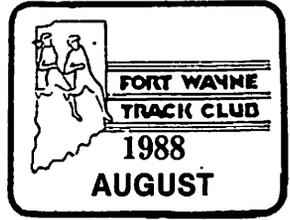


the inside track



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



Pot-Luck Picnic In The Park

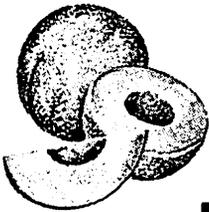
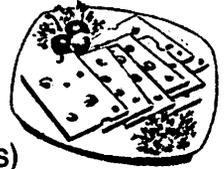


WHEN:

Wednesday, August 10th, 1988

WHERE:

Foster Park Pavilion
(Next to the Volleyball Courts)



PRE-MEAL RUN: 6:00 p.m.

MEAL START TIME: 6:30 p.m.

Bring a food or two of your choice. Food ideas-cold meat, cheese, potato salad, raw vegetables, melon, grapes, crackers, pretzles, cookies, ice cream, etc.... Beverages will be provided. Come with an empty plate and silverware!



**COME EAT A MEAL
WITH US!!!**

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

CHUCK OKOROWSKI
ASST./NEWSLETTER

DON LINDLEY
TREASURER
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

DR. ROBERT WYATT
ADVERTISING

MEMBERSHIP MEETINGS

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

SUNDAY, AUGUST 21, 1988 — 6:00 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 400 issues monthly.

1988 FWTC RACE SCHEDULE

JUNE 18, 1988*

Central Soya 5m; Downtown 6:00 p.m.
Race Director: Jim Seller, Phone: 425-5345

JUNE 25, 1988

White River Park Games 5m; Foster Park 8:00 a.m.
5m Qualifying

AUGUST 27, 1988*

Run in the Park 2m/5m; Foster Park 5:00 p.m.
Race Director: FWTC

SEPTEMBER 11, 1988

Scholarship Fund Run 5k; IPFW 2:00 p.m.
Race Director: Mike Kast, Phone: 423-1430

OCTOBER 8, 1988

Prediction Run 13.1m; Foster Park 8:00 a.m.
Race Director: Don Lindley, Phone: 456-8739

OCTOBER 23, 1988*

Summit City 10k; Downtown F. W. 2:00 p.m.
Race Director: Mike Ducey, Phone: 482-9606

NOVEMBER 12, 1988

Hilly 4 4m; Homestead 9:00 a.m.
Race Director: John Treleaven, Phone: 432-5315

DECEMBER 10, 1988

"Just Plain 10k"; Foster Park 2:00 p.m.
Race Director: J. P. Jones, Phone: 745-7339

*POINTS RACES

DON LINDLEY'S RACE SCHEDULE

Confirmation, whether or not race has been postponed or cancelled, call race director and when writing to race director always send SASE for applications.

August 5, 1988

MidSummer Night Run 5km; Fort Wayne, IN 8:00 p.m.
Race Director: Mary Pat Leonard, Phone: 456-4534

August 6, 1988

2nd Annual Shoaff Park 5km; Fort Wayne, IN 8:00 a.m.
Race Director: Jerry Williams, Phone: 749-0986
or Brent Munro 483-3733

August 6, 1988

Harlan Days 10km; Harlan, IN 7:00 a.m.
Race Director: Tom Bunner, Phone: 486-6441

August 6, 1988

Fox Club 4-Miller; Indianapolis, IN 8:30 a.m.
Race Director: Blair Ross, 944 East Beechwood, 46227

August 6, 1988

St. Ignatius Church 5km; Oregon, OH 6:00 p.m.
Race Director: Tom Menden, Phone: 693-6875,
229 N. Stadium Rd., 43616

August 6, 1988

4th Annual Pleasant Lake Triathlon;
Pleasant Lake, IN 7:00 a.m.
Race Director: Gordon, Phone: (219) 475-5854,
P.O. Box 37, 46779

August 7, 1988

Aim Executive 2km/10km; Sylvania, OH 8:00 a.m.
Race Director: Mitch Balonek, Phone: 473-8703

August 13, 1988

Kent Davis 1m/5km; Fort Wayne, IN 7:00 a.m.
Race Director: Bill Schmidt, Phone: 485-1114

August 13, 1988

Butler Days 1m/5km/10km; Butler, IN 7:30 a.m.
Race Director: Terry Rayle, Phone: 925-4112

August 13, 1988

Kernel Klassic 5km; Van Buren, IN 8:00 a.m.
Race Director: Weaver Popcorn, Box 395, 46991
Phone: (327) 934-2101

August 13, 1988

Hot Air Affair 10km; Van Wert, OH 8:30 a.m.
Race Director: Connie Hoverman, Phone: (419) 238-6415
1166 Rosalie Dr., 45891

August 14, 1988

Diet Pepsi 10km; Indianapolis, IN 8:00 a.m.
INDY RUNNER, call USA-000, Athletic Annex
1411 West 86th St., Indianapolis, IN 46260

August 14, 1988

Crossroads 6-Hour Summer Spree; Vandalia, OH 7:00 a.m.
Race Director: Denny Fryman, 7581 Glenhurst Dr.,
Dayton, OH 45414, Phone: (513) 898-7015

August 20, 1988

AUL Governor's Cup Series; Angola, IN 9:00 a.m.
8km Run, 5km Walk, ½ km Pee-Wee Race
1-800-622-4931

August 27, 1988

RUN IN THE PARK 2m & 5m; Foster Park 5:00 p.m.
FWTC

August 21, 1988

Leading Ladies 5km; Indianapolis, IN 8:00 a.m.
INDY Runner (317) 255-6325

August 27, 1988

Bryan Pepsi 10km; Bryan, OH 7:30 a.m.
Race Director: Paul Langevin, Phone: (419) 636-3640

August 28, 1988

State Fair Run; Indianapolis, IN

Race Director: Ken Long & Assoc., 107 W. Loretta Dr., 46217

Phone: (317) 786-8812

September 9, 1988

1st Annual Bippus 4 Mile Country Block Run; 8:30 a.m.

1 Mile Fun Run, Race Director: Eldon Brunner

Phone: 344-1478 home or 356-9595 work

September 3, 1988

1st Annual Bippus 4 Mile Run; 9:00 a.m.

Race Director: Eldon Brunner, Phone: 344-1478 home

or 356-9595 work

September 10, 1988

Roanoke Fall Festival 5m; 8:00 a.m.

September 10, 1988

Roanoke Fall Festival 1m; 9:00 a.m.

September 10, 1988

Jamboree Jog 5km; Montpelier, IN 6:00 p.m.

Race Director: Dick Burchard, Phone: (317) 728-5260

6488E St. Rd. 18 N., 47359

September 11, 1988

Stroh Double Dip; Stroh, IN 8:00 a.m.

Race Director: Jerry Perkins, Phone: 351-2426

September 11, 1988

Scholarship Fund Run 5k; Fort Wayne, IN IPFW 2:00 p.m.

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

September 18, 1988

Hocking Hills Indian Run 60km; Logan, OH 7:00 a.m.

Race Director: Pete Riegel, 3354 Kirkham Rd.

Columbus, OH 43221, Phone: (614) 451-5617

September 24, 1988

Parlor City Trot 13.1m; Bluffton, IN 8:30 a.m.

Race Director: Jeni Hirschy, Phone: (219) 824-3808

September 24, 1988

The AUL Governor's Cup Final 8k; Indianapolis, IN 10:00 a.m.

State Office Bldg., Room 616, 46204, Phone: (317) 232-4124

September 25, 1988

Toledo Blade 10km; Toledo, OH 8:30 a.m.

Race Director: Bill Heminger, Phone: (419) 726-4336

October 1, 1988

Run For Your Heart 5km; Fort Wayne, IN 9:00 a.m.

Race Director: Amy Anderson, Phone: 458-2345

October 2, 1988

Twin Cities Marathon; TCM, Inc., Box 24193

Minneapolis, MN 55402

October 8, 1988

Prediction Run 13.1m; Fort Wayne, IN 8:00 a.m.
Foster Park, Race Director: Don Lindley
Phone: (219) 456-8739

October 8, 1988

Heart of America Marathon; Columbia, MO
Race Director: Joe Duncan, 2980 Maple Bluff Dr., 65201

October 9, 1988

Lakefront Marathon; Hallmark Bldg., Supplies, Inc.
6050 N. 77th St., Milwaukee, WI 53218

October 15, 1988

Mid-America Festival of Running; Muncie, IN
Mile Fun Run, 5km, 10km, Marathon, & 50km
Race Director: Kathie Samuelson, Muncie YMCA
500 S. Mulberry, 47305, Phone: (317) 288-4448

October 23, 1988

Summit City 10km; Fort Wayne, IN 2:00 p.m.
Race Director: Mike Ducey, Phone: 482-9696

October 30, 1988

Sportsmed 10km; South Bend, IN 2:00 p.m.
Race Director: Carter Wolfe, Phone: (219) 232-3034

October 30, 1988

The Old Style Marathon/Chicago; 10:00 a.m.
223 W. Erie, Chicago, IL 60610, Phone: (312) 951-0660

October 30, 1988

Wolfpack Fall Classic 50km/6 Hours; 8:00 a.m.
Race Director: John White, 4865 Arthur Place
Columbus, OH 43220, Phone: (614) 549-2547

