

# the inside track



FORT WAYNE  
TRACK CLUB

1988  
March

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



"SOMEHOW, I KNEW IT WOULD BE LIKE THIS!"

# Fort Wayne Track Club

## Officers and Board Members 1988

JUDY TILLAPPAUGH  
PRESIDENT  
424-6723

DENNY MARKS  
VICE PRESIDENT  
447-4567

RON HORAN  
V. P./NEWSLETTER  
447-6627

ROGER WILSON  
ADVERTISING

DON LINDLEY  
TREASURE  
456-8739

AMY ANDERSON  
SECRETARY  
747-0092

JIM BUSHEY  
PUBLICITY  
747-3770

RANDY LAVINE  
MEMBERSHIP  
493-2420

LYN HANDLIN  
RACE SCHEDULE  
447-5321

CLEM GETTY  
EQUIPMENT  
638-4890

ANN JAMISON  
RUNNERS WEEK  
627-5450

TOM LOUCKS  
POINT SYSTEM

## MEMBERSHIP MEETINGS

They will be at Bushey's, Inc.  
1710 Fairfield Avenue

**SUNDAY, MARCH 20th, 1988 — 5:00 P.M.**

AND

**SUNDAY, APRIL 17th, 1988 — 5:00 P.M.**

*Come One, Come All!*

## 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.

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# 1988 FWTC RACE SCHEDULE

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## MARCH 12, 1988

Nutra Run 20K; Woodside High School, 2:00 PM.

Race Director: Judy Tillapaugh, (219) 424-6723.

## MAY 7, 1988

"We Are Winning 5K," 5 K; Canterbury Green, 9:00 AM.

American Cancer Society, (219) 482-9181.

## MAY 14, 1988

WMEE/Key Health, 5 Mile / 10 Mile; Johnny Appleseed, 8:00 AM.

Race Director: Mike Ducey, (219) 482-9606.

## JUNE 18, 1988

Central Soya, 5 Mile; Downtown, 6:00 AM.

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.

## SEPTEMBER 11, 1988

Scholarship Fund Run, 5 K; IPFW, 2:00 PM.

Race Director: Mike Kast, (219) 423-1430.

## OCTOBER 23, 1988

Prediction Run, 13.1 Mile; Foster Park, 8:00 AM.

Race Director: Don Lindley, (219) 456-8739.

## OCTOBER 30, 1988\*

Summit City 10K, 10K; Downtown Fort Wayne, 2:00 PM.

Race Director: Mike Ducey, (219) 482-9606.

## NOVEMBER 12, 1988\*

Hilly 4, 4 Mile; Homestead, 9:00 AM.

Race Director: John Treleaven, (219) 432-5315.

## DECEMBER 10, 1988

"Just Plain 10K," 10K; Foster Park, 2:00 PM.

Race Director: J. P. Jones, (219) 745-7339.

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# 1988 LOCAL RACE SCHEDULE

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## MARCH 20, 1988

Magic Bank Climb, 25 Floors; FW National Bank/Main, 11:00 AM.

Race Director: Mary Leonard, (219) 456-4534.

## MARCH 27, 1988

Cincinnati Heart Mini 15K; Cincinnati, Ohio, 1:00 PM.

Race Director: Bob MacVeigh, (513) 281-4048.

## APRIL 23, 1988

Run For Life, 10K; Anderson Comm. Hospital, Anderson, IN, 4:00 PM.

Race Director: Keith Trent, (317) 646-5102.

## APRIL 23, 1988\*

Spring Classic, 15K, northAmerican Van Lines, 9:00 AM.

Race Director: Terry Shipley, (219) 429-2430.

\*POINTS RACES

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**APRIL 30, 1988**

Bowman Foot Clinic, 5K; Arlington Park, 8:00 AM.  
Race Director: Tim Fleming, (219) 749-8027.

**MAY 7, 1988**

Community Health Happy Heart Run, Fun Run, 10 K; Coldwater, MI,  
9:00 AM. Race Director: Christian Brand, (517) 278-7361.

**MAY 30, 1988**

Great Race VIII, 10K/13.1 Mile; Elkhart, 8:30 AM.  
Race Director: Ron Schmanske, (219) 294-1661.

**JUNE 4, 1988**

Spring Fever 5, 5 Mile; Huntington, 8:00 AM.  
Race Director: Paul Baker, (219) 356-5172.

**JUNE 4, 1988**

Marine Corps 10K, 10K; New Haven, 7:00 AM.  
Race Director: Tom Gratz, (219) 749-0982.

**JUNE 25, 1988**

Turtle Days, 10K; Churubusco, 8:00 AM.  
Race Director: Larry Shively, (219) 693-2761.

