with more participants.

1988 will be the rebirth of the POINTS SYSTEM. Tom Loucks has agreed to manage the new system. He'll do a great job. A description of the POINTS SYSTEM will be published in February's Inside Track.

Mark your calendar for the February Fort Wayne Track Club Banquet. It will be a potluck dinner. Warm up those baking and cooking skills. Bring your favorite recipe. If you get the urge, bring copies of the recipe. Possible some could be printed in the Inside Track. A Summit City Runner's Recipe Book? Keep reading this Inside Track. The banquet details are here.

By now the winter running suit probably has been dusted off and broken in. The chilly, frosty days will be with us for awhile. Oh well, winter running can be worthwhile. Please dress well to stay toasty warm and healthy. If you are unsure what to wear ask an expert. Call Larry Averbek? No skip this move. One can find Larry blazing a running trail in 30°F weather in his blue shorts and no top. Call Mike Kast for good advice or to personally meet Mike come join his running group. They meet at IPFW University every Tuesday and Thursday evenings at 6:00PM and 9:00AM Saturday mornings. You'll find them gathered inside the athletic building (north end of campus) near the vending machines. It's a great group! Often they will travel to a famous Fort Wayne restaurant for a post run meal. Blueberry pancakes are a tasty choice Saturday morning!

Have a NUTRIFIC holiday season!

FWTC BOARD MEETING

The track club board meeting was held November 15 at Bushey's Incorporated. Those in attendance were Judy Tillapaugh, Don Lindley, Amy Anderson, Ron Horan, Clem Getty, Tom Loucks, Tom Renz, Richard Beemer, and Roger Wilson. The meeting was called to order at 7:10 by President, Judy Tillapaugh.

Minutes: No additions or deletions were made to the October meeting minutes.

Treasurer's Report: Income for October was \$290. Expenses were \$1,520.75. The proposed 1988 budget will be presented at the next board meeting.

Membership: Membership cards and information packets for new members were discussed. Volunteers are needed to put packets together.

Newsletter: December issue will be sent out during mid-December. Information is needed for Fanny Freezer run, club banquet, Nutra Run, and membership renewal. It was requested that all advertising go through the advertising chairman, and race scheduling through Denny Marks.

Brochure: The brochure is not type set yet. It will be reviewed this week and sent to the printer.

Race Schedule: No report.

Equipment: The equipment committee will submit a proposal for the purchase of a new clock at the next meeting.

Aid Stations: No report.

Points System: Tom Loucks has agreed to coordinate the points system. It will be simple, include 4 or 5 well established Ft. Wayne races, and races will be scored like a cross country meet. More details will be available at next meeting.

Marathon Update: WMEE is still interested in sponsoring the marathon and is open to expansion. Parkview has not been contacted about continued sponsorship of wheelchair race. A final decision regarding the status of the marathon will be made at the next meeting.

Summit City 10K Follow-up: All major sponsors will be back next year.

Annual Banquet: The banquet will be held Saturday, Feb. 13, 1988. Several locations were discussed. Final plans will be discussed at next meeting.

RRCA Membership: Several nominations were made for various RRCA awards. Jim Bushey- outstanding president award; Judy Tillapaugh- journalism; Ron Horan- outstanding volunteer.

Old Business: None.

New Business: Richard Beemer is starting a running club in Huntington. He asked for ideas and suggestions in getting the club off the ground.

The meeting was adjourned at 9:40.

Respectfully submitted,

Amy Anderson, Secretary

LETTERS TO THE EDITOR

December 14, 1987

Mr. Ron Horan, Editor
6204 Winter Street
Fort Wayne, IN 46816

Re: Fort Wayne Track Club

Dear Editor:

Gary Dexheimer's letter about the timing of awards ceremonies was of particular interest to me. As a participant in races for many years, and never having won anything, I think I can be objective. It has been my consistent observation that people who finish at the back of the pack are not particularly interested in awards anyway.

I've always been amazed that any "winners" at all stick around the inordinate amount of time necessary to receive their awards. Furthermore, the ceremony would be more meaningful if there could be a large audience to "honor" the winners which will only happen if the ceremony were held much sooner.

