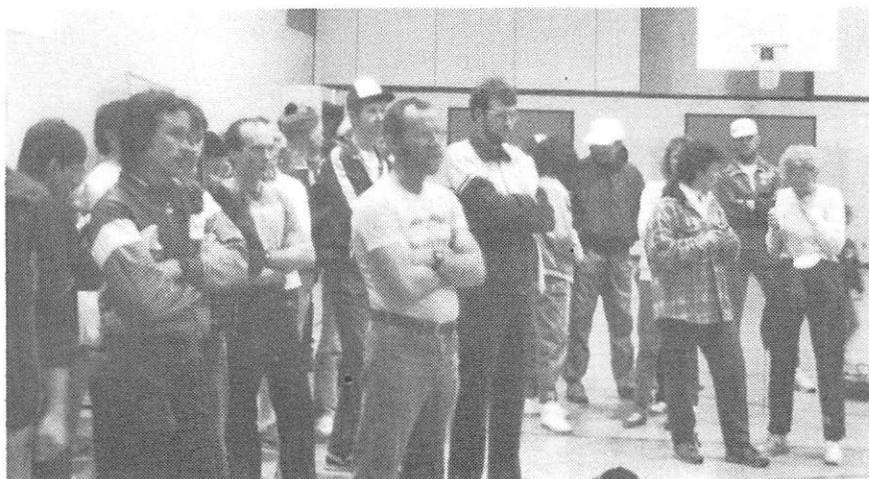


the inside track



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



INSIDE:

- ✓ Nutra Run Results
- ✓ Point System Revision

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

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, 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.

1988 FWTC RACE SCHEDULE

APRIL 23*

Spring Classic 15k; NAVL, 9:00 AM.
Race Director: Terry Shipley, (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 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.

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.

1988 LOCAL RACE SCHEDULE

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 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 ext. 421.

*POINTS RACES

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 Shivley, (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.

PRESIDENT'S COLUMN

By Judy Tillapaugh

Thought of the day- " Running Makes Life Better ". This carried me through my run Sunday. The legs were heavy. My calves would not loosen up. I was 3 miles from my apartment. It is true every run will not be wonderful. There will be times when you may just go through the motions. An anticipated 8 mile route could turn into a 2 to 4 mile loop. Maybe the easier run was needed.

Good thoughts during a run can offer benefits. What you are thinking and feeling on a run effects the experience. Positive thoughts have power to enhance performance. If you feel beautiful you will run outstanding. If you feel ugly you will run lousy. Believe in Fine Thoughts!! Get a motivating phrase playing in your mind the next time you go for a run. See if it makes a difference.

It is coming! Much planning and fine ideas are going to be a reality in Indianapolis the first weekend in May. The RRCA (Road Runner's Club of America) National Convention will be held at our state capital this year. I have spoken with convention director Don Carr who definitely feels it is sure to be a super event. Don plus many other active members of Indy Runners have put together an impressive outline of activities. Do try to go! Look for the official convention registration form inside this newsletter..

Our club is putting on the Hospitality suite for the convention. It will be available Thursday, Friday, and Saturday evenings beginning at 9:00pm. Would you like to be a host? I need 4 to 6 FWTC members each night. Contact me if interested. I have rooms reserved for us at the Hyatt Regency. If you would like to reserve a space in one of the double bed rooms call me.

The Spring Classic 15KM April 23rd initiates the 1988 Points System. For the past several years this event has been well directed by John Treleaven and Terry Shipley. This year will not disappoint you. This is the first of five runs for the Points System series. Look for further details on the series here in the Inside Track.

An other event coming up this spring is the " We Are Winning 5KM " May 7th at Canterbury Green. Start time is 9:00 am. This benefits the Cancer Society! It would be particularly good for runners doing less than 20 miles per week. You high mileage runners might use the run to test your speed skills. Think about supporting this event.

Applications are out now for the WMEE/ Key Health Plan 5 and Dime on May 14th. Grab one today. You have your choice of either 5 or 10 miles. Challenge yourself to meeting a personal goal. I understand every runner has the chance of winning a cash prize! Note that the 10 mile run has been put on the Points System.

Look For the Indiana Runner in your mail box the first of each month! Something new for 1988.

Do consider attending the RRCA National Convention May 5-8th! It is a chance to see the sights of downtown Indianapolis plus partake in a variety of running related activities.

Good Running! It does make life better.

That' all for now.

FWTC BOARD MEETING

The Track Club board meeting was held on March 20, 1988 at Bushey's, Inc. Members present were: Judy Tillapaugh, Don Lindley, Ron Horan, Mike Dray, Martha Hoepfner, Bobby and Sharon Pauley, Amy Anderson, Mark Bratoli, Roger Wilson, Denny Marks, and Jim Bushey. The meeting was called to order at 5:05 p.m. by president Judy Tillapaugh.

MINUTES: No deletions or corrections.

TREASURER'S REPORT: Balance as of March 20, 1988 is \$4,361.48.

INSIDE TRACK: The cost for 500 newsletters is \$578.00. Information for April newsletter must be submitted by Wednesday, March 23. Amendment was made to not charge for the race entry form for the NAVL 15K. The race is no longer supported by NAVL. The Track Club will not be responsible for expenses incurred for the race.

PUBLICITY: No report.

ADVERTISING: Roger Wilson resigned from the board. An advertising chairperson is needed.

RACE SCHEDULE: No report.

EQUIPMENT: New clock is ordered and should be delivered within the next 2 weeks.

POINT SYSTEM: No report.

WMEE/Key Health 5 & DIME: Track Club will receive \$1 per runner. 13 volunteers are needed to help time.

RCGA ANNUAL MEETING: Volunteer hosts are still needed for the hospitality suite. May 5-7. Still need money to help cover cost of refreshments.

AWARDS COMMITTEE: A committee to help with awards for the annual banquet was formed. Denny Marks agreed to be the chairperson.

OLD BUSINESS: Central Soya needs help with post race concessions.

NEW BUSINESS: Discussed incorporation of youth program into Track Club. Sharon Pauley is going to look into this.

With no further business, the meeting was adjourned at 7:15 p.m.