**JULY 4, 1988**

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

**JULY 13, 1988**

"3" Rivers Festival Biathlon; TBA.  
Race Director: Ann Mise, (219) 424-7977.

**JULY 17, 1988**

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

**AUGUST 6, 1988**

Harlan Days 10K, 10K; Harlan, 7:00 AM.  
Race Director: Tom Bunner, (219) 486-6441.

**AUGUST 13, 1988**

Kent Davis, 1 Mile/5K; Georgetown Square, 7:00 AM.  
Race Director: Bill Schmidt, (219) 485-1114.

**SEPTEMBER 10, 1988**

Run Jane Run Triathlon; TBA.  
Fort Wayne Women's Bureau, (219) 424-7977.

**SEPTEMBER 18, 1988**

Run Jane Run, 5K/10K; Foster Park, TBA.  
Fort Wayne Women's Bureau, (219) 424-7977.

**SEPTEMBER 24, 1988**

Parlor City Trot, 13.1 Mile; Bluffton, 8:30 AM.  
Race Director: Phil Lockwood, (219) 1-824-4844.

**OCTOBER 1, 1988**

Run For Your Heart, 5K; Foster Park, 9:00 AM.  
Race Director: Amy Anderson, (219) 458-2345.

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# PRESIDENT'S COLUMN

By Judy Tillapaugh

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All hail to weather winds! There's no control to their force. You could be running a 6:30 minute per mile effort at an 8:00 minute per mile pace. A Wind could have you dancing on a bridge or stumbling off a sidewalk. It's a lost battle. Dang Winds:

Recently during a run on the river greenway Tom Felger told me some wise words. "Don't fight the winds just relax, breath easy, and move through it." This makes sense to me. Why waste energy getting mad at the wind? It will not change the weather pattern. Mental frustration can exhaust you.

Mother nature has her reasons when she speeds up the wind. There's nothing a runner can do except accept it. We might as well stay calm inside. So the next time you're faced with a king wind take it easy and keep moving. Dream of that soon to come tail wind.

March has been chosen to recognize food! It's National Nutrition Month! The American Dietetic Association's 1988 theme is "Choose Good Nutrition For Today And Tomorrow". Food choices do matter. They can help keep you feeling good and feeling fit every day.

To Be Nutrific Think Nutrific!

Here are ten thoughts to think:

1. Think food variety
2. Think three meals plus a couple snacks
3. Think tasty
4. Think high carbohydrate, high fiber
5. Think lean
6. Think low salt
7. Think easy on the treats
8. Think low alcohol
9. Think plenty of fluids  
(go for decaffeination)
10. Think fine food for fitness

Our new Fort Wayne Track Club brochure was released last month. Artist Mark Manuszak did an outstanding job designing it. He deserves many thanks. I hope that it can create more awareness of our club. We are a super organization. Our main goal of the club is to meet the needs and interests of area running enthusiasts. Let us expand our membership.

Did you renew your track club membership for 1988? The membership fee is due at the first of each year. You all are a valuable part of our club. Grab your checkbook and an envelope. Take a few minutes and rejoin today. We extended the 1987 membership benefits till the end of March. Anyone who has not paid dues for 1988 by March 31, 1988 will have their benefits canceled! Do not do this to yourself. There is a membership application in the very back of this Inside Track just waiting for you.

Often there are questions on the benefits of joining the track club. What happens to the \$12.00 membership fee?

The rewards can be many. Remember that it is a volunteer organization. All of the board members, race directors, and race assistants freely give their time to make events a reality. I encourage all track club members to volunteer to help at a race or help a club committee. Any small assistance is wonderful!

Fort Wayne Track Club Member Benefits:

1. Receive Indiana Runner - NEW for 1988
2. Receive Inside Track - the club newsletter
3. Receive Footnotes - RRCA newsletter
4. Track club road runs
5. Track club social events
6. Weekly training opportunities
7. Information on local and national road runs
8. Race applications
9. Nutrition and training information
10. Sports Tech 10% discount
11. Friendship with fellow running enthusiasts
12. Updated running jokes

It's official! On May 14, 1988 the WMEE/Key Health Plan Five and Dime will be held. Highlight this day on your calendar so you can be a part of this spring community running event. Race director Mike Ducey tells me it's a beauty of a course! Scan over the race schedule. Pick a couple upcoming events you could use to tune up for it. Try the NAVL 15 KM April 23rd.

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# FWTC BOARD MEETING

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The track club board meeting was held on January 19 at Bushey's Inc. Those in attendance were Judy Tillapaugh, Don Lindley, Lynn Handlin, Martha Hoepfner, Jim Bushey, Al Oaks, Dave Fairchild, Betty Moylan McDade, Ron Horan, Clem Getty, and Amy Anderson. The meeting was called to order at 7:45 a.m.