November 12, 1988

FWTC Hilly 4; Fort Wayne, IN 9:00 a.m.
Race Director: John Treleaven, Phone: 432-5325

November 13, 1988

Columbus Marathon; Columbus, OH
6290 Busch, Suite 20, Columbus, OH 43229
Phone: (614) 433-0395

November 13, 1988

Louisville Marathon; Metro Park Track Club
Box 36452, Louisville, KY 40233

November 20, 1988

Blue River Classic 5km; Shelbyville, IN 1:00 p.m.
Race Director: Ray Sear, Phone: (317) 392-1903
730 Berkeley Dr., 46176

November 20, 1988

Pepsi Vulcan Marathon; Box 36907, Birmingham, AL 35236
Race Director: Sylvia Pince

November 24, 1988

Atlanta Marathon; Atlanta Track Club
3097 E. Shadowlawn Ave., Atlanta, GA 30305

November 26, 1988

Seagate Ultramarathons, 60km, 50 Miles, 100 km; 7:00 a.m.
Race Director: Robert Cairns, 1322 Fairlawn
Toledo, OH 43607, Phone: (419) 537-1704

December 10, 1988

"Just Plain 10k"; 10k Fort Wayne, Foster Park 2:00 p.m.
Race Director: J. P. Jones, Phone: (219) 745-7339

December 10, 1988

Rocket City Marathon; Huntsville Track Club
Race Director: Harold Tinsley, 8811 Edgehill Dr.
Huntsville, AL 35802



PRESIDENT'S COLUMN

By Judy Tillapaugh

Where can runners go to be free of stop lights, city noise, construction, traffic signs, cars, and trucks? PARKS!! You do not have to breath in car exhaust or dodge motorists. They offer freedom from city life. The whole atmosphere of park running seems very inviting. Take a dash around a park today.

Fort Wayne has several parks to explore like Foster, Franke, Johnny Appleseed, Lake Side, Robinson, Swinney, and Shoaff. At Foster and Franke Parks you can easily get in 2 or more miles. If your adventurous, there are state parks near by to take a run in. In Bluffton there's Quabache State Recreation Area. Up north in Angola there's Pokagon State Park. Near Albion there's Chain O' Lakes State Park. If your ever in the Indianapolis area go visit Eagle Creek State Park. It's on the west side of the city. You'll find numerous running and biking routes there.

This August our club has two activities to highlight Foster Park. On Wednesday August 10th there's the "POT LUCK PICNIC IN THE PARK". Towards the end of the month on Saturday August 27th there's the 2 and 5 mile "RUN IN THE PARK". Come to both.

The "RUN IN THE PARK" is replacing the "Big Brothers / Big Sisters Park Run". For the past 9 years Big Brothers / Big Sisters has done an outstanding job at giving our community a 2 and 5 mile running event. We truly appreciate their past commitment and interest in the sport and fun of running.

This years park run has a new twist. The F.W.T.C. board members wanted to make it's focus more on participation and not on competition. There will be NO ENTRY FEE. and no age group awards but there will be many price drawings. Everyone's eligible for the prizes. Each Runner is asked to bring 2 cans of food or a bag of dry pasta or cereal for donation to the Fort Wayne Community Harvest Food Bank. Our contributions will help feed and nourish the needy.

This a F.W.T.C. Points Race!!

It's sure to be a great time. Bring a picnic dinner for post run enjoyment if you like. Volunteers are Welcomed!! Contact me or Jim Bushey if you'd like to help.

In other track club news, I wanted to notify you of a special speaker coming to Fort Wayne Wednesday September 21th. Ben Paolillo, Assistant Women's Cross Country and Track Coach at Purdue University, will be giving a presentation on "Training For A 10 KM". All club members plus any interested community members are invited to come. There's no charge. It will be on the IPFW University Campus in the Walb Memorial Union Ball Room. Our clinic will start at 7:00 pm. Plan to attend. Pass the word. Ben is a proven expert in his field. I'm sure you'll gain much usable information.

Note that the IPFW 2nd Annual Scholarship fund 5 KM Race is coming soon. Race Director Mike Kast is changing the race structure to make it bigger and better this year. Look for the race announcement in this issue of Inside Track

See you at the PARK events!!

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)

FWTC MINUTES

July, 1988

In Attendance:

Mike Ducey
Clem Getty
Ellis McCann
Don Lindley
Jim Bushey
Charles Brandt
Tom Loucks
Herman Bueno
Keith Horton
Judy Tillapaugh
Ron Horan

Treasurers Report

May

\$4,500 start

Received \$789.50

Spent \$2,641.83

Balance \$2,647.60

June

\$2,647.60 start

Received \$1,487.64

Spent \$229.62

Balance \$3,905.62

\$1,769.95 was raised and deposited in FWTC.

Income behind budget, mostly in membership.

Concern expressed about newsletter.

Inside Track - deadline July 20. Race name change on Big Brothers in July and Harlan Days entry.

Membership - Not Present. Don asked who provides labels for July runners.

Publicity - Letter going to Journal with updated race schedule.

Picnic in the Park August 10

Pot Luck Dinner

Judy and Don called Jill Alread about getting results in papers.

Results must be sent in the day of the race, given to the guard at the front desk. Responsibility of the race director.

Advertising - Not Present.

Race Schedule - Not Present.

Equipment - Everything running fine good comments on new clock equipment rented for:

Brother

Diet Pepsi

Run Jane Run

On vacation 2 weeks in August. One printer/timer sent in for repair with letter that if repair exceeds \$200 to notify Clem. Not many races in the fall for outside races.

Prize money, trip for 2 to anywhere in U.S.

Corporate team added (by size of company)

Pee-Wee Run (¼ mile) 2- 6 years old will get ribbons, frisbees, balloons. Added 66 -69 and 70 plus age groups and heavyweight divisions.

5k Walk

September 21, Ben Pallilo, Asst. Women's

Cross Country and Track Coach at Purdue will hold workshop for runners at IPFW Walb Union, 7:00 p.m.

Picnic - August 10, Foster Park, 6:30 p.m. Pot Luck, Pavillion 1 (next to volleyball courts) Fun Run before 6:00 p.m.

New Business - Mike Ducey would like club to apply for National 10k Championship for RRCA.

Board said yes to exploring the possibility.

Park Run - Frank Zirillo called and said Big Brothers decided to support Womens Softball and would be unable to do the Park Run.

Points System - Everything going well.

Runners Week - Not Present. Need more volunteers to help.

Phone A Thon - Worthwhile, consider doing again generated list of volunteers for future assistance.

Called people in Fort Wayne area.

Thank you to Jim Bushey for use of phones.

Welcomed people to club, and give opportunity to get involved.

Summit City 10k - MidSummers Night Run August 5, 1988 at Canterbury going well.

Entertainment, refreshments (ice cream and beer) after the race.

Parking in IPFW and State Hospital with shuttle trolleys to Canterbury.

Course mix of road and cross country finish at clubhouse.

Awards

Summit City 10/23, 2:00 p.m., Grand Wayne Center/Hilton
Race Headquarters

Press Conference August 1, 1988

Sanctioned ARRA (Association Road Running Athletes)

Proposes the club put on race no entry fee for FWTC members \$3 - \$4 for non members.

Discussion on why put on the race?

Because its was put on with t-shirt, entertainment and refreshments will it be a disappointment?

Board felt a responsibility to put on a race in the park on that date, leaves option open for new sponsor next year. Make it free for everybody, give non-members application for club. Jim will try to get refreshments. Board members will try to get prizes. Donators will get logo on announcement. Keep 2 and 5 mile, same time (2 mile at 5:00 and 5 mile at 5:30 p.m.) Door prize drawing at 6:30 p.m.. Donations of canned food for Food Bank would be appreciated.

Nomination committees to be formed in August for next years board members.

COME RUN WITH US!

Tuesday 6pm.

Thursday 6pm.

Saturday 8am.

People can meet by the left side entrance of the IPFW Athletic Building. Look for Mike Kast and friends.

Wednesday 6pm.

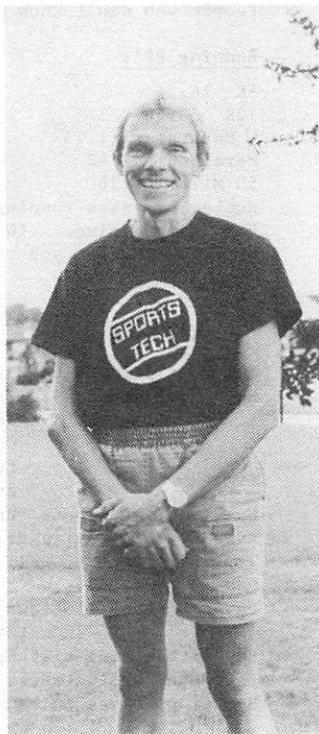
Foster Park. Meet in the parking lot near the volleyball courts. Look for John Treleven.

INSIDE TRACK PROFILE

by Chuck Okorowski

Dan Kaufman is one of those runners who's well known in the Fort Wayne Track Club as well as Indiana. Dan has served on the Board of the FWTC and as club vice president several years ago. His commitment, dedication and loyalty to our club and sport are exemplary. Dan's a soft spoken guy with a competitive spirit. He's been running for over 15 years, starting when he was a student at BGSU.