I would suggest that the ceremony begin when about 75% of the runners are finished, thereby making probable a much larger crowd of finishers and observers to hear the remarks of the sponsor and offer some significant applause.

I do not think the early finishers who make up most of the winners ought to be penalized by one or two "back of the pack" age group winners. Rather it is those few who should pick up their award at a later time for the good of the majority.

Sincerely,



Richard D. Waterfield

RDW/lkd

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

Dear Judy,

Should a runner be concerned about calcium deficiency? What are some of the symptoms of calcium deficiency? What foods contain calcium? How much food should be included in the diet to maintain safe or sufficient level on a daily basis? Should you include supplements in your diet?

Don Lindley

Dear Don,

As the life expectancy of Americans has increased, diseases common among older people have become recognized as key public health problems. Public awareness of osteoporosis, a condition in which the bones become porous and more susceptible to fractures, has made many people question what preventive measures can be taken.

Osteoporosis appears to have multiple causes and the risk of developing it may be affected by lifestyle and lifelong health and dietary habits. Although your question did not specifically mention osteoporosis, this is the disease we are most concerned about when we think of calcium deficiency. A dietary calcium deficiency can produce osteoporosis in experimental animals, and there is substantial evidence suggesting that such a deficiency also contributes to osteoporosis in humans. Other possible risk factors include; short stature; underweight; excessive intake of protein; fiber; caffeine; alcoholism; cigarette smoking; lack of exercise; cessation of menstruation; and the use of medications that interfere with the body's ability to retain calcium.

The risk of osteoporosis increases with age and is greater among women than men and is more common among whites than blacks. Most American women do not meet the R.D.A. (recommended dietary allowance) for calcium and many scientists studying this disease feel our present R.D.A. for calcium is too low.

To answer your questions in order, Don, a runner should be concerned about calcium deficiency as should all Americans. However, a runner by running is taking a protective measure against osteoporosis. Physical exercise, especially upright exercise, such as walking, jogging or running which involves gravity, movement and muscle pull on the bone help to preserve bone mass. It's also important to spend exercise time outdoors since sunlight helps the body create the active form of vitamin D that helps metabolize calcium.

Osteoporosis is a painful, debilitating and debilitating disease that is difficult to diagnose early enough to prevent real damage. By most conventional methods, bone loss isn't visible until about 35% of the mass has been lost. The disease usually begins between age 30 and 35, but is evident in chronic dieters at an earlier age. It's also evident in eating disordered patients with restrictive and chaotic diets as early as teenagers. People can help to identify for themselves if their lifestyle, age or sex has increased their risk of developing osteoporosis. Osteoporosis cannot be significantly reversed, but can be slowed down or halted with positive lifestyle changes.

Unless you are allergic to milk, it is not difficult to obtain enough calcium from the foods you eat. The U.S. R.D.A. of calcium for women 19 and over is 1,000mg, however bone specialists recommend 1,200 to 1,500mg daily after menopause. Men need slightly less and children during years of growth require 1,200mg. The best sources of calcium are dairy products. Concern over the cholesterol content of dairy products has decreased our consumption. However, low fat milk and dairy products contain virtually no cholesterol and are good sources of calcium. Two or three cups of skim milk or non-fat yogurt plus one to two ounces of low fat cheese daily will provide adequate calcium, no cholesterol and less than 400 calories. Unless you are allergic to milk, calcium supplements are not the answer. Some studies show that there must be something else in the foods that also enhances the absorption

of calcium. Supplements are needed by some, but food sources are our best source. A runner's increased calorie need does not increase the need for calcium above the R.D.A.