Minutes: Noted that the track club banquet is February 20.

Treasurer's Report: Income for December was \$636.73 and expenses were \$463.72. Total income for 1987 was \$10,985.68 and expenses were \$9,093.07. Balance as of Dec. 31 is 7,762.62. The 1988 budget was proposed and approved.

Inside Track: No report.

Race Schedule: 1988 race schedule will be printed in upcoming newsletters. Point races for 1988 will be NAVL, Central Soya 5 mile, Big Brother Big Sister, and Summit City 10K.

Publicity: Track club announcements will appear in the Personal Best column of the paper.

Membership: Renewal reminders will be sent out soon/

Equipment: Discussed the necessity of 2 race clocks. Clem Getty will continue to check into clock prices.

May race: No report until next meeting. Rediscussion of the marathon took place.

Banquet: Banquet will be Feb. 20 at 6:00p.m. at the SW Conservation Club on Bluffton Rd. Majic Man Mark Evans will be the D.J.

RRCA Annual Meeting: The meeting is may 5,6,7,8 in Indianapolis. Volunteers are needed to help host the hospitality suite. If interested please contact Judy Tillapaugh.

Old Business: None.

New Business: No membership meeting in February. The next meeting will be Sunday March 13 at 6:00 p.m. at Bushey's Inc. Be sure and mark the Nutra Run on you calendar.

The meeting was adjourned at 10:00 a.m.

Respectfully submitted,

Amy Anderson, secretary

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

# LETTERS TO THE EDITOR

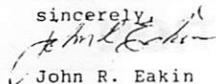
Dear Ron,

Don Lindley advised me to write you a small story about the "Run For The Children" event I spoke of at the track club banquet last Saturday, in hopes you can squeeze it in in the next issue of inside track.

This will be a 12 hour relay fun run/walk in Foster Park on April 30, 8am-8pm. Its purpose is to raise awareness and funds to aid the Universal Child Immunization Campaign whose goal is to immunize the world's children by 1990 against measles and five other insidious, childhood diseases which claim 10,000 innocent lives per day throughout the world. Participants are asked to collect pledges. One life can be saved for every \$5 collected. You may run any distance at any time. Similar events will be taking place simultaneously in other parts of the country and throughout the world. Runners in Dayton have challenged us to cover the length of Indiana (300 miles) in Foster Park. For more details contact John Eakin, 1216 West Packard Avenue, Fort Wayne, IN 46807, 744-2480.

I realize this is very late. If you can't get it in this issue I'll have more information for next month's. Thanks for your consideration in this matter.

sincerely,



John R. Eakin

## When You Need To Add A Door Onto Your Home...

CLEAR-CUT COUPON SPECIAL!

**STANLEY**

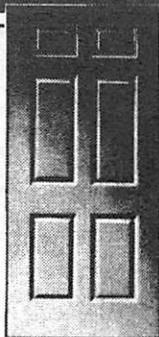
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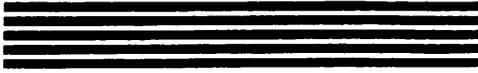
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INC

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DEAR FELLOW CLUB MEMBERS:

THANK YOU SO MUCH FOR THE VERY SPECIAL EVENING AT THE BANQUET!  
THE RECOGNITION AND THE GIFT WERE SUCH WONDERFUL AND THOUGHTFUL  
GIFTS THAT I WILL ALWAYS TREASURE.

I ENJOYED MY TWO YEARS AS PRESIDENT, BECAUSE YOU, THE MEMBERSHIP  
GAVE BACK SO MUCH IN ENERGY AND PARTICIPATION. I LOOK FORWARD TO  
THE FUTURE OF THE CLUB. WE INVIGORATE THE COMMUNITY EVERY TIME THEY  
SEE US RUN OR RACE, AND THATS A GREAT FEELING!

STAY HEALTHY, KEEP RUNNING, SEE YOU ON THE ROADS....

SINCERELY,

JAMES E. BUSHEY

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## NUTRITION IN QUESTION

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Question:

Dear Judy,

I am trying to lose 15 to 20 pounds. I am 5'7" and weigh 155 pounds.  
I'm 25 years old and run 25 miles per week. Bread is my weakness.  
Do I need to use diet bread? I know I need to restrict starchy foods  
because they are fattening. What is a safe amount of bread products to  
use daily and still be able to lose weight?

Anonymous

Answer:

Dear Anonymous,

Your's is a common concern. When trying to lose weight, many people  
feel that by eliminating certain foods identified as "fattening" the task  
of weight loss will be easier. The difficult part is that often people  
eliminate foods they truly enjoy and some of these same foods are  
nutritionally important.