Name: Dan Kaufman
DOB: November 20, 1950
Place of birth: Ottawa, Ohio
Job: Director of Sports Administration
at K&K Insurance Agency.
Family: Married to Susan with 3 children
Height: 5'8"
Weight: 135#
Shoe size: 9
Best feature (physical): Legs.
Worst feature: Arms.
Religion: Catholic.
Education background: Ottawa-Glandorf HS
and Bowling Green
State University.
Favorite non-running magazine: Sports
Illustrated
Favorite movie: Platoon.
Favorite music: Jazz and rock.
Favorite restaurant: Anyone that serves
Mexican food.
Hobbies: Woodworking and working outdoors
Make of car you drive: Plymouth Voyager
and a Toyota.
Make of car you would like to drive:
Anything new!
Favorite spectator sport: Basketball.
Sport(s) played in school: Baseball and
golf.
Political affiliation: Independent.
Short term goal: To again run a sub 34
10K.
Long term goal: Get my 3 kids through
college.
Achievement of which you are most proud: My family.
First job: I was a construction carpenter for my Dad who was a
builder.
Comfort food: Donuts.
My "last meal" would consist of: Lots of burritos and beer.
Happiest memory: The births of each of my 3 children.
Least-liked household chore: Painting. Especially inside.
Pets: None.
Pet peeve: Lazy people.



Favorite non-running leisure activity: Playing with the kids and listening to Cleveland Indians baseball.

Greatest fear: Getting hit by a car while running on the roads.
If I could I'd love to live: In a moderate climate with mild winters.

I'd like to vacation in: Australia.

Personal strengths: Consistency and endurance.

Personal weakness: Lack of speed.

I wish I had more time to: Enjoy things other than work while I'm young enough.

People who don't know me probably think I'm: Quiet and shy.

Running PR's

5K 16:24

10K 33:26

½ Marathon: 1:13

Marathon: 2:42

50 Mile: 7:26

Number of years running: 15

FWTC member since: 10 or 11 years ago.

Who/what started you running?: When I lived in the dorm at BGSU, Sid Sink and Dave Wottle lived across the hall from me. They were a tremendous influence on me.

Most memorable race: '83 Fort Wayne Marathon. I was 10th overall.

My worst race: '85 Fort Wayne Marathon.

Running philosophy: I take a hard-easy approach to running. You have to listen to your body and back off on the milage when needed. Don't be a slave to running and don't run everyday just to run every day!

Number of marathons run: 24

Average weekly mileage: 45 miles

Typical training week: I run 6 days about 7 miles a day with one long run a week of 10 to 15 miles.

Favorite race: Ottawa 10K. It's always fun to go back to your hometown to run a race.

Favorite racing distance: 10K.

Favorite running shoes: Nike.

Number of shoes on hand: About 8 good pairs. Being a member of the Sports Tech Racing Team I do get some good deals from shoe manufactures.

Favorite place to run: Athens, Ohio

Running idol: Bill Rodgers

Favorite running weather: Hot weather, but I really do enjoy the other seasons also.

Injuries: Nothing serious. I've had only the minor type of injuries. Nothing ever stopped me from running for more than 5 days.



August 1978

FWTC RACES SCHEDULED

August 5

A Three Mile Championship Race and One Mile Fun Run will be held at Foster Park at 6:00 pm. The race will start by the tennis courts. The entry fee will be \$2 worth of merchandise. It need not be new or running related. An entry fee of \$1 for highschool non-members and \$.50 for highschool FWTC members will be charged. The above mentioned merchandise will be given as awards plus trophies to top three in highschool division. The divisions will be Open and Highschool.

August 13

A 10 KM and One Mile Fun Run for women only, and boys and girls under 14 years old will be held at Foster Park at 6:00 pm. This will be a ribbon race with three age divisions for each group. Women: 14 - 23; 24 - 33; 34 and over. Girls: Under 9; 10 - 11; 12 - 13. Boys: Under 9; 10 - 11; 12 - 13. Following the One Mile Fun Run at 6:00 pm, the 10 KM run will begin with three loops around Foster Park golf course. Contact Gary Bird, race director for further information at 482-1347.

August 27

A 10 K' Fun Run will be held. John Schwarze - Race Director - 749-9764.

September 23

The Parlor City Trot 4th Annual Half-Marathon starts from downtown Bluffton at 11:00 am. There will be aid stations at the 3, 6, and 9 mile points. The divisions are as follows: Men under 15; 15 - 19; 20 - 29; 30 - 39; 40 - 49; 50 - and over; Open Women. T-shirts will go to all entrants. Awards will be given by division and overall. By division: A trophy to the winner of each division (trophy to top three finishers in Open Women). Overall: Trophy to overall winner, medals to next 24 finishers, and ribbons for places 26 through 50. Entry fee is \$5 prior to September 22 and \$6 after September 22. Contact Cindy Caldwell at 749-0750 for entry forms.

THE 1st ANNUAL LINCOLN 10,000

This 10 KM Race will be held on September 17 at 2:00 pm. It will start on Main Street and Court Street. Contact Charlie Brandt (432-9110) or Gary Dexheimer (432-1439) for further information.

10 KM CRYSTAL VALLEY RUN

The Crystal Valley Run is on August 26 in Middlebury, Indiana. Pre-registered entries should be postmarked by August 19. You may register and pick up race packets between 8:00 and 9:30 am

the day of the race. The race begins at 10:00 am. A \$2 entry fee if pre-registered and \$3 entry fee the day of the race will be charged. Restrooms are available. There will be no showers. Traffic control will be provided. There will be water on the course with splits at 1 and 3 miles. Oak plaques will be given to all pre-registered finishers postmarked by August 19. Special awards will be given to the oldest and the youngest. Trophies awarded for 1st, 2nd, and 3rd in five divisions: 18 & under; 19 - 29; 30 - 39; 40 and over; and Womens. Anyone wanting entry forms send self-addressed stamped envelope to: Crystal Valley Run, Post Office Box 307, Middlebury, Indiana 46540.

GROUP RUNNING

The practice runs during the month of August are scheduled on Wednesday evenings at 6:00 pm at Foster Park near old tennis courts.

FWTC AUGUST 27th RACE

This will be a 10 KM Fun Run starting at 5:00 pm at Foster Park. A One Mile Fun Run will start at 4:30 pm. Registration will be at 4:00 pm. Ribbons will be awarded for 1st - 5th places in each age division. The entry fee for the 10 KM for non-members is \$1 and \$.50 for FWTC members. The entry fee for One Mile Fun Run is \$.50. For further information contact - John Schwarze - 749-9764.

If you have items to put in newsletter, please give to Pam Allender (485-5188) or Cindy Caldwell (749-0750) by the end of each month.

Pot-Luck Picnic In The Park

WHEN:

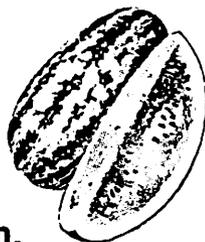
Wednesday, August 10th, 1988

WHERE:

Foster Park Pavilion
(Next to the Volleyball Courts)

PRE-MEAL RUN: 6:00 p.m.

MEAL START TIME: 6:30 p.m.



Bring a food or two of your choice. Food ideas-cold meat, cheese, potato salad, raw vegetables, melon, grapes, crackers, pretzles, cookies, ice cream, etc.... Beverages will be provided. Come with an empty plate and silver-ware!

COME EAT A MEAL WITH US!!!

NUTRITION IN QUESTION

Question

Salads are perfect with meals during hot summer days. I use them often. But my wife gets upset at mine. She claims I'm eating mostly dressing and little good food. Here's my usual salad mixtures:

- 1 to 2 cups lettuce
- 1/4 cup diced celery
- 2 Tbsp. minced onion
- 2 Tbsp. crumbled bacon
- 1 oz. grated cheddar cheese
- 1/4 to 1/3 cup Thousand Island Dressing

Should I change this?

Mark

Dear Mark,

Your wife is right to express concern about what you use to create salads. Summer salads can be packed with nutrient goodness or they can be nutrient poor. Let's analyze your salad for nutrient content.

<u>Food</u>	<u>Amount</u>	<u>Cal.</u>	<u>Carbo.</u> (gms)	<u>Prot.</u> (gms)	<u>Fat</u> (gms)	<u>Salt</u> (mg)	<u>Chol.</u> (mg)	<u>Vit.C</u>
Iceberg Lettuce	2 C.	14	4	1	0	4	0	
Celery, diced	1/4 C.	5	1	tr.	0	37	0	
Onion	2 T.	8	2	tr.	0	2	0	
Bacon	2 strips	86	0.5	3.8	8	153	10	
Cheddar Cheese	1 oz.	113	1	7	9	200	30	
Thousand Island Dressing	1/4 C.	320	8	tr.	32	440	0	
Total		546	16.5	11.8	49	836	40	

This nutrient breakdown tells us that:

12% of the calories are from carbohydrates

8% of the calories are from protein

80% of the calories are from fat

Mark our numbers are not outstanding. This salad scores high in calories, high in fat, high in sodium and low in carbohydrate content. Each of the vegetables are not good sources of vitamin A or vitamin C.

I realize how easy it is to make too rich of a salad. All salads can seem nutritious but in reality many lack good qualities. Fat amount is usually the main problem. Often our servings are too much. Common salad fats are: salad dressing, oil, sour cream, mayonnaise, bacon, coconut, nuts, olives, shredded coconut, fried croutons and rich cheeses.