Respectfully submitted,

Amy Anderson, secretary

BEGINNING AGAIN

by Sharon Pauley

Feb. 17, 1988

You can smell it in the air today. You can see it on the calendar. It's time to begin again. The Inside Track arrived today with multiple invitations to begin again. It's Ash Wednesday, the beginning of Lent, a time of preparation. It's even the beginning of a new year on the oriental lunar calendar. According to the Chinese zodiac, this is my lucky year. It's the Year of the Dragon and I'm a dragon. I'll bet you didn't even know there was such a thing as a short, fat, middle-aged dragon. If you doubt my word, you'll have to check with Bobby, my husband about my fire breathing.

By now I should be very good at beginnings. That's all I've been doing for the past six months. Last August, Bobby had a heart attack. He was on the cardiac floor of the hospital when it happened, there was no permanent damage and his blockage was fixed with balloon surgery, so it was as great as heart attacks come. Nine days after the attack we both began again by walking a mile. During the Summit City 10K, I fell and cracked a couple of ribs. It was several days before I began again with walking. I didn't get built back up to running before I had abdominal surgery in November. The day I came home from the hospital I began again-again by walking about 150 feet to the corner by our house. As soon as I went back to school, I caught the cold everyone was sharing. Then the very day I started feeling better, I got rear-ended on my way to school. The car was pretty much totaled and there are times when I think I almost was too. I'm very lucky that I wasn't hurt more seriously, but I don't spend a lot of time these days feeling lucky.

Every muscle, tendon and ligament I have from the bottom of my sternum, out both arms, to my skull and down to my pelvis was strained, pulled twisted and wrenched.

I'm sure there's a blessing hidden somewhere in all this debris, but right now I feel like there are tire tracks on my soul. And yet it is time to begin again! The first week after the accident, the motion of just walking in my heavily cushioned running shoes jarred my neck so much that it made me worse instead of better. For two more weeks I could walk on the squishy snow but not on concrete. Now walking is a part of my therapy. I feel more comfortable walking than sitting or standing. On Saturday I won't be able to run the Fanny Freezer. I'm not sure I can even walk a 5K. The most I have done so far is 2 miles. But I am going to start - because my failure may also be my healing.

I may even wear my orange hair!

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

CLEAR-CUT COUPON SPECIAL!

STANLEY

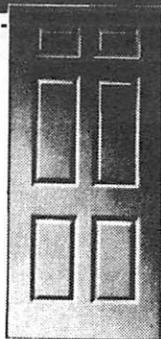
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NUTRITION IN QUESTION

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:

I need suggestions on how to improve my lunches. High carbohydrate, low fat meals I know are best but these are hard to get. What can I do?

Brian Sears

Dear Brian,

10:30 am, 11:00 am, 11:30 am ect...the clock ticks on. A gnawing stomach reminds you that the time is right to get away for lunch. Break time is short but the mid day meal is a must. What to choose for a nutritious lunch can be a dilemma.

Due to tight work schedules lunches usually need to be quick and convenient. Often what ever is easiest and most appealing at the moment becomes a top choice. Classic favorites are: a burger and fries, fries fish and hush puppies, hot ham and cheese ona croissant, a submarine sandwich with chips, a bag of popcorn , or a chef salad with thousand island dressing.

These are readily available for us. They can satisfy lunch cravings. They also add up to 50 to 75 percent fat meals. Sodium and cholesterol content is high too. For heart healthy meals, fat is best kept at 25 to 30 percent of total daily calories. Recommended daily sodium intake is 2000 to 4000 milligrams. Typical sodium intake for people is 6000 to 10,000 milligrams daily. Recommended daily cholesterol intake is less than 300 milligrams. Emphasis at meals should be whole grain, high fiber carbohydrates. 50 to 60 percent carbohydrate meals are ideal!

Nutritious lunch alternatives are out there. Go for less fat, cholesterol, and sodium. Make a sandwich switch today. It can be done.

Below is a list of tips you might try for mid day nutritious meals. Consider any change you make as great. Create your own meal modifications.

NOON MEAL NUTRITIOUS DEALS:

1. Select lean beef,turkey, or chicken sandwiches. Avoid fried sandwiches. Breading and frying can double or triple their fat content.
 2. At lunch, choose whole grain wheat bread instead of white bread products. This can boost your fiber intake.
 3. Use mustard, catsup, taco sauce,or horseradish as sandwich spreads instead of mayonnaise, margarine, or butter.
Calorie comparison per tablespoon:

mustard	16 calories	mayonnaise	100 calories
catsup	16 calories	margarine	100 calories
horseradish	7 calories	butter	100 calories
taco sauce	10 calories	cream cheese	50 calories
 4. Add taste and crunch to sandwiches with lettuce, spinach, bean sprouts, tomato slices, onion slices, or green pepper rings. This will enrich your meal with vitamin A and C.
 5. Toss a salad with one tablespoon dressing instead of two to four. Sprinkle lemon juice or vinegar over it for added flavor and moisture. One table- spoon less of salad dressing can save you 60 to 80 fat calories.
 6. Bypass the fries and instead choose raw vegetables,a baked potato, low fat crackers, pretzels, bread sticks, melba toast, or unbuttered popcorn.
-

NOTE - If the french fries or fried vegetables are too tempting to pass up share an order with one to three friends.

7. Drink a glass of orange juice or low fat milk for lunch! One cup of orange juice has less calories than one can of soda plus all your RDA (recommended daily allowance) for vitamin C. One cup of milk will give you 1/3 your daily RDA for calcium.
8. When soup is served dip into broth based soups instead of creamed choices. Due to the higher fat content in cream soups they can be 50 to 100 percent higher in calories per serving.

Example:

- 1 cup cream of chicken soup - 116 calories, 9 gms. carbohydrate, 3.4 gms. protein, 7.5 gms. fat, 986 mgs. sodium
- 1 cup of chicken noodle soup - 75 calories, 9 gms. carbohydrate, 4 gms. protein, 2.5 gms. fat, 1107 mgs. sodium

NOTE - Use regular canned soup only a couple times a week. Regular canned soups are rich in sodium. Just one cup provides 1/3 of the recommended daily healthy sodium intake.