First of all, some foods are higher in Calories than others and it's a fact  
that if you eat more Calories than you burn up daily, a weight gain will  
result. What you are wanting to accomplish is to eat fewer total Calories  
daily than you burn up. Nutritional content in the total Calories is also  
important since you want to stay healthy and be able to maintain  
strength and fight infection while you are losing weight.

The dietary recommendations for Americans is that you eat at least the  
minimum requirements from each of the four food groups at all times,  
even when losing weight. Also, the diet should contain 60% or more of  
total Calories in carbohydrates, the rest of total Calories to be 15-20%  
protein and 20-25% fat.

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The Calorie level at which you personally should be able to lose weight gradually would be 1400 to 1600 Calories. To provide food from the food groups that would offer the nutrients that you need and the right amount of carbohydrate would require you to consume daily:

- four or more servings of vegetables
- four or more servings of fruit
- two cups of lowfat milk
- four to six ounces of meat, poultry or fish
- and six or seven servings of starchy foods like bread, cereal, pasta, crackers and potatoes.

You should be able to lose weight and eat your bread too following this plan. Be sure not to slip in additional high Calorie toppings which are often the things that give starches the label of "fattening".

The use of diet bread is not necessary. If you prefer to use diet bread, each slice counts as half a serving of regular bread. Just be sure to not restrict Calories or nutritional value severely when losing weight, many eating disorders and health complications result from diets that are too restrictive and don't provide needed nutrients.

For a tasty and satisfying way to use bread, try this recipe:

#### Mushroom Strata For One

(this recipe may be multiplied)

##### Ingredients

- 2 Bread slices
- 2 ounces Low fat cheese, shredded
- 1/2 cup Low fat milk
- 3 Egg whites or 1/4 cup Egg substitute
- 1/4 tsp. Dry mustard
- 1/4 to 1/2 cup Sliced mushrooms
- 1/2 tsp. Dried onion (optional)

##### Method

1. Spray baking dish with vegetable spray. Layer ingredients as follows:
  - one slice bread
  - 1/2 of the cheese
  - mushrooms
  - onions
  - one slice of bread
2. Mix milk, egg whites, or egg substitute, mustard, salt and pepper to taste. Pour over ingredients in baking dish. Press down on bread to absorb the liquid. Sprinkle remaining cheese on top. Cover and refrigerate 4 hours or over night.
3. Bake uncovered at 350 degrees for 30 minutes, or until puffy and beginning to brown.

Each serving provides:

- 3 ounces low fat protein
- 2 servings of bread
- 1/2 serving milk
- 1/2 serving of vegetable

Judy Newman

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# LEADER OF THE PACK OR I LOST MY WAY IN WABASH

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by Roger Garrison

It looked like it was going to be another hot, humid day as I left Fort Wayne at 6:30 a.m. on Saturday to run the Wabash Cannonball. By the time that I got parked and stretched my muscles, it was time for the race. They had shortened the race from a 10K to a 5-mile run and had completely changed the route since the last time I ran here. I didn't get a chance to look at the route, but all you have to do is follow the crowd anyway. The course had many small hills and it seemed that we turned at every other intersection. There was a turnaround at about 1 1/2 miles where the runners circled back on the same street. I saw that I was still in the fairly continuous stream of runners at the front and in 55th place out of the approximately 400-500 runners. Over the next couple of miles I improved my position as I passed 2 people and no one passed me. Despite my increased pace, the lead runners pulled away leaving me near the front of a second pack. I gradually closed in on the three runners ahead of me, and with less than half a mile to go I made my move. Just before we made a right turn I took the inside position and passed all three with a burst of speed. I was now the leader of the pack - relatively unfamiliar territory for me. As I rounded the corner, I continued kicking for the finish line. I could see the banner strung across the street in the distance. It was a little farther than I had calculated and I realized that I may have begun my sprint too soon. Now was not the time to second guess, so I just pushed as hard as I could, concentrating on the finish line. I was relieved that I no longer heard footsteps behind me, but knowing that they weren't far behind I didn't want to waste the energy to glance back to see how close they were. As I crested the final hill and approached the banner, my internal clock was screaming at me. As I glanced at my watch, I saw that I was already well past my projected finish time. Where was the finishing chute? Where were the spectators and other runners? Looking back over my shoulder, I saw that there were no other runners in sight. I had obviously missed a turn and gotten off the course. The banner that I had erroneously focused in on as the finish line was only one of several throughout the city for the weekend festivities. All I could do was to retrace my steps until I got back on course. I jogged back with a what-the-hell pace and, with some embarrassment, rejoined the other runners. I saw where I went wrong. I should have made a quick left hand turn about a half a block after I passed the last three runners and then I would have had only about a block to the finish line. I finally finished about 10 minutes later than I should have. After the race they drew names for many different prizes. Somehow, I didn't think that they would call my name that day. I was right.