Don't be discouraged Mark! Think fat modification and your salads will improve fast. By either reducing or eliminating fat sources salads will be richer in nutrient goodness. I recommend limiting salad fats to one to two tablespoons per serving instead of two or more.

Commonly people use four tablespoons (1/4 cup) of salad dressing per salad. This equals about 400 calories. And this is a small part of a whole meal. 400 to 500 extra calories each day can promote a person to gain one pound of fat per week (one pound of fat equals 3500 calories). Limiting fats can help waist control.

We runners want high carbohydrate meals to gain fuel for exercising muscles. Daily 60% carbohydrate meals are recommended. High carbohydrate foods are fruits, vegetables, breads and cereals. Dietary fat is a poor exercise fuel. It does not replenish used muscle glycogen only carbohydrate foods do. Keep fats low. 30% fat meals are ideal.

Let's fix up your salad, Mark. With a few changes a high fat salad can be transformed to a high carbohydrate salad.

Food	Amount	Cal.	Carbo.	Prot.	Fat	Salt	Chol.	Vit.C
Iceberg Lettuce	1 C.	7	2	tr.	tr.	2	0	
Spinach	1 C.	13	2	1 G.	tr.	30	0	
Grated Carrot	1/4 C.	10	3	tr.	0	12	0	
Onion	2 T.	8	2	tr.	0	2	0	
Kidney Beans or Chick Peas	1/2 C.	118	21	7.8	tr.	3	0	
Cheddar Cheese	1 oz.	113	1	7	9	200	30	
Thousand Island Dressing	1 T.	80	2	tr.	8	110	0	
Vinegar	2 T.	4	1	0	0	0	0	
Large Wheat Roll (eat along with the salad)	1 T.	180	36	7	1	400	0	
Total		533	70	23	18	759	30	

This nutrient breakdown tells us that:

53% of the calories are from carbohydrates
 17% of the calories are from protein
 30% of the calories are from fat

Our numbers are much better. The percent fat was reduced from 80% to 30%. If desired, further fat change could be done by switching to low fat cheese and a low calorie Thousand Island Dressing.

Summer salads can be very satisfying during these hot summer days. Think fat modification and enjoy them.

Happy Eating! Judy Tillapaugh, R.D.
 Community Dietitian

POTLUCK POTATO SALAD

Yields 8 Servings • Serving Size $\frac{3}{4}$ Cup

Use: Calorie/Cholesterol Controlled

Ingredients:

- 5 Medium Potatoes
- $\frac{1}{2}$ c. Miracle Whip Light
- 1 c. Chopped Celery
- $\frac{1}{3}$ c. Chopped Onions
- 1 t. Salt
- 1 t. Celery Seed
- 2 t. Prepared Mustard
- $\frac{1}{2}$ t. Prepared Horseradish
- $\frac{1}{2}$ to 1 t. Prepared Horseradish
- $\frac{1}{4}$ c. Low-Calorie French Salad Dressing
(No more than 25 calories per tablespoon)

Cook unpeeled potatoes till tender in boiling water; peel and cube. Combine warm potatoes and French salad dressing; toss gently to coat. Chill 2 hours. Add celery, onion, salt, and celery seed. Combine Miracle Whip, mustard, and horseradish; toss gently with potato mixture. Chill 4 hours.



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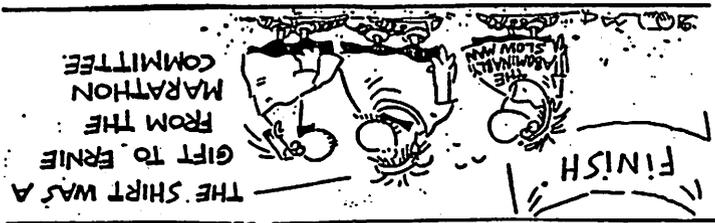
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MARATHON CALENDAR

The following list is an eclectic, annotated calendar of autumn marathons, as the editor (himself a novice marathoner) is wont to present in the July issue. The rationale for July is simple (—minded?): if you are going to run a marathon in October, you had better be building base now. The list is diverse, so that you have a whole range to choose from: large vs. small, urban vs. rural, fast vs. hilly, domestic vs. distant, etc. Good luck in your training!

PS: The information is current but unverified; write the race director well in advance to corroborate.

Heart of America: Oct. 8, Columbia, MO. Only \$ 5 to enter, but you get your money's worth — extremely hilly, 4 miles of gravel in the middle.

(Joe Duncan, 2980 Maple Bluff Dr, Columbia 65201)

Twin Cities: Oct. 2, Minneapolis to Saint Paul, MN. \$ 20 fee. Noted for its fast course, and its big purse for Master s runners (42 grand). Generally cool temps. (TCM, Inc., PO Box 24193, Minneapolis 55402)

Lakefront: Oct. 9, Milwaukee, WI. \$ 15 fee. Point-to-point. Second half of race along Lake Michigan. (c/o Hallmark Bldg., Supplies, Inc., 6050 N. 77th St, Milwaukee 53218)

The Old Style Marathon

Oct. 30, Chicago, IL. The revamped edition of the Chicago Marathon, with the same fast course and probably (post-Olympics) some big name runners. Sponsored by a brewery, with its logo on the t-shirt (what a comedown from the old Pilsasso shirts of past Chicago marathons.) Fees could be high, as IAC membership is generally required here. (223 West Erie, Chicago 60610)

St. Louis: Nov. 20, St. Louis, MO. Start and finish in Forest Park. Loop course, \$ 15. Weather could be anything, including ideal. (St. Louis Track Club, 5611 Clayton Rd, Suite 200, St. Louis 63117)

Columbus: Nov. 13, Columbus, OH. \$ 15, point-to-point. Mostly flat, weather unpredictable. 5-6 thousand runners, thus placing it between Chicago (10,000 plus) and St. Louis (1200) in size. (6290 Busch Blvd., #20, Columbus 43229)

Louisville

Nov. 13, \$ 14. Flat loop, ca. 900 runners. The site of many a PR for the non-elite marathoner. (Metro Parks Track Club, PO Box 36452, Louisville 40233)

Mid America Festival of Running

Oct. 15, Muncie, IN. \$ 10. Perhaps the only fall marathon in the Hoosier State this year. (K. Samuelson, 500 So. Mulberry, Muncie 47305)

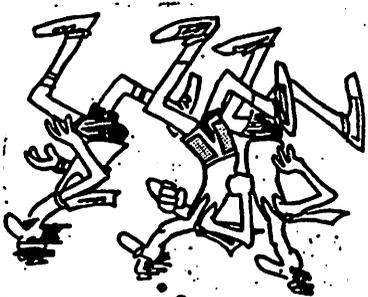
Rocket City

Dec. 10, Huntsville, AL. \$ 10. Double loop course, fast. Weather often a problem. (Huntsville Track Club, c/o Harold Tinsley, 8811 Edgemoor Dr, Huntsville 35802)

THE SHIRT WAS A GIFT TO ERNIE FROM THE MARATHON COMMITTEE

(Marathon Calendar Courtesy of
Bloomington Track Club)

(cartoons courtesy of Jeleno Andrews)



I CAN REMEMBER WHEN
"RUNNING WITH A FAST
CROWD" HAD A WHOLE
DIFFERENT MEANING.

x x x x x x x x x x x

- Atlanta: Nov. 24, Atlanta GA. Flat, point-to-point, held on Thanksgiving Day. (Atlanta Track Club, 3097 E. Shadowlawn Ave, Atlanta 30305)
- New York City: Nov. 6, NYC. Probably too late to get in - they draw the entrants for the most part in a lottery of sorts. (212) 410-7770
- Pepsi Vulcans: Nov. 20, Birmingham, AL. Point-to-point. (Sylvia Place, Pepsi Vulcan Kara. PO Box 36907, Birmingham 35236-6907)
- Paavo Nurmi: Aug. 13, Hurley, MI. \$ 15. Like Chicago, Huntsville, Columbus, St. Louis, NYC, Louisville, Huncle, Laketown - someone in our club has done this one, and he can tell you it isn't an easy course. (Hurley Area Chamber of Commerce Co., Hwy. 51, Hurley 54534)
- Venice: Oct. 16, Venice, Italy. Must be 18 yrs or older to run. Finishes near St. Marco Square. (Venticemmarathon Club, Corso del Popolo 151, 30172 Venezia Mestre, Italia)
- Frankfurt: Oct. 30, Frankfurt am Main, FRG. Formerly held in May, when it could be quite hot. (Im Fasanengarten 14, 6240 Königstein, N. Germany)
- Berlin: Oct. 9, West Berlin. Flat course. Large crowds, 14,000 runners, with some of the caliber of Karl Lismund or Frank Shorter in the past. (no address available, but an inquiry to the Sportclub Charlottenburg, 1000 Berlin should do the trick)

Marathon Calendar (cont.)

THE LONG RANGE TRAINING PLAN

THREE PHASES
 When preparing a training plan for the marathon, three phases must be considered. The first phase is the BUILD-UP during which time average mileage is increased. The second phase is the STABILIZATION period which allows the body to adapt to the stress of increased training. The third phase is the TAPER during which time mileage is reduced to allow the body to store reserves for the major effort demanded by the marathon.