9. Beware of alcohol calories. A 12 ounce beer is packed with 150 calories. Two ounces of liquor is rich with 135 calories. Four ounces of dry wine is dense with 100 calories.
Water is calorie free!
10. Make any of these a part of lunch: bread, hard rolls, buns, bagels, pita pocket bread, english muffins, pasta, rice, baked potato, or cooked legumes. Each of these are high in carbohydrate and low in fat. ENJOY!
11. Please do bite into a juicy piece of fresh fruit. Fruit is naturally sweet and satisfying
12. If a favorite cookie is a definite must, have it, but buy one instead of six.
NOTE - Try a high fiber treat for lunch like a fruit bar, oatmeal raisin cookie, or a fruit muffin.

RECIPE OF THE MONTH

APRICOT MUFFINS

Ingredients:

2 cups flour	1/2 cup quick-cooking oats
1/2 cup brown or white sugar	1 to 1 1/2 cups chopped apricots
3 tsp. baking powder	2 eggs or 1/2 cup low cholesterol egg substitute
3/4 tsp. salt	1 1/3 cups skim or 2% milk
2 tsp. pumpkin pie spice or cinnamon	1/4 cup vegetable oil

Sift together flour, sugar, baking powder, salt, and pumpkin pie spice in a large mixing bowl. Stir in oats and apricots.

Combine eggs, milk, and oil in a small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Spoon batter into greased 3 inch muffin cups or use paper muffin liners. fill the muffin cups two-third full. Bake in 350° F oven for 20 to 30 minutes or until they test done.

Yield 12 to 16 muffins.

Take a couple muffins to have with lunch or enjoy one for a snack!

ULTRA NEWS

Six months after I finished the Old Dominion 100 Mile, I noticed a decline in my speed, even though I do not have very many fast-twitch muscles. I recently read about a Swedish ultrarunner, who completed a 2,188 mile run from Finland to Norway. Muscle biopsies were taken and studied both before and after the run. The results were that the type of fibers during the 50-day run that many fast-twitch fibers (used in fast running) were replaced by the slow-twitch fibers valued

by Don Lindley

by endurance runners. One effect of this change was less pain since slow-twitch fibers don't send as many pain signals as the fast-twitch ones do. His speed declined remarkably from 7:15 pace to 9:40 pace at the end of the race.

Of course, I am not enthusiastic about altering my body to maximize ultrarunning at the necessity of running 46.3 miles a day for 50 days.

BTC 50

The entry form for the Birmingham Track Club 50 Mile Run stated the course had "significant hills" through Oak Mountain State Park. Not being familiar with Alabama and what they consider "hills", I entered this February race I've heard so much about.

The Birmingham Track Club 50 is an ultramarathoner's dream. Perfect organization by the BTC, beautiful weather in the 40's, world class male and female runners, great awards, pre-race and post-race dinners, and wonderful Southern hospitality. Considering the hilly and challenging course I was happy with my finishing time of 7:53 .

If you're looking for a great ultra (and like hills) plan on running the BTC 50.

Chuck Okorowski

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

★ **5 MILE RUN** ★
(TIMED CROSS COUNTRY RUN)

★ **3 MILE WALK** ★
(WALK AT YOUR OWN PACE)

★ **1 MILE RUN** ★
(STREET FUN RUN)

SUNDAY, MAY 8, 1988
2:00 P.M.



Location:

Youth Center, 211 Iddings Street.

Registration:

- ★ \$5 pre-registration by April 29 for 5 mile runners, \$6 after April 29 (includes T-shirt)
- ★ No registration fees for Fun Runners or Walkers
- ★ Check-in and day of registration begin at 1:00 p.m.
- ★ Additional T-shirts may be purchased for \$5.00 if order is received by April 29, \$6.00 if ordered after April 29

Course:

The walk and 5 mile cross country run will be through scenic Bixler Lake Park and Wetland Nature Area. The Fun Run and first and last half mile of the cross country run will be on city streets. An aid station will be available at the 2½ mile mark.

Refreshments and Awards:

Free fruit, popcorn and pop will be available at the Youth Center for participants in any of the Mother's Day events. All event finishers will receive participant awards. The top 3 men and women 5 mile runners will receive jackets, sweatshirts or long sleeve shirts. Awards will also be given for the top 3 finishers in each of the following categories for the 5 mile run:

WOMEN		MEN	
14 and Under	30-34	14 and Under	30-34
15-19	35-39	15-19	35-39
20-24	40-49	20-24	40-44
25-29	50-over	25-29	45-50
			51-54
			55-59
			60-over

MOTHER'S DAY RUN/WALK ENTRY & WAIVER FORM

NAME _____ PHONE NUMBER _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Circle event entering: 5-Mile Run 3-Mile Walk 1-Mile Fun Run AGE _____ SEX _____

Circle T-shirt size: S M L XL

I acknowledge that I have trained sufficiently to participate in this event. I or my heirs waive all rights and claims against the Kendallville Park & Recreation Dept. and the News-Sun in connection with this event. SEND FORM AND CHECK TO KENDALLVILLE PARK & RECREATION DEPT., P.O. BOX 516, KENDALLVILLE, IN 46755.

Entrant's Signature _____

Signature of Parents or Guardian
if Under 18 Years Old _____

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)



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

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Methodist Hospital of Indiana, Inc.; Hook's Drug Stores;
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WKJG-TV, St. Joseph's Medical Center, GTE, and Holsum

Operation Classroom, Africa

Faith Ministries, Kentucky

Rescue Mission, Fort Wayne



MAY 21, 1988

BENEFIT RUN/WALK
ZANESVILLE UNITED METHODIST CHURCH



Race begins at 9:00A.M. near the intersection of Feighner (300 West) and County Line Roads in Zanesville.

\$8 Registration Fee must be received by May 17 to receive a T-Shirt. Fee includes a \$3 donation to projects. Makes checks payable to:

Zanesville United Methodist Church
P.O. Box 4
Zanesville, IN. 46799

name phone age sex

address City/State/Zip

T-Shirt (circle one)

6-8	Youth	14-16	Adult
			S M L LX

I certify: I have conditioned myself to participate in the 210K on May 21, 1988, I waive any rights against the 210K, the Zanesville United Methodist Church, or volunteers for any or all damages which may be sustained by my participation in the 210K on May 21, 1988 in Zanesville, Indiana

Date

Name

Entrants under 18 must have parent or guardian signature.