**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)*

**Reflexology  
Center**

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

**Call: (219) 420-3901**

909 North Coliseum  
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Fort Wayne, Indiana

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# ULTRA NEWS

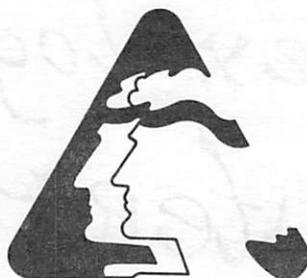
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## LEADVILLE ON TV

Its still tentative, but NBC's coverage of last August's Leadville 100 Mile is scheduled for July 3rd. The show will run 90 minutes, immediately after the coverage of tennis from Wimbledon. For those that want to see 1985 coverage "Run Across The Sky" contact Don Lindley.

## LOTTERY FOR OLD DOMINION

For those interested in running this year's Old Dominion 100 Mile, remember the field has been limited to 100 and a lottery will be held to determine the starting field. The lottery will take place March 31; entries must be post-marked by March 21. Last year's race had 122 starters.



## White River Park STATE GAMES VI

**Regionals, Fort Wayne:**

**June 24, 25, 26**

**Finals, Indianapolis:**

**July 8, 9, 10**

Competition in 16 sports,  
including 5 mile run

*"Indiana's Statewide  
Sports Festival"*

For more information contact Indiana Sports Corporation

**1-800-HI-FIVES**

1988 Official Corporate Sponsors  
Methodist Hospital of Indiana, Inc.; Hook's Drug Stores;  
Marsh Supermarkets/Village Pantry

Sponsored regionally by  
WKJG-TV, St. Joseph's Medical Center, GTE, and Holsum

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# 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		WOMEN	
14 and under	- 1	19 and under	- 3
15 - 19	- 3	20 - 29	- 5
20 - 24	- 5	30 - 39	- 5
25 - 29	- 5	40 - 49	- 5
30 - 34	- 5	50 and over	- 3
35 - 39	- 5		
40 - 44	- 5	<b>1 MILE FUN</b>	
		<b>RUN</b>	
45 - 49	- 5	First 10 finishers	
50 - 54	- 5		
55 - 59	- 5		
60 and over	- 1		

**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 east 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.

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#### WHAT IS A WORKOUT?

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner — the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of rebirth. When you finish a good workout, you don't simply feel better.

**YOU FEEL BETTER ABOUT YOURSELF.**

by George Allen



**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**

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# 1987 FWTC AWARDS

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During the Annual Fort Wayne Track Club Banquet February 20, 1988, awards were presented to recognize some outstanding members of the club. Below is a summary of the award winners.

## **OUTSTANDING FEMALE VOLUNTEER — LYN HANDLIN**

- Race Schedule Chairman 1987 and 1988.
- Coordinator and instructor for the 1987 Southeast YMCA Marathon Clinic held for the WMEE, Key Health Plan, FWTC Marathon.
- Fanny Freezer assistant race director.
- Runner's Week host.
- Aid station volunteer.

## **OUTSTANDING MALE VOLUNTEER — CLEM GETTY**

- Equipment Chairman 1987 and 1988.
- Volunteers storage shed for FWTC clock timers, flags, cones, mile markers, and finish board.
- Volunteers his truck to transport equipment.
- Volunteers his wife, Diane, and daughters, Barb and Sharon, to help.

## **OUTSTANDING STUDENT RUNNER — JACQUE HOEVEL**

- In the SAC (Summit Athletic Conference) she has been one of the top 10 for 4 years.
- She has been on 2 regional, 2 sectional and 3 SAC championship teams.
- A member of Snider's championship SAC cross country team 1984, 1985, 1986.
- She has competed at the state cross country race past 3 of the 4 years.
- Her best 2.5 mile time is 15:04.

## **OUTSTANDING RUNNER OF THE YEAR — LELAND RAY SIBRAL**

- A highly consistent runner.
- Constantly ranks high in his age group.
- Very versatile runner in events ranging from 5km to ultramarathons.
- He's a soft spoken man with a heart of gold.

## **OUTSTANDING PAST CLUB PRESIDENT — JIM BUSHEY**

- Club president for 1986 and 1987.
- Jim portrays a man with quality leadership skills.
- He was a major assistant for WMEE/Key Health Plan Marathon for 1986 and 1987.
- He was a major assistant for 1987 Summit City 10km.
- He continues to support the club as the Publicity Chairman (watch for FWTC news releases).
- "Runners Week" host.