A THEORY ON "THE WALL"
 A highly quoted and accepted formula that a trained runner will "hit the wall" at a distance three times daily average mileage over a two month period prior to the event requires the average to be 9 miles per day (63 miles per week) for the 26.2 mile marathon ($3 \times 9 = 27$). In this training plan this requirement is met during the eight week stabilization period.

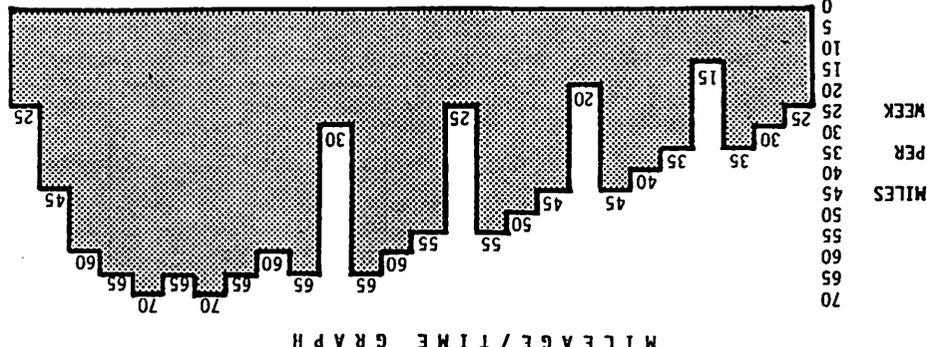
ENERGY RESERVES
 No runner trains at a daily average of 26 miles and at the intensity he/she would race a marathon. Thus, the race demands a much greater effort than this or any other training plan prepares the physical capacities of the body to meet on a day to day basis. The two months of high mileage following a significant mileage increase has been an extensive effort; a stress level hard for the average to cope with. The less than average could be near the breaking point and a race immediately following the stabilization phase could result in injury. For all, a race at this time would not provide optimum performance. The taper and its extent as well as importance are often overlooked. A sudden break in the training routine would leave the runner stale. A gradual tapering of mileage and long runs will avoid staleness and allow recovery to generate an energy reserve. This will result in a more enjoyable run at a higher level of performance for a longer duration while minimizing the risk of injury. The taper in this plan is for a duration of two weeks following the stabilization phase. More will be given concerning the taper in following paragraphs.

INCREASING MILEAGE
 Just as decreasing mileage following the stabilization period is important, so is the method of increasing mileage important. The present accepted rate to accelerate mileage without excessive risk of injury is based on three factors: (1) Weekly peak mileage should not increase by more than 5 miles, (2) Weekly peak mileage for a month (4 week period) should not exceed 10 miles, and (3) One of every four weeks should be a recovery week that is 50% of the weekly average for the prior three weeks during the build-up.

EXAMPLE
 An example to illustrate the concept presented here is provided in the graph and table which follow. The plan is based on a 3 mile a day jogger who decides to run a marathon. The build-up phase requires 16 weeks to increase mileage by a factor of three from 3 miles a day to 9 miles a day.

MILEAGE / TIME GRAPH

PHASE	* BUILD-UP	* STABILIZATION	* TAPER
MILEAGE	25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100	25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100	25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100
WEEKS	26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41	42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57	58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73



NOTE: Mileage for weeks 10 through 3 average 65 miles, or 9.3 miles per day, which calculates "the wall" to occur at 28 miles - just beyond the marathon distance.

CONSERVATIVE APPROACH
 One may consider this a conservative approach and for the trained long distance runner the extensive build-up is not necessary as he/she begins at a higher level. However, should your daily average mileage be at a level between the starting 3 a day and the two month stabilization period of 9 a day, you should adhere to the plan beginning at the week equivalent to your present weekly average mileage. This is not to say that a runner with a greater mileage per day now should not follow this plan and stabilize at a higher mileage. Obviously, this is ideal. The extra mileage will insure better performance and a more enjoyable race. The less accomplished runner must not accelerate his mileage to achieve a higher stabilization level or injuries are almost sure to occur.

THE IMPORTANCE OF A PLAN
 While the number and finish percentage of first time marathon runners is outstanding, it remains a fact that many who planned to run didn't make it to the starting line due to injury. Few of those realize, and most would not admit, that their acceleration was too great and lacked a planned rest/recovery period. Other factors are usually cited as the blame. It is true that races and other stresses lead to injury. The conservative approach of this plan allows for a reasonable number of races and other outside stresses to be within the adaptation limits. Long runs are of prime importance in the final stages of preparation and so is the necessity to race and major effort.

THE DAY BY DAY TRAINING PLAN

HARD DAY/EASY DAY
 Also of importance is the method in which the day by day, weekly mileage is achieved. The hard/day, easy/day approach is an accepted and established training technique. The basis for the hard/easy concept is based on the fundamental formula for achieving the training effect.

TRAINING EFFECT = STRESS + RECOVERY

Most consider running (stress) to be the most important aspect of training. Of equal importance is the recovery. It is during the recovery that the body actually grows stronger. The stress of running actually weakens the body. Too much too often will lead to injury. The human body has an uncanny ability to adapt to stress. Apply a level of stress above that which it can easily cope with, then allow sufficient recovery and it will achieve a higher stress tolerance. Repeating this cycle on a regular basis is the fundamental concept of training.

DAILY MILEAGE PLAN
 A daily schedule for any given week is given in the following table. The schedule considers that races will often be included on Saturday. Races on Sunday, except on an occasional basis, should be avoided or the long Sunday run will be eliminated too often. The long run is of prime importance to preparation for the marathon distance. The long run is as important as the average mileage itself. Since daily mileage will vary at any given week on the schedule, the daily distance in percent (%) of the weekly average is given. To aid you in verifying your conversion from percent to miles, two example weeks are given. One is for the early phase, a 30 mile week, and the other during the high mileage stabilization period, a 70 mile week. Some modifications to this schedule are necessary during the stabilization and taper phases and are discussed in later paragraphs.

SUN	MON	TUE	WED	THU	FRI	SAT
33%	7%	16%	7%	20%	7%	10%
10	2	5	2	6	2	3
23	5	11	5	14	5	7
= 30 MILE WEEK EXAMPLE (Miles Per Day)						
33%	7%	16%	7%	20%	7%	10%
10	2	5	2	6	2	3
23	5	11	5	14	5	7
= 70 MILE WEEK EXAMPLE (Miles Per Day)						

SUMMARY

This article has covered three very important aspects of marathon training. One was the average mileage required prior to the event to survive the distance at a minimum of discomfort, i.e. avoid "the wall". The second was the mileage profile which demonstrated the mileage build-up to the desired average with a minimum risk of injury. The weekly five mile maximum increase, monthly ten mile maximum increase and 50% of average mileage every fourth week are extremely important to your success. Ignore these and you are almost sure to incur injury and not be able to reach the desired mileage. The profile demonstrated when and where the average mileage should occur (weeks 3 through 10) and that the last two weeks should be a taper period. The third concept



DO NOT CHEAT ON THE EASY WEEK
 You will want to run more, especially in the early weeks. Do not bend to that temptation. Later you will pay the price, most likely with an injury. The easy week is just as important as the hard weeks, so keep it easy.

The long runs are as important as average mileage in preparing for a marathon - "one must train long to race long". If you run an important race on Saturday and extend considerable effort the long run on Sunday must be reduced to a short recovery run. Never eliminate the long run on two successive weeks. Plan important races so that they occur on the easy week allowing three long runs in every four week period.

The remainder of this article will cover a number of other important aspects of marathon training and race preparation. Many are applicable to training in general and should be employed throughout the year while others are specific to marathon preparation. Some are a topic all their own, too detailed to cover here, but mentioned to reference their importance.

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Bippus 4 Mile Country Block Bop (And 1 Mile Fun Run/Walk)

Saturday, September 3, 1988

Sponsored by Huntington County's new running club, The Kill-so-quah Roadrunners, and the Bippus Lions Club. The race will be held on State Road 105, in Bippus, Ind., at 9 a.m. The Fun Run will begin at 8:30. Both races will begin and end in front of the Bippus State Bank.

The course is paved and flat, and splits will be given at every mile. Water station at 2-mile mark, and refreshments at finish of race.

Advance Registration: 4 Mile Run — \$6; 1 Mile Fun Run/Walk — \$1, or \$6 with T-shirt.

Late Registration: After August 27 and on day of race: 4 Mile Run — \$8; 1 Mile Fun Run/Walk — \$1. T-Shirts to late registrants while they last. Race fees are tax-deductible; proceeds go to charity.

Awards: Trophies will be awarded to first- and second-place winners in the 4 Mile Run only for the following age categories (both male and female) — 14 and under: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 and older. Ribbons to all 4 Mile Run and 1 Mile Fun Run/Walk participants. Various other door prizes to be given.

Name _____ Age _____

Address _____ City _____

State _____ Zip _____ Birth date _____

Club Affiliation _____

Telephone _____

Male _____ Female _____ T-shirt size (Circle one): S M L XL
Entering: 4 Mile Run Fun Run/Walk

Make checks payable to Bippus Lions Club. Return form and entry fee to: Eldon Bruner, 8514 N — 300 W, Huntington, IN 46750.

Waiver of liability (must be signed to participate in either race): In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge the Bippus Lions Club, The Kill-so-quah Roadrunners, the County of Huntington, and the Town of Bippus 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. By signing this waiver, I verify that I am physically fit and adequately trained to participate in this event.