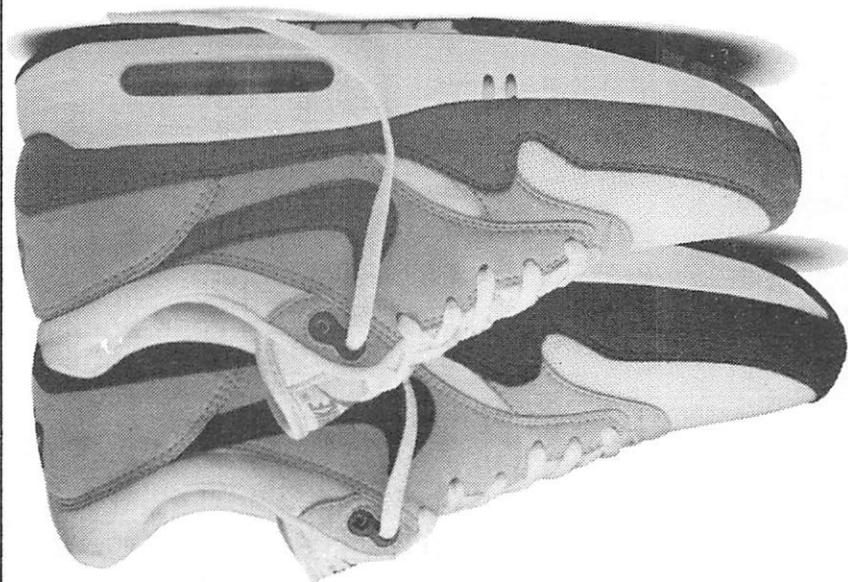
Parent/Guardian

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The Nike Air-Max, with NIKE-AIR® cushioning. Making it the best-cushioned running shoe to ever hit the road. It will take you as far as you want to go. And then some.



**THE RUN.
REDEFINED.**

5TH ANNUAL LIME CITY FIVE

SPONSORED BY THE HUNTINGTON PARK AND RECREATION DEPARTMENT IN COOPERATION WITH PIZZA HUT, MACO, BROWN & ROWE SHOE STORE,

RACE HEADQUARTERS:

Huntington Park & Recreation Dept.
1205 West Park Drive
Huntington, IN 46750
(219) 356-4510.

AGE DIVISIONS:

Boys & Girls 6-13	
<u>MEN</u>	<u>WOMEN</u>
14-19	14-20
20-24	21-30
25-29	31-40
30-34	41-50
35-39	51&OVER
40-44	
45-49	
50-54	
55-59	
60&OVER	

ENTRY FEE:

\$7.00 up to June 13,
\$10.00 after June 13

ENTRY FORMS:

May be picked up at the Park
Office Monday-Friday 7a.m.-4p.m.

REGISTRATION:

Will be held at the Park Office
7a.m.-4p.m. Mondays-Fridays or
at the registration table at Kreigbaum
Field.

SPLITS:

Chronomix Timer and Zetachron
Digital Clock. Splits given
at each mile.

PACKET PICK-UP:

Packets including T-shirt, number,
and pins, may be picked up at the
Park Office during office hours
or at the registration table the
day of the race.

WATER STATIONS:

Are located at 2 and 4 mile.

STAGING AREA & STARTING:

Runners will assemble at Kreigbaum Field
located 1/2 mile south of the Junction
of U.S. 24 and Indiana 5. Restrooms
and facilities available.

COURSE:

The LIME CITY FIVE is the first unit of the annual Huntington Heritage Days Festival Parade. You will run South, crossing the beautiful banks of the Wabash to the edge of town where the course turns into a beautiful tree lined course. There is a one hour time limit and the course will close at 11:00 a.m.

AWARDS:

Special LIME CITY 5 T-shirts will be given to the first 100 entries, Tiger running shoes will be awarded to overall male and female winner. Trophies will be awarded to the first and second finishers in each age division.

CUT HERE

FIFTH ANNUAL LIME CITY FIVE

1988 REGISTRATION

June 18, 1988

5 MILE RUN

The Event Starts at 10:00 a.m.

ENTRY FEE UP TO JUNE 13 is \$7.00 and \$10.00 after JUNE 13 thru Race Day.

Make checks payable to Huntington Park and Recreation Department, 1205 W. Park, Hgtn, IN 46750

SHIRT SIZE: (circle one) S M L XL

NO REFUNDS

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

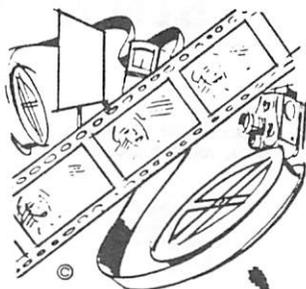
TELEPHONE _____ AGE ON JUNE 18, 1987 _____ SEX M F

BIRTH/MONTH _____ DAY _____ YEAR _____

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge Huntington Park Dept. and the City of Huntington and all other representatives and sponsors for all claim of damages, demands, and actions whatsoever in any manner arising or growing out of my participation in the Park Dept. LIME CITY 5 mile run. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event.