## **WOODY WOODPECKER AWARD — LARRY AVERBECK**

## **OUTSTANDING ULTRAMARATHONER — DON LINDLEY**

Bud Stiffler from Anderson, Indiana, was at the banquet to recognize Don for his Old Dominion 100 Miler achievements.

*Congratulations to all award winners!*

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# REUN 1987 RACES ON RUMBLE

HOST - ANN JAMISON

SHOW DATE	(RACE DATE)	GUEST HOST & COM.
DEC 17-19	Fanny Freezer 5K & YMCA Work Out	COM.-Tim Fleming
DEC 24-26	Sports Tech 5K Triple Crown #1	Ron Horan & COM.
JAN 7-9	North American Van Lines 5K & 15K	Mike Robbins & COM.
JAN 14-16	Amer. Cancer Canterberry 5K	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	Randy Lavine COM.-Tim Fleming
FEB 11-13	WMEE/Key Health Marathon Part 1	COM.-Ron Horan
FEB 18-20	WMEE/Key Health Marathon Part 2	COM.-Ron Horan
FEB 25-27	Central Soya 5 Mile	Keith Horton & COM.
MAR 3-5	Turtle Days 10K & White River 5mi	Beth Rehner & COM.
MAR 10-12	Three Rivers Bathlon (7-15-87)	Betty Hite Nelson Run 5K, Bike 25mi., Run 5K COM.-Ann Mize
MAR 17-19	Kent Davis 5K	Don Lindly & COM.
MAR 24-26	Big Bro./Big Sis. 2 Mi & 5 Mi.	Jim Bushey & COM.
MAR 31-2	IUPUI Scholarship XCcountry 5K	Craig Hartman
APR 7-9	Summit City 10K Part 2	Jeff Beam & COM.
APR 14-16	Sports Tech 15K Triple Crown #3	Gary Hooten & COM.
*****		
* COM. - COMMENTATOR		

THURSDAY 8 PM  
SATURDAY 2:30 PM  
CHANNEL 10

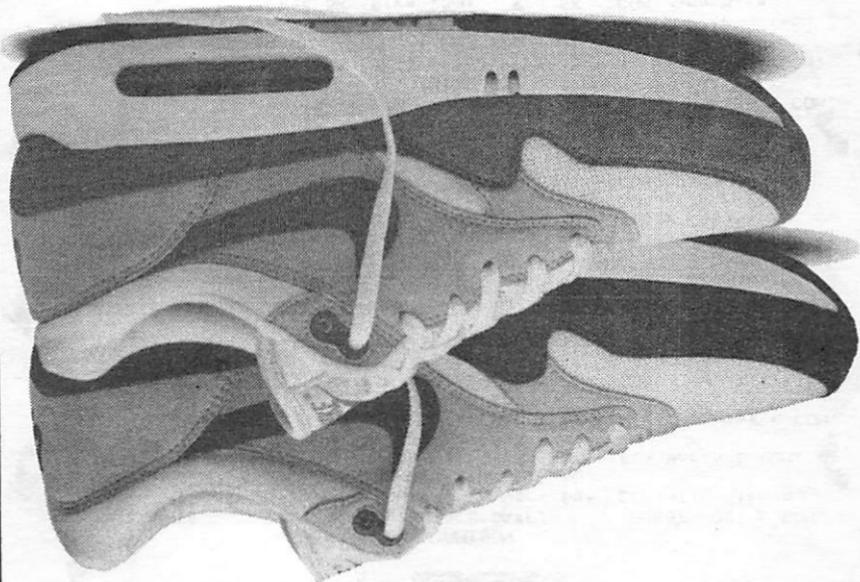
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## **— Help Wanted —**

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*Do you like to draw?*

*Do you have stories to tell?*

*Ron Horan is in search of an ASSISTANT  
Do consider calling or writing Ron today.*

*It could be a start of a new adventure!*

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# **POINT SYSTEM**

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## **Basic cross country style scoring will be applied.**

1st. Place — one point

2nd Place — two points

Thru 10 Places

- In some age groups, because of limited participation scoring will not be thru ten (10) places.
- Standard age groups plus open mens and women will be used.
- Masters men and women will be scored five places.

## **Scoring will be applied to the following races.**

1. North American Van Lines 15K
2. Hilly Four Mile
3. Big Brothers / Big Sisters 5 Mile
4. Summit City 10K

Participation is required in all four events.

Up dates will be published in **THE INSIDE TRACK** after each race.