CALCIUM AND CALORIES IN DAIRY PRODUCTS

<u>Food</u>	<u>Serving Size</u>	<u>Calcium(mg)</u>	<u>Calories</u>
Milk, whole*	1 cup	288	160
Milk, 2%*	1 cup	297	120
Milk, skim	1 cup	299	85
Butter*	1 Tbsp.	3	100
Cheese, cheddar*	1 ounce	213	115
Cheese, cottage*	$\frac{1}{2}$ cup	90	85
Cheese, cream*	1 inch cube	10	60
Cheese, low fat	1 ounce	225	50 - 75
Yogurt, low fat plain	1 cup	400	110
Yogurt, low fat fruit*	1 cup	350	260
Ice Cream*	$\frac{1}{2}$ cup	97	123
Ice Milk*	$\frac{1}{2}$ cup	102	100

NON-DAIRY SOURCES OF CALCIUM

<u>Food</u>	<u>Serving Size</u>	<u>Calcium(mg)</u>	<u>Calories</u>
Salmon with bones (canned)	3 ounces	167	120
Sardines with bones (canned)	3 ounces	372	175
Oysters	1 cup	226	160
Shrimp *	3 ounces	98	100
Broccoli	1 stalk	158	45
Collards, cooked	1 cup	289	55
Mustard greens, cooked	1 cup	193	35
Spinach, cooked	1 cup	167	40
Tofu	3.5 ounces	128	72
Blackstrap molasses	1 Tbsp.	137	43

* These foods because of their low calcium content and/or high calorie and cholesterol content are not healthy choices for calcium. Note: For instance, low fat cottage cheese may be a good source of protein, but you would have to eat nearly 2 cups to equal the calcium in 1 cup of skim milk or skim milk yogurt.

**REWEW YOUR
MEMBERSHIP TO THE
FORT WAYNE TRACK CLUB
TODAY!!!**



Caylor-Nickel

Orthopaedic and Athletic Rehabilitation Center

214 S. Main Street, Bluffton, IN 46714

THE FORGOTTEN MUSCLES OF THE ARCH

by: Tony Harris MS, RPT, ATC

The arch of the foot is important to us for at least two very important reasons. The first is propulsion in order to push off which occurs with running, standing-up, swimming, etc. The second function is that of distributing weight as the lower extremity progresses from the airborne to limb support phases of walking and running. There are four major muscles originating in the lower leg, or calf, that pass under the foot to provide the support structure to the bones involved with the arch. This is why "fallen arches" are more correctly a condition involving the tendons, ligaments, and bones of the mid-foot and their inability to properly distribute weight and propel one forward in a normal manner.

Just as any other muscles in the body, these need strengthening also. The following exercises will help develop these often overlooked and under estimated "athletic supporters from down under."

- 1) ABC's - with the knee straight and ankle over the edge of the table, couch, etc., print the capitol letters of the alphabet with the great toe as a pointer. Only the foot and ankle should be moving. This should be done 1-2 times per day.
- 2) Achilles Tendon Stretch - in a seated position with the legs on the floor, place a towel under the ball of the foot and bring the foot back as far as possible then use the towel for assistance - be smooth. This should be done in sets of 10 and 1-2 times per day is sufficient.
- 3) Resisted Inversion/Eversion - with the towel under the ball of the foot, turn the bottom of the foot in and out resisting your foot movement with the towel. Repetitions as in #2.
- 4) Toe Curl - sitting in a chair with a towel on the floor and both feet on the towel, pull the towel to you by grabbing the towel with your toes. As you can do this 30 times without any problems, add weight to the end of the towel. Repetitions as in #2.
- 5) Towel Inversion/Eversion - with towel at 90° to foot, invert/evert the foot using the sole of the foot and outside/inside of the foot to move towel along the floor. As you can do this 30 times with no problems add weight. Repetitions as in #2.
- 6) Marble Pick-Up - pick up marbles, jacks, etc. from one box and place it in another box then return to original box. Then pick up marbles, bring them to you and remove from toes with hand.
- 7) Rice Box - fill a Tupperware container with rice, popcorn, etc. enough to cover up to the bottom the the ankle bone. Extend and flex toes while in box. Don't eat contents afterwards!
- 8) Calf Stretch - in standing, face wall with toes pointed straight, and toes pointed out, lean into wall with heels remaining on floor. Hold this position for 10 seconds. This stretch should be easy at first. Do with knees straight and bent.