DATE _____ ENTRANTS SIGNATURE _____

RUNNERS WEEK



NEEDS YOU . . . FOR GUEST HOST

PROPOSED 1988 RUNNERS WEEK SCHEDULE

Producer - Ann Jamison - 627-5450

- Feb. 20 Fanny Freezer 5K, Foster Park 2:00pm
- Ap. 23 North American Van Lines 5K & 15K, 9:00am Ft. Wayne
- Ap. 30 Arlington Park 5K Trophy Run, Arlington Park, 8:00am
- May 7 "We Are Winning 5K" Amer. Cancer Soc. Canterbury Gr. 9am
- May 14 WMEE 5&10 Mile, Johnny Applesseed Park, Ft. Wayne
- June 11 F.W.T.C. Hilly Four, Homestead H.S., 9:00am
- June 18 Central Soya 5K, Downtown Ft. Wayne, 6:00pm
- June 25 Turtle Days 10K, Churubusco, IN. 8:00am.
- June 25 White River Park 5K, Shoaff Park, 8:00am.
- July 4 Hamilton Lake 5K, Hamilton Lake, IN, 9:00am.
- July 13 Three Rivers Biathlon, Run 5K, Bike 25mi., Run 5K
Homestead H.S., 5:00pm.
- July 17 Diet Pepsi 10K, Friemann Square, Ft. Wayne. 8:00am.
- Aug. 13 Kent Davis 5K, Georgetown Shopping Center, 8:00am.
- Aug. 27 Big Bro./Big Sis. 2 Mi & 5 Mi., Foster Park 5:00pm.
- Sept. 18 Run Jane Run 5 & 10K Foster Park, 9:00am.
- Oct. 9 IPFW Scholarship 5K XCountry, IPFW Ft. Wayne Campus.
- Oct. 30 Summit City 10K, Friemann Square, Ft. Wayne; 2:00pm.
- Dec. 10 J. P. 10K, Foster Park; 2:00pm.

You will love being a GUEST HOST or CAMERA OPERATOR on a RUNNERS WEEK Program. Pick a race or two that you will not be running and call 627-5450 to schedule. It is difficult to run in a race that you also Host, however it can be done. So join us! We are very interested in showing different viewpoints on RUNNERS WEEK, your viewpoint is valuable - SHARE IT!

If you will be going to any OUT-OF-TOWN RACES and your willing and able to tape it contact me and I will get the equipment and tapes to you. SPECIAL FEATURE IDEAS? We are open to tape any item of interest to runners.

JOIN US ON RUNNERS WEEK

HELP US SHARE OUR ENTHUSIASM FOR FITNESS

LEARN MORE ABOUT YOUR FELLOW RUNNERS

BE AN IMPORTANT PART OF THE ACTION



WALKING

By Henry David Thoreau

excerpts from an essay first published in the
“Atlantic Monthly” in 1862.

“No wealth can buy the requisite leisure, freedom, and independence which are the capital in this profession. It comes only by the grace of God. It requires a direct dispensation from Heaven to become a walker.

I think that I cannot preserve my health and spirits, unless I spend four hours a day at least, and it is commonly more than that, sauntering through the woods and over the hills and fields, absolutely free from all wordly engagements. When sometimes I am reminded that the mechanics and shopkeepers stay in their shops not only all the forenoon, but all the afternoon, too, sitting with crossed legs, so many of them, as if their legs were made to sit upon, and not to stand or walk upon, I think that they deserve some credit for not having all committed suicide long ago.”

Editors note — certainly Thoreau, born July 12, 1817, would have been a runner had he not been born 162 years too soon.



Your hospital is dedicated to caring
HUNTINGTON MEMORIAL
 HOSPITAL

and

MACO CORP.

7th ANNUAL

Spring Fever 5 and
1 Mile Fun Run - June 4



TIME

8 a.m. - Fun Run (walk, run, jog)
 8:30 a.m. - Spring Fever 5

LOCATION

Both races will begin and end at Huntington Memorial Hospital where refreshments will be available. Aid stations will be located at two and four miles. Splits will be given at every mile.

COURSE

Runners will leave HMH and follow a rural and city course. The accurate, well-marked course will be paved and flat. Traffic control is adequate.

COST

Pre-registration is \$6 for the Five-Mile Run, and \$4 for the Fun Run until June 3. Late registration will be the same price without a T-shirt or an additional \$2 for each run including a shirt. Make check or money order payable to Huntington Memorial Hospital. T-shirts will be awarded to the first 200 entrants in the two runs combined.

AWARDS

- PORTABLE TV - awarded to overall male winner.
- PORTABLE TV - awarded to overall female winner.
- TROPHIES awarded to first, second and third place winners in Five-Mile Run in all divisions.
- TROPHY award to first place winner in wheelchair division.
- TROPHIES awarded to men and women first and second place winners in the Fun Run.
- Various other prizes will be given.

DIVISIONS - FIVE MILE RUN

MEN		WOMEN
15 and under	40-49	19 and under
16-21	50-59	20-29
22-29	60 and over	30-39
30-39		40-49
		50 and over

ENTRY FORM

NAME _____

Age: _____ Birthdate: _____

Address: _____

City: _____ State _____ Zip _____

Club Affiliation _____

Sex: _____ M _____ F

T-Shirt Size (Adult): _____ S _____ M _____ L _____ XL

ENTERING in: _____ SPRING FEVER 5

_____ SPRING FEVER 5 - WHEELCHAIR

_____ FUN RUN

Signature of Entrant (or parent if under 18): _____

Date _____

WAIVER OF LIABILITY: In consideration of the foregoing, I, for myself, my executors, administrators and assignee, do hereby release and discharge Huntington Memorial Hospital, MACO, Corp. and The City of Huntington for all claims of damage, demands, action and causes of action whatsoever in any manner arising or growing out of my participation in said run. I certify that I have prepared myself for this event that I am in adequate physical condition to complete the event I have entered on June 4, 1988. I agree to follow all rules of this race and to permit myself to be removed from competition if in the opinion of the race administrators my continuing would endanger my health.

SIGNATURE _____

Telephone _____

() _____

Return form with fee to: Rehabilitation Services - Huntington Memorial Hospital

POST RACE SUMMARY

FORT WAYNE TRACK CLUB'S

8TH ANNUAL 20KM NUTRA RUN

Saturday March 12, 1988 2:00 pm

Spring is unpredictable. One never quite knows what kind of weather they will slide into. Will it be sunny and cool? Will it be cloudy and warm? At the 1988 20 KM Nutra Run weather was the main discussion topic. There was an assortment of conditions - bright sunshine, gray skies, heavy rain, and sprinkles. A gusting southern wind was present the whole time.

Long distance runners are determined people. Only an extreme conflict will stop them from a run. It is part of their lifestyle. Through high and low temperatures runners put on their shoes and go. Non runners may ask why? Runners know inside that it's right for their good health. It maybe for relaxation or for the challenge. It could be simply personal enjoyment.