## **Fort Wayne Track Club determines awards.**

Ties Stands

Any questions can be directed to:

Tom Loucks

11080 North 6, State Road 1

Ossian, Indiana 46777

(219) 622-7108

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# RESULTS FOR FANNY FREEZER 5K

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## OVERALL STANDINGS

Name	Age	Time	Sex
1. Brian Shephard	21	16:07	M
2. Anthony Howe	17	17:16	M
3. Tim Gorrell	16	17:51	M
4. Dan Moord	31	17:48	M
5. Lance Matson	18	17:55	M
6. Carl Risch	30	18:15	M
7. John Treleaven	35	18:18	M
8. Mike Daugherty	19	18:29	M
9. Carl Hansen	31	18:35	M
10. Steve Caswell	34	18:49	M
11. Terry Coonan	36	19:05	M
12. Todd Andersen	25	19:14	M
13. Mark Kuhn	22	19:15	M
14. Tom Welch	28	19:16	M
15. Mike Metcalf	20	19:20	M
16. Conrad Peterson	29	19:24	M
17. Breen Peck	24	19:36	M
18. Jack Childress	21	19:38	M
19. Aaron Betts	16	19:45	M
20. Kenneth King	30	19:52	M
21. Dave Winters	38	19:56	M
22. Scott Chrismon	16	19:59	M
23. Gary Walker	35	20:05	M
24. Alex Kyle	29	20:10	M
25.			
26. Rodger Puckett	43	20:16	M
27. Eric Garcia	15	20:17	M
28. Michael Doseck	30	20:19	M
29. Mary Connolly	32	20:20	F
30. John Pea	26	20:29	M
31. Joe Ziegler	52	20:32	M
32. Roy Stinson	23	20:34	M
33. David Longanecker	44	20:38	M
34. Dave Howe	39	20:49	M
35. Keith Caudill	31	21:29	M
36. Tom Laird	51	21:49	M
37. Jerry Mazock	35	21:55	M
38. Glen Wright	29	22:03	M
39. John Wilkins	13	22:13.1	M
40. Debbi Ramseyer	16	22:13.5	F
41. Daniel Tubbs	31	22:18	M
42. Pat Beuchel	29	22:32	M
43. Daniel Fisher	36	22:41	M
44. Rick Beemer	37	22:59	M
45. John Renz	37	23:00	M
46. Tom Felger	48	23:02	M
47. Ken Clark	49	23:05	M
48.			
49. Beth Gibson	18	23:10	F

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50.	Charlie Kneppler	39	23:19	M
51.	Dick Harnley	50	23:30	M
52.	Johni Kasmussen	47	23:34.1	M
53.	Lisa Hoyerly	19	23:34.9	F
54.	Steve Smith	30	23:37	M
55.	Lyn Handin	31	23:39	F
56.	Jamie Wilkins	13	23:40	M
57.	Phyllis Suelzer	34	23:47	F
58.	Bob Gensheimer	51	23:49	M
59.	Chris Starkey	27	23:50	M
60.	Betsy Wormeastle	26	23:51	F
61.	Bill Copeland	30	24:00	M
62.	Janine Carrier	24	24:07	F
63.	Jason Fisher	17	24:08	M
64.	Bret Hall	28	24:11	M
65.	Mickie Borrell	15	24:14	F
66.				
67.	Joyce Butler	40	24:29	F
68.	Quinn Curry	29	24:39.4	M
69.	Barb Scrogham	41	24:39.8	F
70.	Mary Garcia	22	24:46	F
71.	Dan Nielsen	16	25:20	M
72.	Larry Yant	45	25:26	M
73.	Bruce Hamilton	35	25:34	M
74.	Terry Best	30	25:46.5	M
75.	Fran VanWaggoner	52	25:46.9	F
76.	Lorraine Fox	27	25:47	F
77.	Allen Best	24	25:55	M
78.	Mike McCarty	31	26:02	M
79.	Becky Wright	29	26:21	F
80.	Rosalie Welch	24	26:22	F
81.				
82.	Dennis Winters	44	26:41.1	M
83.	L. H. Balleine	38	26:41.9	M
84.	Mike Ducey	32	26:51	M
85.	Ron Horon	36	26:54	M
86.	Tom McCarty	47	27:00	M
87.	John Lantz	34	27:12	M
88.	C. Mills	41	27:16	M
89.	Sue Teubner	28	28:04	F
90.	Deb Stark	25	28:36.2	F
91.	Carole Krouth	35	28:36.7	F
92.	Sarah Kleinknight	44	28:48	F
93.	Jim Martin	45	28:58	M
94.	Alfred Moore	58	29:29	M
95.	J. P. Jones	59	29:46	M
96.	Mike Hendricks	38	30:23.1	M
97.	Ken Hendricks	40	30:23.9	M
98.	Jim Heymann	44	30:43	M
99.	Eugene Striggle	57	30:47	M
100.	Susan McCarrol	39	31:07	F
101.	Jerry Suelzer	7	35:51	M
102.	Phil Suelzer	36	37:58	M
103.	Sharon Pauley	47	1:11:48	F