Signature _____

Date _____



White River Park Games 5 Mile Run Regionals Ft Wayne, In.

Male	12 & under	NAME	PLACE	TIME
		RYAN SMIHART	35	38:07
		JUSTIN DAUGHERTY	38	38:30
		JIM HOFF	50	41:45
13 - 15		CHRIS BECKMAN	15	31:48
		JONATHAN WILKINS	17	31:58
		RICK SQUIRES	24	33:11
		JAMIE WILKINS	25	33:27
		CHRIS WHITE	26	34:30
		BRIAN LINDLEY	31	36:57
		JOHN MINNICK	36	38:19
		SCOTT WHEAT	37	38:20
		JASON HOFF	39	38:39
		BRANT SEYMOUR	43	39:21
		GREGG WARD	45	39:45
		MICHAEL LINDLEY	49	41:02
16 - 18		RICHARD CHURCH	1	27:39
		MARK STAUFFER	3	27:59
		ERIC CONNERTY	9	30:25
		TIM GORRELL	12	31:37
		SEAN HOSFIELD	14	31:42
		PAUL RICHARDSON	21	32:45
		JEREMY HART	28	35:38
		KEVIN DUKES	30	36:33
19 - 24		TOM GAYER	2	27:50
		GARY TAMAR	7	29:56
25 - 29		JON GAGY	19	32:17
		DANIEL HANSON	23	33:06
		THOMAS SELIG	29	35:47
30 - 34		RANDY HISNER	4	28:59
		BOB SCHENDEL	5	29:19
		THOM DILL	16	31:56
		DANIEL STINSON	33	37:07
35 - 39		JIM GARNER	22	32:58
40 - 44		THOMAS DENDINGER	8	30:22
		DONALD LINDLEY	13	31:38
		RODGER PUCKETT	27	35:12
		WAYNE SELGEL	34	37:23
		CLIFTON GORRELL	40	38:57
		CHARLEY KNEPPE	41	39:00
45 - 49		FRED ROSS	10	31:15
		REX REED	11	31:26
		DAVID BRANDON	18	32:01

55 - 59	KING SULLIVAN	52	42:26
	RICHARD LONGSWORTH	59	51:00
60 - Over	JACK ONIEL	58	50:53
FEMALE			
12 & Under	TRACY ENGLE	53	42:39
	LESLIE GARNER	56	44:47
13-15	ANGIE GARNER	32	36:58
	ANDREA SLEGEL	47	40:09
	MICKIE GORRELL	51	42:24
16-18	JAMIE GORRELL	20	32:36
	ROBIN SHARP	55	44:41
25-29	MICHELLE OLSON	44	39:31
30-34	LINDA POWELL	46	39:50
40-44	VALERIE PUCKETT	54	43:56
45-49	BARBARA ONIEL	48	40:50
50-54	FRANCES VAN WAGNER	42	39:15
	GLORIA NYCUM	57	45:42
55-59	JEAN LONGSWORTH	60	51:00

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Winter Olympics '88
 Calgary Canada
 Marian Marathon
 Kokomo Triathlon,
 Muncie Endurathon
 & Marathon
 TAC '85, '87
 World Cup '87
 NCAA Swim '86
 International Athletic
 Indoor Track and Field
 Championships '87
 Judo Nationals '88
 Indianapolis Mini
 Marathon '88

TURTLE 10,000

DATE) 6/25/88

CHURJUSCO, IN

WEATHER) SUNNY & HOT

TEMPERATURE) 83

DISTANCE) 10K

STARTING TIME) 8:00 AM

RACING RESULTS BY ACTION STATS, INC.

PL.	DIV. PL.	NAME	TIME	PACE/MI	PL.	DIV. PL.	NAME	TIME	PACE/MI
1	1	JERRY WILLIAMS JR	0:33:49.59	5:26.6	41	7	KEITH DEMERITT	0:44:49.79	7:12.9
2	2	BRYAN SPONGELLER	0:34:22.20	5:31.9	42	1	JUSTIN EUTSLER	0:44:59.20	7:14.4
3	1	TOM RENZ	0:35:54.33	5:46.7	43	11	MARTIN WALKER	0:45:16.37	7:17.1
4	3	GREGORY THATCHER	0:36:09.58	5:49.1	44	6	JONATHAN SCHLATTER	0:45:35.67	7:20.2
5	1	PAUL SIBRAY	0:36:21.58	5:51.1	45	8	GREG FULM	0:45:41.41	7:21.2
6	4	BRENT MURDO	0:37:04.98	5:58.1	46	3	BRIAN LEFEVER	0:45:47.78	7:22.2
7	1	BOLE FEGETE	0:37:15.95	5:59.8	47	1	MISSY MADSEN/SMITH	0:45:52.81	7:23.0
8	1	MATHAN MUSS	0:37:23.54	6:01.0	48	7	SCOTT POOR	0:45:53.17	7:23.1
9	2	DANIEL GREEN	0:37:32.40	6:02.5	49	9	BRUCE TISSALE	0:46:00.38	7:24.2
10	3	KENNETH KING	0:37:57.04	6:06.5	50	7	DARRELL PATTON	0:46:04.00	7:24.8
11	1	GREG DAVIS	0:38:16.18	6:09.5	51	8	JOHN BLOOM	0:46:13.27	7:25.3
12	4	DAVID OGRASIS	0:38:22.61	6:10.6	52	10	LARRY DAVISSON	0:46:17.35	7:26.2
13	5	TODD WANLEY	0:38:31.24	6:11.9	53	12	CLARENCE TULLOCK	0:46:42.64	7:31.0
14	2	NEIL TATE	0:38:38.30	6:13.1	54	8	MAX KETROW	0:46:45.24	7:31.4
15	6	BRAD HOWE	0:38:59.99	6:16.6	55	4	RICHARD ZINK	0:46:49.35	7:32.1
16	3	KARL WHITE	0:39:31.52	6:21.6	56	11	JOE WILDER	0:46:50.81	7:32.2
17	5	MARK BRATTOLI	0:39:41.57	6:23.3	57	2	MURPHY WITSLER	0:46:50.50	7:32.3
18	7	JOHN PEA	0:39:54.13	6:25.9	58	12	DAVID MONTCHEKY	0:47:07.63	7:35.0
19	2	BOB BRUCKNER	0:39:58.46	6:26.0	59	9	JOHN FREISTROFFER	0:47:21.27	7:37.2
20	4	GARY WALKER	0:39:59.59	6:26.2	60	9	JIM KRISHNER	0:47:28.55	7:38.4
21	3	JAMES L. MILLER	0:40:40.64	6:32.8	61	10	JOE MCINNIS	0:47:29.53	7:38.6
22	2	ROSS HARTZELL	0:40:42.74	6:33.1	62	1	BRYAN WELLS	0:47:30.00	7:38.5
23	1	LARRY AVERBECK	0:41:08.79	6:37.3	63	1	TERRY GAUTSCH	0:47:31.93	7:39.0
24	4	BERNIE BURSETTE	0:42:09.23	6:47.0	64	2	BARB SCROGAN	0:47:35.27	7:39.5
25	3	PETE BRADLEY	0:42:34.24	6:51.0	65	13	JAMES THOMPSON	0:47:45.68	7:41.2
26	5	BOB MELLER	0:42:36.61	6:51.4	66	13	DEANIS STRAYER	0:47:51.38	7:42.1
27	6	KELLY CLEVELAND	0:42:42.58	6:52.4	67	14	GORDON DENNY	0:47:53.28	7:42.4
28	8	DAVID ZAUSS	0:42:51.56	6:53.8	68	10	JIM HANNA	0:47:54.43	7:42.5
29	9	ROCK KIRCHNER	0:43:09.81	6:56.8	69	3	HOWARD BASH	0:47:55.53	7:42.6
30	2	DAVID BOYLAND	0:43:20.14	6:58.4	70	11	ROBERT GRACOCK	0:47:55.12	7:42.8
31	2	DAVID SLEBACHENKI	0:43:22.93	6:58.6	71	12	DALE THOMPSON	0:48:10.68	7:46.5
32	4	BILL WAREBERG	0:43:23.68	6:59.0	72	15	RICHARD BEENER	0:48:29.57	7:48.2
33	1	RAY CONTRERAS	0:43:46.27	7:02.6	73	11	J. SCOTT KRIES	0:48:36.25	7:49.3
34	5	IVAN PAINTER	0:43:48.48	7:02.9	74	4	JACK GOBLE	0:48:46.95	7:51.0
35	5	LARRY PARK	0:43:54.91	7:04.0	75	5	L. WAYNE RANDOLL	0:48:54.42	7:52.2
36	6	JEFF KUNTZ	0:43:58.77	7:04.6	76	13	ED BEDDNER	0:48:55.24	7:52.4
37	10	BRAD CONKLIN	0:44:11.59	7:06.7	77	14	BRYN ODEN	0:48:55.86	7:52.5
38	7	MATTHEW VEST	0:44:21.98	7:08.4	78	12	FRED HANNAN JR	0:49:17.95	7:56.0
39	3	BARBARA PETERSON	0:44:32.71	7:10.1	79	2	JILL LEONARD	0:49:19.68	7:56.2
40	6	PHILIP LUTIMAN	0:44:37.94	7:11.0	80	13	GEOFFREY WAREBECK	0:49:20.21	7:56.4
81	14	GARY MOYEN	0:49:36.35	7:59.8	121	4	A.FRED MOORE	1:02:11.38	10:02.5
82	15	LARRY BEMER	0:49:39.32	7:59.5	132	3	KIM ASPICHER	1:02:56.68	10:17.4
83	1	SUSAN PETERSON	0:49:46.69	8:00.6	133	3	MEN DISLER	1:06:51.93	10:45.6
84	15	RANDY ALKER	0:49:49.52	8:01.1	134	8	JOHN JEDMAN	1:07:15.24	10:49.4
85	8	ANDY SILBERT	0:50:17.57	8:05.7	135	16	DAVE KING	1:09:58.97	11:14.4
86	4	JESSEL BARETT	0:50:18.59	8:05.8	136	3	NANCY REINE	1:10:15.15	11:18.3
87	16	ALAN BRADLEY	0:50:31.89	8:07.9	137	23	DAVID REICHGASE	1:10:16.12	11:18.5
88	17	STEVEN BROWN	0:52:38.27	8:08.9	138	3	LINDA REIDFOS	1:20:53.73	13:01.1
89	16	JEFF BRFF	0:51:34.06	8:17.9					
90	17	DEAN SWAP	0:51:52.34	8:20.9					
91	5	DICK SIVE	0:52:13.02	8:24.2					
92	6	GEORGE PARK	0:53:21.90	8:35.3					
93	18	MICHAEL YANN	0:53:45.38	8:39.2					
94	16	DAVE JACKINS	0:53:49.64	8:39.8					
95	9	BRAD PETERSON	0:53:52.36	8:40.2					
96	1	JOHN WELLS	0:54:03.71	8:42.0					
97	17	DAVID SCHLEBER	0:54:41.18	8:48.0					
98	1	KELLY WAREBERG	0:54:56.27	8:50.5					
99	2	GENE STRASLE	0:55:17.96	8:53.9					
100	18	ROBERT STELLER	0:55:22.78	8:54.7					
101	14	KIRK KURI	0:55:31.36	8:56.1					
102	18	BENJAMIN HERRILL	0:55:31.88	8:56.2					
103	2	TYLER ODEN	0:55:35.43	8:56.9					