- 9) Heel Raise - with feet shoulder width apart and feet flat on the floor, raise up on the balls of your feet holding for 3-4 seconds. Place a 2 x 4, book, use a curb, etc. and repeat step one placing these items under the balls of your feet. Progress to using one foot only as you can.
- 10) Swim Fins - if you have access to a pool, use the resistance of the water while moving the ankle and foot to perform the indicated exercises.

Consistency in performing these exercises on a daily basis is important in achieving and maintaining the flexibility and strength needed about the foot and ankle.

Have a Happy Holiday season from the Caylor-Nickel Athletic Rehab Centers located in Georgetown Square and Bluffton.

Attend the Annual Fort Wayne Track Club Banquet February 20, 1988 6 pm.

*Reflexology
Center*

**Massage Therapy and Foot Care
Trained Therapists
Tanning Booth Available**

Call: (219) 420-3901

**909 North Coliseum
Suite 207
Fort Wayne, Indiana**

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

\$125.00 for complete equipment rental
 includes: Digital clock
 Printer
 Race application inserted in 700
 issues of Inside Track.
 Printing results in Inside Track.

— or —

\$100.00 Digital clock only
 \$35.00 Printer only
 12 x entry fee for insertion of race application
 (10 x entry fee if paid in advance)
 \$40.00 for printing complete race results

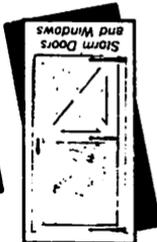
For more information and to reserve the equipment for
 your race call Clem Getty, 219-638-4890 or write.
 Fort Wayne Track Club, P.O. Box 11703,
 Fort Wayne, Indiana 46860

(Delivery of equipment could incur additional charges)

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**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703

FORT WAYNE, IN 46860

**EIGHTH ANNUAL
20 KM. (12.4 MI.), NUTRA RUN
PLUS 1 MILE FUN RUN
Saturday, March 12, 1988**

PLACE: Woodside Middle School, Fort Wayne, Indiana
Restrooms - Water - *(No showers)* - Come prepared to run

TIME: 2:00 p.m. - 20km. run; 2:15 p.m. - 1 mile fun run

COURSE: Over the hills and plains of Homestead

REGISTRATION: After 1:00 p.m. day of race only. *(No pre-registration)*

AWARDS: NUTRITIOUS + DELICIOUS!!

MEN	
14 and under	- 1
15 - 19	- 3
20 - 24	- 5
25 - 29	- 5
30 - 34	- 5
35 - 39	- 5
40 - 44	- 5
45 - 49	- 5
50 - 54	- 5
55 - 59	- 5
60 and over	-1

WOMEN	
19 and under	- 3
20 - 29	- 5
30 - 39	- 5
40 - 49	- 5
50 and over	- 3

1 MILE FUN RUN

First 10 finishers

FEES: FWTC members - \$1.00; Non-members - \$2.00
Plus all runners are asked to bring an edible food (non-alcoholic) for post race enjoyment! (*Example: fruit, pretzels, or nutritive cookies.*)

DIRECTIONS: Woodside is located next to Homestead High School at the corner of Homestead and Aboite Center Road. To reach the School from 69 take the 24 west exit to Aboite Center Road (1st stop light). Turn left. Drive 2 miles to Woodside. Turn left into the school parking lot.

RACE DIRECTOR: Judy Tillapaugh - Assisted by Mike Kast; Phone: Home 424-6723

ASSISTANTS: WELCOMED!! Contact Judy or Mike if interested.

COME RUN WITH US

**FORT WAYNE PARK DEPARTMENT/YMCA
ALMOST SPRING FLING WEEKEND
FANNY FREEZER 5K**

February 20, 1988
Foster Park — 2 pm.

Registration day of race
at pavillion #1 at 1:00 pm.

FEE: \$1.00 for members
\$2.00 for non-members

Refreshments will be served
Hot chocolate — Hot cider

Prize awarded for the best spring
costume (like Bay to Breakers)

DONATION

SECONDHAND SHOES

What do you do with your old running shoes? Toss them probably. You can now donate your worn-out running, basketball or aerobic shoes—actually any athletic shoes that are in usable condition—to needy people in Central America. Don Paul and Ric

Sayre, two prominent marathoners, are organizing the drive. Athletes United for Peace is acting as a clearinghouse for the donated shoes, which are shipped to a religious task force for distribution in Nicaragua, El Salvador, Honduras and Guatemala.