**FWTC SCHEDULED RACES**

March 12

There is to be a Major Point Race held at Homestead High School. The standard \$1 for non-members and \$.50 for FWTC members will be charged. Your race entry fee makes you eligible for an equipment raffle. (The months available for the raffle will depend on the number of entries.) There will be certificates for all finishers. Winners of each age division will be able to draw for gift certificates provided by: The Wharf, Pizza Hut, Lucky Steer, Epicurean, Don Pedro's, and The Abbot House. For the end of the race, Art's has donated icecream. Registration will begin at 1:00 with a Mile Fun Run at 1:30. The Four Mile Race over a challenging (hilly) course will start at 2:00. Unfortunately, due to the coal shortage, there will be no indoor facilities available. We are hoping for a good turnout so come try your hand at a four mile. For further information contact Gary Drexheimer at 432-1439.

March 25

There will be a Twenty Mile Major Point Race held at Carroll High School. This race will be a good warm-up for those shooting for a Spring marathon. Registration will begin at 1:00. Entry fee of \$1 for non-members and \$.50 for FWTC members will be charged. For further information contact Marc Grimm at 489-1301.

April 16

For a change of pace a One Hour Run will be held at Snider High School. The particulars are still being worked out, but this will be a good run. Be sure to put it on your calendar.

**COME RUN WITH US!**

Tuesday 6pm.  
Thursday 6pm.  
Saturday 9am.  
People can meet by the left side entrance of the IPFW Athletic Building. Look for Mike Kast and friends.  
Wednesday 6pm.  
Foster Park. Meet in the parking lot near the volleyball courts. Look for John Treleven.

# FROM THE FORT WAYNE TRACK CLUB'S NEWSLETTER 11 YEARS AGO

10,000 meters Championship Race Results

January 14, 1978

Men 14 & Under	
Lee Parker	19:11
Bill Edelman	60:51
Men 15-19	
Tom O'Connell	36:33
Dean Nygard	39:35
Greg Orman	39:36
Joe Donnell	43:04
Gary Bird	50:51
Men 20-29	
Phil Suetzer	36:33
Max Rank	36:42
Rick Peitzug	38:06
Gary Drexheimer	39:03
Jerry Kazock	41:17
Tony Skewington	43:25
Rusty Summers	51:48
Bill Lonsworth	55:12
Women	
Cindy Caldwell	51:44
* PWTC Members	
Lyron Keyser	40:40
Chet Fleetwood	53:50
Men 30-39	
Charlie Brandt	41:31
Bill Whitcomb	42:27
Chuck Fowler	42:29
Norval Lehman	43:37
John Schwartze	44:41
Doug Williams	46:35
Denny Shuler	47:57
Daniel Hammarford	48:41
Woody Barker	49:15
John Rasmussen	54:48
Men 40-49	
Burgene Strigale	43:54
Jack Morris	46:47
Lynn Miller	50:16
Curtis Reid	54:05
Herbert Chandler	54:30
Bill Sobaski	54:59
Men 50 & Over	
Lyron Keyser	40:40
Chet Fleetwood	53:50

The weather condition was cold and windy. There were 37 starters and with 31 finishing the three lap course around Foster Park in a very hazardous and snowy route. It was not an idea course, but I tried to improve the conditions by shoveling a path along the parkway, and to no avail the drifting snow soon covered the fresh path. If you did not receive a ribbon, please let me know. Also someone left their blue wool cap in my truck. I would like to express thanks to the volunteers on behalf of the PWTC for Don Golder and Mrs. Strigale, as the official timers; Mrs. Suetzer and Hoper, who braved most of the cold as course timers; Bill Sobaski, as official scorer, and Mrs. Lindley with registrations; and Phil Suetzer with course measurements.

Don Lindley - Race Director

# Coming Events

MARCH 12, 1988

Nutra Run, 20K; Woodside High School, 2:00 pm

APRIL 23, 1988

Spring Classic, 15K; northAmerican Van Lines, 9:00 am

APRIL 30, 1988

Bowman Foot Clinic, 5K; Arlington Park, 8:00 am

MAY 7, 1988

"We Are Winning 5K," 5K; Canterbury Green, 9:00 am

MAY 14, 1988

WMEE/Key Health, 5M/10M; Johnny Appleseed, 8:00 am

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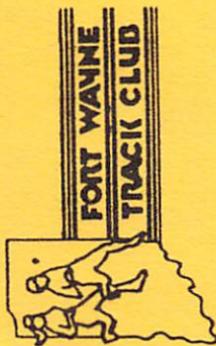
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Track Club, P.O. Box 11703, Fort Wayne, IN 46860

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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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