PL.	DIV. PL.	NAME	TIME	PAGE/MI	PL.	DIV. PL.	NAME	TIME	PAGE/MI
104	19	MARK LESE	0:53:38.46	8:57.2					
105	1	KELLY ROSS	0:53:48.90	8:57.6					
106	5	KERMIT ROSEFON	0:53:42.82	8:57.9					
107	1	PAUL SNYDER	0:56:19.83	9:02.9					
108	6	JIM MARTIN	0:56:31.52	9:05.8					
109	19	DAVID C. OLSE	0:56:46.74	9:08.2					
110	18	CARL FIELDS	0:56:47.29	9:08.3					
111	20	JIM HUFFER	0:57:18.88	9:13.4					
112	3	CHAD WELER	0:57:26.75	9:13.7					
113	7	JARVIS HILL	0:57:21.93	9:13.9					
114	4	JASON S. STRANSON	0:57:27.87	9:14.7					
115	5	ADAM LUTTMAN	0:57:39.82	9:16.8					
116	19	CHUCK MILLS	0:57:52.16	9:18.8					
117	2	ROBERT MOORENKAITH	0:58:04.72	9:20.8					
118	21	MICHAEL HENRICHUS	0:58:18.81	9:22.9					
119	20	BRUCE MONTGOMERY	0:58:24.78	9:24.8					
120	20	LEE SLOFFER	0:58:51.61	9:28.3					
121	3	JAN DANIEL	0:59:05.51	9:30.6					
122	7	DON RHOADES	0:59:42.32	9:36.5					
123	2	MARGARET NORTH	0:59:44.77	9:36.9					
124	2	BELINDA SHARP	0:59:58.88	9:39.8					
125	22	STEPHEN KING	1:00:46.85	9:46.9					
126	2	CHRISTY BENZ	1:01:04.66	9:49.7					
127	21	CHRIS VASQUEZ	1:01:16.88	9:51.7					
128	15	TODD WICKOLS	1:01:17.28	9:51.8					
129	22	DAVE SWANSON	1:01:21.34	9:52.4					
130	21	JOHN LINTZ	1:01:54.66	9:57.8					

2ND ANNUAL SCHOLARSHIP FUND 5K RACE(S)

SPONSORS: FWTC and IPFW

PLACE: Athletic Center, IPFW Campus

DATE: September 11, 1988 at 2:00 p.m.

RACES: Your option (both courses fast):

1. 5K road race OR
2. 5K cross country race OR
3. Two person (male/male, female/female, male/female) one runs 5K road race, other runs 5K cross country race.

AWARDS: TBA (I'm working on them.) Hopefully something for each participant.

Ribbons to 1 - 20 road race
1 - 20 cross country race
1 - 3 M/M, F/F and M/F teams

No age categories this time.

REGISTRATION: 12:00 p.m. to 1:45 p.m. day of race. \$5.00 each participant. Donation to IPFW Cross Country Scholarship Fund.

FACILITIES: Showers available; water (of course).

RACE DIRECTORS: Mike Kast, XC Coach, IPFW
Jerry Diehl, Assistant XC Coach, IPFW

Questions - Call 426-5140

RUNNER'S CLINIC:

"TRAINING FOR A 10 KM RUN" presented by Ben Paolillo

Wednesday Evening September 21st, 1988

Ben Paolillo, Purdue University's Assistant Women's Cross Country and Track Coach, is coming to Fort Wayne September 21st, 1988 to present tips and techniques at improving 10 KM performances.

Sponsors: Fort Wayne Track Club and The Cross Country Team of IPFW

Where: Walb Memorial Union Ball Room on the IPFW University Campus

Date: Wednesday Evening September 21st, 1988

Time: 7:00 pm

Cost: No Charge!

Refreshments will be served.

Do Plan To Come! Invest in improving your running quality!!



AEROBIC EXERCISE

Developing Your Personal Aerobics Plan

You're convinced—aerobic exercise can strengthen your heart, improve your body's use of oxygen, and contribute to your overall health. So, where do you begin? First, find your target heart range (THR). Then, select aerobic activities that fit your physical condition, personal interests, and environment. Finally, make a commitment to exercise aerobically for 20-30 minutes a minimum of 3 times a week.

Finding Your THR

Your THR is the safest range of heartbeats per minute during exercise. To find your approximate THR, subtract your age from 220 and multiply the answer by 60% and by 80%. Aim for the low range when you first begin, gradually working up to the higher range. Count your heartbeats by taking your wrist or neck pulse for 15 seconds and multiplying the count by 4. If you have an existing medical condition or family history of heart disease, your healthcare professional can determine your best THR.

Choosing the Right Aerobics

With so many activities to choose from, you may not know which aerobics are best for you. In most cases, the best activities are those that you will enjoy and will keep up with. They are also the ones that are appropriate for your age and physical condition. The list of aerobic activities at right can help you with your choices.

Scheduling Time For Aerobics

In order to be effective, aerobics should be done for at least 20-30 minutes a minimum of 3 times a week. In less time than the average TV "sitcom" you can actively enjoy yourself while you improve your health. You can also find ways to fit aerobics into your busy schedule—walk during lunch, bicycle to work, invite a friend to a game of handball rather than out for drinks. It's a question of priorities. When you set fitness and health as a personal priority, you'll find time for fitness.

ACTIVITY	BENEFITS	DRAWBACKS
 Walking	Excellent overall conditioner; can be done by almost anyone.	Takes most people longer to reach THR; can be harder to fit into busy schedules.
 Jogging/ Running	Excellent overall conditioner. Requires no equipment other than shoes.	Can stress bones and joints; can be too strenuous for beginners/overweight persons.
 Swimming	Exercises large muscles in legs, arms and chest; does not stress bones and joints.	Must have access to pool; may be poor choice for people with chlorine sensitivity.
 Bicycling	Exercises large muscles in legs; does not stress bones and joints.	Must purchase equipment; can be difficult to pursue in poor weather or in very hilly areas.
 Aerobic Dancing	Excellent overall conditioner; can be done in class and/or at home.	Requires instruction (class, videotape, etc.); high-impact can stress bones and joints.
 Handball/ Racquetball	Excellent overall conditioner when done correctly; a social activity.	Requires partner, equipment and facilities; can be too strenuous for beginners.

Reaping the Rewards

Once you've made the commitment to a regular aerobic exercise program, you'll know that you're doing one of the nicest things possible for yourself—you're strengthening your heart, keeping your body in shape, and improving your quality of life. You'll have more stamina, a brighter outlook, and a sense of commitment and control over life that will enable you to handle life's daily challenges.

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WHY WE RUN

by Robert Eslick (reprinted from Nashville Striders newsletter)

Running, for those who do, has become as much a part of life as eating. We look forward to it as an integral part of our day. In truth, we feel guilty when we miss a day.

What is it about this sport that is so addicting? Are we masochists who enjoy occasional discomfort? Is it too big a part of our lives? No, it is the feeling of accomplishing more than we thought we could. Running supplies us with a daily challenge.