Shoes should be sent to Athletes United for Peace, 450 Harrison Street, San Francisco, CA 94105. Call (415) 543-6671 for further information.

Living shoes: You might be ready to toss out that old pair, but someone in Central America would gladly wear them.





**Boston Athletic
Association**

**NINETY-SECOND ANNUAL
B.A.A.
BOSTON MARATHON®**

**MONDAY, APRIL 18, 1988
12:00 NOON**

. QUALIFYING TIMES ARE:

AGE GROUP	MALE	FEMALE
Under 40 years	3 hrs. 00 min.	3 hrs. 30 min.
40-49 years	3 hrs. 10 min.	3 hrs. 40 min.
50-59 years	3 hrs. 20 min.	3 hrs. 50 min.
60 years and over	3 hrs. 30 min.	4 hrs. 00 min.

Special Note:

**All qualifying times for the 1988
B.A.A. Marathon
must have been run at
any marathon sanctioned by
The Athletics Congress (TAC/USA)
over a certified course between
January 1, 1987 and March 21, 1988.**

**ENTRY FORMS
ARE AVAILABLE NOW!**

**Please Send A Self-Addressed
Stamped Envelope To:
B.A.A. Boston Marathon
17 Main St.
Hopkinton, MA 01748**



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

1988 Fort Wayne Track Club Organizational Chart

President - Judy Tillapaugh

Secretary - Amy Anderson

Treasury - Don Lindley

1st Vice President - Ron Horan

2nd Vice President - Denny Marks

Inside Track

Chairman - Ron Horan

Assistants -

Publicity

Chairman - Jim Bushey

Assistants - Gary Hooten

Runner's Week

Chairman - Ann Jamison

Assistant - Tom Renz

Advertising

Chairman - Roger Wilson

Assistant - Norm Spitzig

Membership

Chairman - Randy Lavine

Legal Assistance

Mike Kast

Race Schedule

Chairman - Denny Marks

Assistant - Lynn Handlin

Equipment

Chairman - Clem Getty

Assistants - Mark Brattoli
Bobby Pauley

Aid Stations

Chairman -

Martha Hoepfner

Assistants -

Points System

Chairman - Tom Loucks

COME RUN WITH US

RERUN 1987 RACES ON

RUNNERS WEEKS

SHOW DATE	HOST - ANN JAMISON (RACE DATE)	GUEST HOST & COM.
DEC 17-19	Fanny Freezer 5K & YMCA Work Out (2-21-87)	COM.-Tim Fleming
DEC 24-26	Sports Tech 5K Triple Crown #1 (4-4-87)	Ron Horan & COM.
JAN 7-9	North American Van Lines 5K & 15K (4-25-87)	Mike Robbins & COM.
JAN 14-16	Amer.Cancer Canterberry 5K (5-2-87)	COM.-Judy Tillapaugh
*****	*****	*****

NEW SHOW JANUARY 21, 23, 28 & 30 NEW WINTER SHOW
The J. P. FOSTER PARK 10 K (12-12-87) Guest Host-Lyn Handlin

FEB 4-6	Arlington Park 5K Trophy Run (5-9-87)	Randy Lavine COM.-Tim Fleming
FEB 11-13	WMEE/Key Health Marathon Part 1 (5-17-87)	COM.-Ron Horan
FEB 18-20	WMEE/Key Health Marathon Part 2	COM.-Ron Horan
FEB 25-27	Central Soya 5 Mile (6-20-87)	Keith Horton & COM.
MAR 3-5	Turtle Days 10K & White River 5mi (6-27-87)	Beth Rehner & COM.
MAR 10-12	Three Rivers Biathlon (7-15-87) Run 5K, Bike 25mi., Run 5K	Betty Hite Nelson COM.-Ann Mize
MAR 17-19	Kent Davis 5K (8-15-87)	Don Lindly & COM.
MAR 24-26	Big Bro./Big Sis. 2 Mi & 5 Mi. (8-29-87)	Jim Bushey & COM.
MAR 31-2	IUPUI Scholarship XCountry 5K (9-13-87)	Craig Hartman
APR 7-9	Summit City 10K Part 2 (10-25-87)	Jeff Beam & COM.
APR 14-16	Sports Tech 15K Triple Crown #3 (10-31-87)	Gary Hooten & COM.