All finishers of the 20 KM Nutra Run had that spark of determination. They mastered the course. Over the Aboite Center Rd. hills and scenic Indiana country side they did it. Women's winner Linda Conrad came to the finish table all smiles and dripping wet. Her first statement was "this is my kind of weather". Any puddle splashing lover is a true distance runner.

Our leader in the run was Bob Schendel of Auburn, Indiana. An excellent runner. He dashed over the course with a time of 1:15:51. Following Bob was Fort Wayne's Greg Weisser with a time of 1:17:16. Our third place finisher was Tome Renz from Huntington, Indiana with a time of 1:17:24.

In the women's division Linda Conrad of Fort Wayne won with a time of 1:26:16. That is a 14 minute improvement from her previous time. Good running! Following Linda was Fort Wayne's Lyn Handlin with a time of 1:41:10. Joyce Butler of Fort Wayne was third with a time of 1:43:39.

For post race enjoyment fresh fruit, juice, hot chocolate, popcorn, pretzels, J.T.'s nutritive cookies etc... were waiting for the runners. Food for re-fueling! A loaf of whole wheat plus bread was awarded to all finishers.

March is National Nutrition Month. This run carries the theme "Think Fine Food For Fitness". Choosing nutritious food can make us good people totally better.

Congratulations To All 20 Km Nutra Runners!

Good Running,

Judy Tillapaugh R.D., Race Director

RACE RESULTS - NUTRA RUN 20KM

March 12, 1988

TOTAL RUNNERS - 75

SUNNY START! ***** RAINY FINISH! ***** SUPER WIND!

MALE OVERALL	AGE	PLACE	TIME
1. Bob Schendel	32	1	1:15:51
2. Greg Weisser	24	2	1:17:16
3. Tom Renz	32	3	1:17:24

FEMALE OVERALL	AGE	PLACE	TIME
1. Linda Conrad	25	16	1:26:18
2. Lyn Handlin	31	53	1:41:10
3. Joyce Butler	40	56	1:43:39

AGE DIVISIONS

MALE 15 to 19	AGE	PLACE	TIME
1. Bill Habeggar	16	51	1:39:56
2. Nathan Bohnke	16	69	2:02:27

MALE 20 to 24	AGE	PLACE	TIME
1. Barry Schnieders	23	37	1:35:28
2. Pete Bowman	21	38	1:35:28
3. Bob Hathaway	24	58	1:45:38

MALE 25 to 29	AGE	PLACE	TIME
1. Nick Hodgman	29	11	1:23:52
2. Patrick Leber	26	21	1:26:49
3. Russell Holland	27	23	1:27:36
4. Dick Furnish	27	33	1:33:00
5. David Carper	25	48	1:39:02

MALE 30 to 34	AGE	PLACE	TIME
1. Brad Middleton	30	4	1:18:34
2. Steve Caswell	34	5	1:19:49
3. Jim Ellert	30	6	1:20:21
4. Mike McKinney	30	10	1:23:40
5. Mark Brattoli	32	13	1:25:41
6. David E. Lallow	33	20	1:26:30
7. Thom Dill	32	29	1:30:15
8. Micheal Rost	33	30	1:30:10
9. Larry Ellis	32	31	1:31:00
10. Keith Caudill	31	39	1:35:50
11. Gary Hooten	32	45	1:37:50
12. Steve Smith	30	49	1:39:30
13. Hal Atkinson	33	50	1:39:40
14. John M. Lantz	34	67	1:58:40

MALE 35 to 39	AGE	PLACE	TIME
1. Gary Rickner	39	8	1:21:18
2. John Treleaven	35	9	1:21:36
3. Kelly Clevenger	35	12	1:25:03
4. Ted Walda	39	17	1:26:30
5. Gary Walbe	35	22	1:27:12
6. Brian Migliory	35	25	1:28:04
7. Dave Winters	38	34	1:34:00
8. Don Ford	37	36	1:35:00
9. Joe Hilger	38	40	1:36:30
10. Steve Goldthwaite	39	44	1:37:50
11. Tom Fisher	38	46	1:37:55
12. Rick Beemer	37	55	1:42:30
13. Michael G. Yawn	35	60	1:47:20
14. Marv Smith	36	63	1:51:50
15. Ron Horan	36	65	1:55:30
16. Perry Ford	36	71	2:02:30

MALE 40 to 44	AGE	PLACE	TIME
1. Tom Dendinger	40	7	1:20:22
2. Roger Puckett	44	15	1:26:18
3. Don Lindley	44	19	1:26:38
4. James Miller	40	24	1:27:35
5. Mike Zurzolo	40	28	1:30:06
6. Bernie Burgette	44	32	1:32:37
7. Phil Wisniewski	40	66	1:58:15

MALE 45 to 49	AGE	PLACE	TIME
1. David Boylen	45	27	1:28:39
2. Don Ashton	47	35	1:34:19
3. Ken Clark	49	42	1:37:15
4. Richard Zink	46	52	1:41:05
5. John Rasmussen	47	62	1:39:33

MALE 50 to 54	AGE	PLACE	TIME
1. Jack Morris	50	14	1:26:12
2. Joe Ziegler	52	18	1:26:33
3. Ray Sibrel	50	26	1:28:09
4. Clem Getty	53	41	1:37:35
5. Carl F. Dietsch	50	59	1:46:20

MALE 55 to 59	AGE	PLACE	TIME
1. Jack Hilker	59	47	1:38:00
2. Robert Hockensmith	59	68	2:01:04
3. J.P. Jones	59	74	2:08:58