It is not something to be conquered because we can neither conquer nor master it. We think we have it figured out and it rears its head to let us know we will never perfect it. We can however, control it.

Therein lies the beauty of running: controlling but not mastering. It teases us. We feel good and have a bad run. We feel bad and have a good run -- a constant puzzle.

As we race, we reach and search for that perfect day, when our personal best is accomplished with no apparent effort. We plan for this in our daily training, then it doesn't go accordingly. We feel unprepared and have the race of our lives.

The answers have to be found so we continue to search and to find new methods for achieving our goals. More speed. less distance, or more quality, same distance....

We always seek out the perfect formula and when it eludes us, we are lured back. It is perfection we grasp for, but never reach. But along the way, we become better for having tried, for being unwilling to ever give up.



T SHIRTS TO ALL 5K RUNNERS

T SHIRTS TO ALL 5K RUNNERS

KENT DAVIS 5K

T SHIRTS TO ALL 5K RUNNERS

T SHIRTS TO ALL 5K RUNNERS

T SHIRTS TO ALL 5K RUNNERS

DATE: AUGUST 13, 1988 SATURDAY

TIME: 7:00 A.M. START FOR THE ONE MILE RUN
7:30 A.M. START FOR THE 5K RUN

FEE: 5K - \$5, One Mile - \$1.00

PLACE: GEORGETOWN SQUARE, 6400 EAST STATE BLVD.,
FORT WAYNE IND



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

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



AWARDS: 5K RUN - ROGERS GIFT CERTIFICATES FOR 1st 3 PLACES
EACH AGE GROUP: T SHIRTS TO ALL STARTERS

ONE MILE - TROPHIES TO 1st 10 FEMALES & 1st 10 MALES

PROCEEDS: CROSSROAD (AN ORGANIZATION OFFERING SHELTER & HELP TO CHILDREN)

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

SPONSOR: ROGERS, GEORGETOWN MERCHANTS AND FORT WAYNE TRACK CLUB

INFORMATION: BILL SCHMIDT, RACE DIRECTOR 485-1114

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



T SHIRTS TO ALL 5K RUNNERS

TRIATHLON CORNER



FLAG CITY TRIATHLON

By Chuck Okorowski

My third consecutive year back to the Flag City Triathlon in Findlay, Ohio on July 16th, resulted in my slowest time thus far on this course. A 2:34:02 for the 1000 meter swim, 40K bike and 10K run. It was very hot but that's to be expected in the middle of a Midwest July during the worst drought in 50 years. The Riverbend Reservoir was 15 feet below level but the out and back swim course was well-manned, cool and refreshing. Drafting rules have flip-flopped each year. One year it's a DQ the next year it's "not illegal." This year drafting was okay which made for some fast bike times on the route to Carey, Ohio and back. Water was available every mile on the 10K run. The swim-bike and bike-run transitions areas are two miles apart, but this never is as confusing as it could be. 240 registered, including 9 teams, but only 185 finished indicating the heat and humidity took its toll.

The 5th Annual Flag City Tri was a well organized event, fast and flat with some hot competition from some of the Midwest's finest triathletes.

GEORGETOWN TOWNSHIP TRIATHLON

The 400 mile roundtrip to Jenison, Michigan on July 23rd was worth the trip to participate in what I consider to be one of the finest organized triathlons in the Midwest. The Georgetown Township Tri, just outside Grand Rapids, is a .5 mile swim, 24 mile bike, 5 mile run, and is flawless from registration to the awards ceremony. Cut-off for participants was 400 but the staff, facilities and volunteers could easily handle more. The swim is a large loop in Maplewood Lake, the bike course is well-manned with volunteers at every turn and intersection, and the run is through residential areas with aid stations every mile.

I did well in my age group (40-44) with a 13:30 swim, 1:11:28 bike, and 37:18 run for a 2:04:46 finish. First place overall male was a blazing course record of 1:35, and female winner completed in 1:49.

Attending the Georgetown Township Tri should be mandatory for some race directors. It's a lesson of organizing and managing a first class event, perfect in every detail!

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 Run in the Park 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

FWTC Point Standings

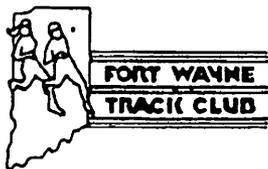
<u>MEN</u>	<u>Age Group</u>	<u>Points</u>	<u>Open Points</u>
<u>19-under</u>			
1	Mike Fast	3	44
<u>20-24</u>			
none			
<u>25-29</u>			
1	Tom Loucks	3	3
2	Paul Knott	7	18
3	Nick Hodgman (2 races)	7	
<u>30-34</u>			
1	Terry Diller	8	23
tie	Bob Schendel	8	23
3	David Dorais	15	
4	Marc Brattoli	19	
5	Larry Ellis	22	
6	Tom Renz (2 races)	3	10
7	Brad Middleton (2 races)	5	14
8	Kenneth King (2 races)	7	18
9	Thom Dill (2 races)	17	
<u>35-39</u>			
1	Mike Robbins	6	13
2	Steve Caswell	15	36
3	Terry Coonan	19	42
4	Gary Rickner	23	
5	Gary Walker	28	
6	Dan Kaufman (2 races)	3	6
tie	Phil Suelzer (2 races)	3	6
8	Tom Yoder (2 races)	7	19
9	John Treleaven (2 races)	10	24
10	Don Bashor (2 races)	12	25
11	Gary Dexheimer (2 races)	16	30
tie	Neil Tate (2 races)	16	30
<u>40-44</u>			
1	Tom Dendinger	3	
2	Don Lindley	8	
3	Steve Adkinson	14	
tie	Ronald Motycka	14	
5	Mike Zurzolo (2 races)	10	
6	Phil Luttmann (2 races)	12	
<u>45-49</u>			
1	Jerry Perkins	3	54
2	Larry Averbeck	10	
3	Tom Felger	16	
4	Fred Ross (2 races)	5	
5	Bernie Motycka (2 races)	8	
6	Don Ashton (2 races)	11	
tie	Gary Mollendore (two races)	11	
8	Barrie Peterson (2 races)	13	
9	Richard Zink (2 races)	16	
<u>50-54</u>			
1	Thomas Laird	9	
2	Leland Sibrel (2 races)	2	
3	Joe Ziegler (2 races)	4	
4	Norman Whisler (2 races)	7	
5	Terry Gautsch (2 races)	9	

<u>55-59</u>		
1	John Hilker	5
2	Howard Bash	10
3	King Sullivan	14
4	Mike Kast (2 races)	2

<u>60-over</u>		
1	Don Anderson	4
2	Phil Burns	9
3	Vern Chovan (2 races)	4
4	Phil Snyder (2 races)	8
5	Ellis McCann (2 races)	10

WOMEN

	<u>Age Group Points</u>	<u>Open Points</u>
<u>19-under</u>		
none		
<u>20-24</u>		
none		
<u>25-29</u>		
1	Linda Conrad (2 races)	5
2	Judy Tillapaugh (2 races)	6
<u>30-34</u>		
1	Mary T. Connolly	3
2	Cynthia Sabrack	3
3	Sue Sipes (2 races)	22
4	Sherry Yoder (2 races)	14
		22
<u>35-39</u>		
none		
<u>40-44</u>		
1	Barb Scrogam (2 races)	10
2	Joyce Butler (2 races)	10
3	Elizabeth Rickner (2 races)	6
4	Sarah Kleinknight (2 races)	16
		9
<u>45-49</u>		
none		
<u>50-over</u>		
1	Joyce Fuzy	4
		33



RUN IN THE PARK
2 MILE RUN AND 5 MILE RUN
SATURDAY EVENING AUGUST 27TH, 1988

- PLACE: FOSTER PARK PAVILION #1 FORT WAYNE,
INDIANA (LOCATED SOUTH OF DOWNTOWN
FORT WAYNE OFF OLD MILL ROAD)
RESTROOMS - WATER - NO SHOWERS
COME PREPARED TO RUN.
- TIME: 5:00 PM 2 MILE RUN
5:30 PM 5 MILE RUN
6:30 PM PRIZE DRAWINGS
- COURSE: FLAT AND FAST
- REGISTRATION: AFTER 3:00 PM DAY OF RACE ONLY!
NO PRE-REGISTRATION
- ENTRY FEE: THERE IS NO ENTRY FEE!
ALL RUNNERS ARE ASKED TO BRING: 2 CANS
OF FOOD OR 1 BAG/BOX OF UNCOOKED PASTA
OR CEREAL
FOOD WILL BE DONATED TO THE FORT WAYNE
COMMUNITY FOOD BANK
- NOTE: THIS IS A FWTC POINTS RACE
- RACE DIRECTORS: JIM BUSHEY AND JUDY TILLAPPAUGH
QUESTIONS?? CALL 219 424-6723
- RACE ASSISTANTS AND VOLUNTEERS WELCOMED!
CONTACT JIM OR JUDY IF INTERESTED.

Coming Events

AUGUST 13, 1988

Kent Davis 1m/5k; Georgetown Square 7:00 a.m.

AUGUST 27, 1988

Run in the Park 2m/5m; Foster Park 5:00 p.m.

SEPTEMBER 11, 1988

Scholarship Fund Run 5k; IPFW 2:00 p.m.

October 23, 1988

Summit City 10k; 2:00 p.m.

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 \$9.00 (thru December 31, 1988)

(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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