* COM.- COMMENTATOR

THURSDAY 8 PM
SATURDAY 2:30 PM
CHANNEL 10

Attend the Annual Fort Wayne Track Club Banquet

February 20, 1988 6 pm.
at the
Southwest Conservation Club
Bluffton Road



POT LUCK DINNER

*(Bring one dish and a salad or dessert,
your own table service.) Drinks will be
provided by the club, coffee, pop and beer.*

ENTERTAINMENT PLUS

*Highlights of Runners Week this past
year on a large screen television.*



AWARDS

Annual awards will be given out.

FUN

A chance to relax and have some fun.

—PLAN NOW TO ATTEND—

11th Annual Just Plain 10K/
3.3K Race - December 12, 1987

Sixty three runners with numerous helpers braved the 35 degree temperature and someblowing snow to run the revised course at Foster Park. All runners were in within an hour and were treated to hot soup from "Sharon's Soup Kitchen". Thanks to all the volunteers who helped: Rudy Kleinknight for splits, Ron Horan for official time at the finish, Bob and Sharon Pauley for the soup, Jane Thomas and Jeremy Ford for passing out the honey mugs and the Lindleys for registration and course layout. Thanks, too for the 113 gift wrapped T-shirts that were collected and distributed. Here are the results:

11th Annual Just Plain 10K/
3.3K Race - Foster Park -
December 12, 1987

3.3K Race

	Time	Place
Bob Gensheimer	14:52	1
Michael Lindley	18:03	2
Phil Suelzer	19:23	3
Joan Burns	22:53	4
Sharon Pauley	39:52	5

10K Race - Women

39 and Under		
Mary T. Connolly	38:45	8
Phyllis Suelzer	46:27	34
Lyn Handlin	47:20	37
Sherry Mosher	55:33	52
Sandra Shane	57:57	57

40 and Over		
Barb Scrogam	47:47	39
Ellen Schwartz	51:14	46
Gloria Nycum	56:59	54

10K Race - Men

19 and Under		
Anthony Howe	34:49	1
Jason Matzke	38:23	7
Doug Wehart	43:39	21
Rick Squires	44:13	29
Brian Alverson	44:34	30
Brad Thomas	57:57	56

20-29

Jim Bushey	40:05	12
David Carper	41:40	15
Conrad Peterson	41:44	17
Pat Buechel	47:07	36

30-39

Tim O'Connell	35:26	2
Randy Hisner	36:17	3
Steve Caswell	36:24	4
John Treleaven	36:32	5
Mark Brattoli	39:35	9
Neil Tate	39:40	10
Dave Howe	39:51	11
Tom Rehrer	40:32	13
Roger Artherhults	41:37	14
Ed Ward	41:42	16
Don Ford	42:04	18
Dave Winters	42:15	19
Kelly Clevenger	42:23	20
Phil Suelzer	43:17	23
Bill Moord	43:28	26
Gary Walker	43:36	27
Robert Freeborn	43:41	28
Kieth DeMeritt	43:43	31
Alan Bradley	47:28	38
Anthony Smith	48:01	41
Charley Knepple	49:18	42
Randy Williams	49:50	43
Greg Scheffel	49:53	44
Harry Quandt	50:36	45
Perey Ford	51:16	47
Dan Tubbs	52:49	49

40-49

Jerry Perkins	38:03	6
Donald Lindley	43:03	22
Tom Felger	43:24	25
Richard Zink	45:17	32
Barrie Peterson	45:30	33
Tom Mather	48:00	40
Chuck Mills	52:20	48
Dennis Winters	58:59	58

50-59

Clem Getty	43:17	24
Curt Nold	54:04	50
Gene Striggle	54:16	51
Robert Hockensmith	57:33	55

60 and Over

Ken Disler	46:38	35
Phil Burns	56:33	53

J.P. Jones, Race Director
(745-7339)

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

MANY THANKS
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Mark Siemer - Heart Information

Jim Anderson - X Country Skiing

Lynn Schlegel - Weight Training

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Randy Lavine, Keith Horton, Beth Rehner

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FALL MARATHON REPORT

This is the first year in nine that I didn't train to try and run Chicago. Chicago was cancelled and I decided to just take it easy this year. Maybe next year I'll run Columbus.