MALE 60 and over	AGE	PLACE	TIME
1. Don Anderson	60	54	1:41:43

2. Vern Chovan	60	61	1:47:41
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FEMALE AGE GROUP DIVISIONS

FEMALE 20 to 29	AGE	PLACE	TIME
1. Lorraine Fox	27	64	1:54:20

FEMALE 30 to 39

1. Sandy Ogram	37	75	2:11:49
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FEMALE 40 to 50

1. Barb Scrogam		57	1:44:05
2. Sarah L. Kleinknight	44	70	2:01:43

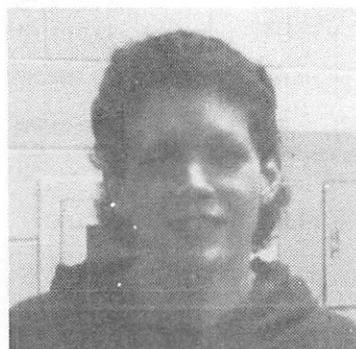
FEMALE 50 and over

1. Gloria Nycum	52	72	2:02:59
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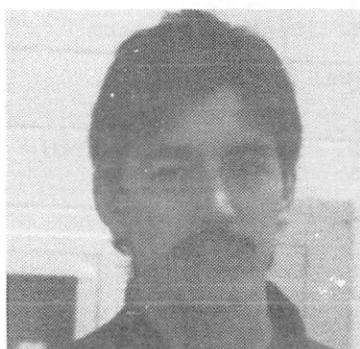
ONE MILE FUN RUN RACE RESULTS

MALE	AGE	TIME
1. Brian Sears		5:37
2. Carl Risch		5:37
3. Greg Ward	13	6:21
4. Mike Dendiger	13	6:24
5. Bob Gensheimer	51	6:34
6. Nathan Dill	7	8:22
7. Levi Dill	9	9:04

FEMALE	AGE	TIME
1. Debra Opt	21	8:28
2. Jenny Ward	10	8:55
3. Krista Ogram	11	9:05
4. Sarah Dill	6	9:42
5. Alison Treleaven	4	14:23
6. Rachel Treleaven	2 (Stroller Div.)	14:23
7. Barb Treleaven	(Stroller Driver)	14:23



Linda Conrad
Women's Winner



Bob Schendel
Men's Winner

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

**BEST FOR THE
LONG RUN**



Leader in fine floor
coverings for over 54 years.

1111 W Washington Center Rd., 489-4584

— Help Wanted —

INSIDE TRACK EDITOR ASSISTANT

*Do you like to write?
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!

POINT SYSTEM

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 womens will be used.
- Masters men and women will be scored five (5) places.

Due to some date changes there must be some modifications in the Points Race Schedule. The races are as follows:

April 23 Spring Classic 15K (formerly NAVL)

May 14 Five and Dime 10 Mile

June 18 Central Soya 5M

August 27 Big Brothers/Big Sisters 5M

October 30 Summit City 10K

Participation is required in FOUR EVENTS. Updates will be published in **THE INSIDE TRACK** after each race.

We will score all races and throw out the worst performance. You need run only four races, however, in which case all four races will be scored.

Fort Wayne Track Club determines awards.

Ties Stand.

Any questions can be directed to:

Tom Loucks
11080 North 6, State Road 1
Ossian, Indiana 46777
(219) 622-7108

CENTRAL SOYA COMMUNITY CLASSIC FIVE-MILE RACE AND ONE-MILE "FUN RUN"

Benefiting YMCA AND YWCA - Portion of entry fee will be donated to their programs.

Registration and Entry Fee **Five Mile Race:** The entry fee is \$7.00 if you register and mail your application before June 13, 1988. The entry fee is \$8.00 if you mail your application after June 13, 1988 or if you register on the day of the race. Make checks or money orders payable to "Central Soya Community Classic". Send to P.O. Box 1400, Fort Wayne, IN 46801; Attn: Nancy Kill.

One-Mile "Fun Run": The One-Mile "Fun Run" in cooperation with the YMCA is free to all participants. We ask that all participants register in advance or at one of the many "Fun Run" tables on race day from 10:00 a.m. to 5:45 p.m. Come run with your friends.

Distance 5.0 mile footrace through downtown Fort Wayne and along the St. Mary's River greenway.

1.0 mile "Fun Run" (Start in front of City/County Building)

Check-In **Five-Mile Race:** Packet pick-up point and times — tent next to Freimann Square from 10:00 a.m. to 6:00 p.m. on Saturday, June 18, 1988.

One Mile "Fun Run": Registration at special tables or in tent.

Telephone Information For information, call 219-425-5726 Mon. thru Fri., 8:00-5:00 Tana Harter

Awards **Five-Mile Race:** Special awards to the overall first place male and female runner and the first place masters (40/over) male and female runner. Also, awards to a minimum of the top three runners in each male and female age divisions.

One-Mile "Fun Run": Ribbons to all participants.

Race Divisions	WOMEN	MEN	
	19 and under	14 and under	35-39
	20-29	15-19	40-44
	30-39	20-24	45-49
	40-49	25-29	50-59
	50-59	30-34	60 and over
	60 and over		

Pre & Post Race Activities Numerous activities in FREIMANN SQUARE for all runners, families, and friends including:

- Music
 - Food and Beverages
 - Door Prizes (Drawn from Group of Five-Mile Race Finishers)
-

FROM THE FORT WAYNE TRACK CLUB'S NEWSLETTER 10 YEARS AGO



APRIL 15 MEETING

This month's meeting will be held on April 15 at 9 AM. We will gather in Room 113 of Homestead High School. Dick Shenfeld, Homestead's Head Track and Cross Country Coach, is a distance runner. Dick will start by discussing motivation and continue on any subject you want to pursue. If you want some training tips or technical advice, come talk to a man that knows.

FWTC SECRETARY NEEDED

As a lot of you know, I will be leaving the Ft. Wayne area in May. It would be difficult for me to continue to compile the information found in the FWTC newsletter. The typing, correlation, and distribution of the newsletter is being taken care of by Miss Cindy Caldwell. What we are looking for is a volunteer to compile the information.

The new secretary and I will work together on the May newsletter. The amount of time needed for this position is only about four hours per month. If you think you might be interested in this position, give me a call and I will answer any questions you might have.

FWTC RACES SCHEDULED

April 16

The Athletic Corner is sponsoring a One Hour Run to be held at Snider High School. Registration will begin at 1:00 PM with the run starting at 2:00 PM. Trophies will be awarded to the first and second places and ribbons to third thru fifth places in the following divisions: 19 and under, 20 - 29, 30 - 39, 40 and over, and Womens. There will be no dressing facilities available so come prepared to run. There will be rest rooms. An entry fee of \$1.00 for non-members and \$.50 for FWTC members will be charged. Because we will be running for one hour on a track, each runner must bring a person to count his/her laps. Come see how many miles you can cover in an hour. For further information, contact John Kline at 493-2365.