Vern Chovan, Tom Loucks and John Trelevan were just 3 of the Fort Wayne runners to go to Columbus this year. Vern Chovan reported that this was his longest time and just about the toughest marathon he's run. His time was 4:52. Columbus was warm and windy, two conditions which combine to make dehydrated runners. The temperature was up to 65°. Vern has run 16 marathons and only dropped out of one, but Columbus this year was a close one for number two.

Another group of runners went to Washington, D.C. to run the Marine Corps Marathon. Some times were phoned in for use and an offer to write a paragraph or two about the race, but I misplaced the slip of paper and the story never arrived. Sorry.

This newsletter would be more interesting if runners that race out of town would take a moment to write a paragraph about their race experience. It can be brief. Just list the names of the Fort Wayne participants, their times if available, a course description and weather conditions. It can be elaborate and include your experience every step of the race.

At the Muncie 50 Km on October 18, 1987 Larry Averbeck finished 5th with a time of 3:36:45, Charles Okorowski finished 23rd with a time of 4:13:33 and Don Lindley finished 28th with a time of 4:24:16.

The 10th Annual Seagate Ultra Marathon was held at Ottawa Park in Toledo November 28, 1987. Don Lindley and Charles Okorowski took 7th and 8th place respectively in the 60 Km event. Don's time was 5:12:23 and Charles' time was 5:17:45.



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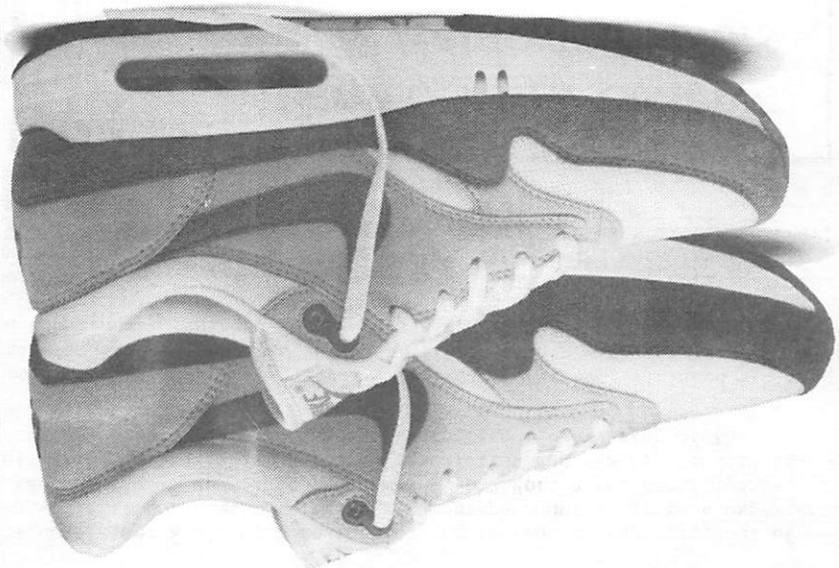
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Coming Events

February 20, 1988

Fanny Freezer 5K; Foster Park, Fort Wayne, Indiana; 2:00 pm.

FORT WAYNE TRACK CLUB BANQUET

6:00PM. at Southwest Conservation Club

March 12, 1988

Nutra Run 20K; Woodside Middle School, Ft. Wayne, IN, 2:00PM.

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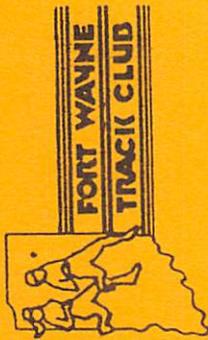
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