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 Treleaven.

FROM THE FORT WAYNE TRACK CLUB'S NEWSLETTER 10 YEARS AGO

RESULTS OF THE 5 MILE FUN RUN AT ARCOLA

February 19, 1978

14 and Under

Tom Shank 37:36

Men 15-19

Greg Orman 27:54
Dean Nygard 29:16
Bill Andreas 32:00
Kurt Miller 32:38
David Byall 33:20
Gary Bird 40:07

Men 20-29

Gary Dexhelmer 28:33
Phil Suelzer 29:16
Gerald Osterman 44:51

Men 30-39

Charles Brandt 32:33
John Scharze 33:19
Don Lindley 34:43
Denny Shuler 35:05
Tony Black 35:27
Dave Walburn 35:37
George Letz 35:41
Dick Gatton 38:37
John Rasmusen 43:19

Men 40-49

Glenn Moore 33:21
Gene Striggle 33:46
Joe Barile 35:16
Lynn Milner 36:31
Clyde Shank 37:35
Herbert Chandler 38:42

Men over 50

Chet Fleetwood 39:22

Women

Cindy Caldwell 39:38

Jack Morris - Race Director

ATHLETIC ATTIC WINDY MARATHON

March 5, 1978

*Glenn Moore 3:25:47 39th Place Overall
Jerry Mazock 3:36:47 52nd Place Overall
Don Lindley 3:48:31 56th Place Overall

* This qualifies Glenn for the Boston Marathon. Congratulations!

Weather: High was 20 degrees in Carmel, Indiana.
Wind velocity: Between 5 and 10 miles an hour.
Road conditions: Partly icy.

Arlington Park/Bowman Foot Clinic 5K Trophy Run

THE BOWMAN CLINIC 6130 TRIER RD. IS PLEASED TO SPONSOR THE THIRD ANNUAL ARLINGTON PARK 5K RUN. EVERY WALKER, JOGGER, RUNNER OR FINISHER WILL RECEIVE A 7" MARBLE BASE METAL FIGURE TROPHY NUMERICALLY ORDERED TO THEIR PLACEMENT FINISHER. (EXAMPLE) IF YOU FINISHED 178th YOUR TROPHY HANDED TO YOU IN THE FINISH CHUTE WOULD READ BOWMAN CLINIC 5K 178th PLACE.

LOCATION

Arlington Park Club house in beautiful

Bowman Foot Clinic

east of Hopedcrest Rd. off State Rd. 37 or

Steelehorn Rd.

COURSE

The course winds around through the

Arlington Park Addition. All miles

are marked and splits will be given

every mile/course is measured with

a calibrated wheel to assure of its

accuracy in distance.

Every runner will receive a fine

quality T-shirt, a trophy and be

eligible for a random drawing of

several prizes after the race.

BOWMAN CLINIC PERKS FOR ALL RUNNERS

Free Pepsi to all registered runners

Free Archway Cookies also

Drawings for valuable prizes

T-shirts and Trophies to all.

PLEASE CONTACT TIM FLEMING-RACE DIRECTOR FOR FURTHER INFORMATION PHONE 485-1654
 THE BOWMAN CLINIC ENTRY

REGISTRATION & ENTRY

All registrants will receive a quality T-shirt and a 7" marble based metal figure trophy inscribed with their placement finish on it for only a \$7.00 entry fee. (RECEIVED BY APRIL 27th) Entries postmarked after April 26th will result in a \$10.00 fee. PLEASE REGISTER EARLY LIMITED TO THE FIRST 300 REGISTRANTS.

NOTE-SAME DAY REGISTRATION WILL BE ALLOWED IF THE FIELD OF 300 RUNNERS HAS NOT REGISTERED. SAME DAY REGISTRATION WILL BE \$10.00. (LAST YEARS ENTRIES TOTALLED 250) FROM 7 A.M.-7:45 A.M. PLEASE LOOK FOR YOUR ALPHABETIZED SEPARATION.

TIME
 The 5K will start promptly at 8 A.M.
 April 30, 1988

NAME _____ AGE _____ TELEPHONE NO. _____

ADDRESS _____ CITY _____ ST. _____

MAIL _____ FEMALE _____ MEMBER OF THE FT. WAYNE TRACK CLUB YES _____ NO _____

T SHIRT SIZE S M L XL _____ BEST RECORDED TIME 5-K DISTANCE _____

PLEASE READ AND SIGN THE FOLLOWING: I AM PARTICIPATING IN THE ARLINGTON PARK-BOWMAN CLINIC 5-K APRIL 30th 1988. I ACKNOWLEDGE AND WAIVE ANY CLAIMS AGAINST ARLINGTON PARK ASSOCIATION, THE BOWMAN FOOT CLINIC AND TIM FLEMING FOR INJURIES THAT I MAY OCCASION IN PARTICIPATING IN THIS EVENT.

SIGNATURE _____ SIGNATURE OF PARENT IF UNDER 18 _____

MARK CHECKS PAYABLE TO (TIM FLEMING-RACE DIRECTOR) ALONG WITH YOUR SIGNED ENTRY MAIL TO: TIM FLEMING 4503 BROOKSHIRE CIRCLE FT. WAYNE, IN. 46615

*****NO REFUNDS*****

Coming Events

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 Applesseed, 8:00 am

DO A FRIEND A FAVOR

Give this card to them and invite them to
start enjoying the benefits of the

FORT WAYNE TRACK CLUB

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Name _____

Sex _____ Birthdate _____

Address _____ Phone _____

City _____ State _____ Zip _____

If Renewal, Your Current Track Club # _____

All Memberships Good 1-1-88 to 1-1-89

Make Checks Payable To:

Fort Wayne Track Club and Mail To: Fort Wayne
Track Club, P.O. Box 11703, Fort Wayne, IN 46860

Membership Fee \$12.00 (thru December 31, 1988)

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

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



**FORT WAYNE
TRACK CLUB**

**FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860**

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