

the inside track



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

RUNNER'S CLINIC:

"TRAINING FOR A 10 KM RUN" presented by Ben Paolillo
Wednesday Evening September 21, 1988

Ben Paolillo, Purdue University's Assistant Women's Cross Country and Track Coach, is coming to Fort Wayne September 21, 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 21, 1988

Time: 7:00 P.M.

Cost: No Charge!

Refreshments will be served.

*Do Plan To Come!
Invest In Improving Your Running Quality!!*



Fort Wayne Track Club

Officers and Board Members 1988

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MEMBERSHIP MEETINGS

They will be at IPFW Walb Ballroom
Wednesday, September 21, 1988 — 7:00 P.M.
Sunday, October 16, 1988 — 6:00 P.M.

Come On, 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

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 15, 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.

SEPTEMBER 3, 1988*

Cumberland Festival National Road Run 5km; 8:00 a.m.
Ken Long & Assoc., 107 W. Loretta Dr., Indianapolis, IN 46217
Phone: (317) 786-8812

SEPTEMBER 3, 1988#

Stroh Double Dip 5km; Stroh, IN 9:00 a.m.
Race Director: Jerry Perkin, Phone: 351-2426

SEPTEMBER 3, 1988*

Bippus 4-Mile County Block Bop; Bippus, IN 8:00 a.m.
Race Director: Eldon Bruner, Phone: (219) 344-1478

SEPTEMBER 3, 1988*

Fort Defiance Running Festival 10km; Defiance, OH 9:00 a.m.
YMCA (419) 784-4747, 1599 Palmer Dr., Defiance, OH 43512

SEPTEMBER 3, 1988*

Niles Triathlon (1/2 M swim; 17.5 M bike; 5 M run)
Niles, MI.; Phone: (616) 684-7300

SEPTEMBER 5, 1988*

Falcon House Labor Day 5 Mile; Bowling Green, OH 9:15 a.m.
Race Director: John Mura; Phone 352-3610 or 352-5509
Ruth Thaxton, Huntington Bank, Box 8, Bowling Green, OH 43402

SEPTEMBER 5, 1988*

15th Annual Blueberry Stomp 15km; Plymouth, IN 10:00 a.m.
P.O. Box 34, Plymouth, IN 46563

SEPTEMBER 5, 1988*

Park Forest Scenic Ten, Park Forest, IL
Phone: (312) 748-2005

SEPTEMBER 10, 1988*

AUL Governor's Cup Series 8km Race & 5km walk 10:00 a.m.
Potato Creek State Park, North Liberty, IN
616 State Office Bldg., Indianapolis, IN 46204; Phone: 1-800-622-4931

SEPTEMBER 10, 1988*

11th Annual Pork Festival 10km; Tipton, IN 8:30 a.m.
Race Director: Ted Hinkle, 463 Green Street, Tipton, IN 46702
Phone: (317) 675-6930

SEPTEMBER 10, 1988*

Jamboree Jog 5km; Montpelier, IN 6:00 p.m.
Race Director: Dick Burchard, Phone: (317) 728-5260
6488 E. St. Rd. 18 N, 47359

SEPTEMBER 10, 1988*

Roanoke Fall Festival Five, Roanoke, IN 8:00 a.m.
Race Director: Dave Winter,
3402 E. 716 N., Huntington, IN 46750



SEPTEMBER 10, 1988

Run Jane Run Bicycle Tour, Fort Wayne, IN 7:00 a.m.
Fort Wayne Women's Bureau, P.O. Box 10554, Ft. Wayne, IN 46853
Phone: (219) 424-7977

SEPTEMBER 10, 1988

Run For The Rock, Waterville, OH 9:00 a.m.
Waterville Chamber of Commerce, Box 74, 43566
Race Director: Marilyn Rosinki; Phone: 878-2936

SEPTEMBER 10, 1988

Groundhog Fall 50 Mile; Punxsutawney, PA 5:00 a.m.
Race Director: Gary Bluffington; Phone: (904) 477-9180
2327 Greenbriar Rd., Pensacola, FL. 32514

SEPTEMBER 10, 1988

Kentland Cross Country 10km; Kentland, IN
Phone: (219) 474-6787

SEPTEMBER 10, 1988

Popcorn Panic 5 Mile, Valparaio, IN
Phone: (219) 464-9585

SEPTEMBER 10, 1988

Rainbow Run 10k, 5k, 5k walk; Elkhart, IN
Phone: (219) 264-3924

SEPTEMBER 10, 1988

Little Cousin Jasper-Bank One 10k & 1m; Rennselaer, IN
Phone: (219) 866-5192 or 866-5374

SEPTEMBER 11, 1988#

Scholarship Fund Run 5k, Fort Wayne, IN IPFW 2:00 p.m.
Race Director: Mike Kast; Phone: (219) 423-1430

SEPTEMBER 11, 1988*

Wolfpack Two Hour Track Run 8:00 a.m.
Race Director: John White; Phone: (614) 2547 or (614) 424-7011
4865 Arthur Pl., Columbus, OH 43220-3102

SEPTEMBER 11, 1988

Deerbrook 25km; Joliet, IL
(815) 726-2244

SEPTEMBER 11, 1988

Elk Grove Dist. Classic 10km; Elk Grove, IL
Phone: (312) 364-2676

SEPTEMBER 11, 1988*

3rd Annual Marshall County Triathlon; Plymouth, IN 1:00 p.m.
Race Director: Art Jacobs; Phone: 936-7829
920 North Center, Plymouth, IN 46563

SEPTEMBER 11, 1988*

Lipton Race To Read 1988 5km; Indianapolis, IN 8:00 a.m.
Ken Long & Assoc.; Phone: (317) 786-8812
107 West Loretta, Indianapolis, IN 46217

SEPTEMBER 11, 1988*

Eastside Track Club 5km; Oregon, OH 9:00 a.m.
P.O. Box 167582, Oregon, OH 43616
Race Director: John Gray; Phone: 691-8641

SEPTEMBER 17, 1988

Sunflower Fest 5km; 11:00 a.m.
Race Director: Roger Durham; Phone: (219) 726-6416
310 E. Main St., Portland, IN 47371

SEPTEMBER 17, 1988

Heritage Days 5km; Fremont, OH 9:00 a.m.
Bob Smer (419) 332-4244; Fremont Elite Runners Club
& Gregg Bower, 315 S. Buchanan St., Fremont, OH 43420

SEPTEMBER 18, 1988

Hocking Hills Indian Run, 60km; Logan, OH
Race Director: Steve Rine; Phone: (614) 385-3023
16221 State Route 678, Rockridge, OH 43149

SEPTEMBER 18, 1988

Run Jane Run 5km & 10km
Fort Wayne Women's Bureau, 203 W. Wayne St., Ft. Wayne, IN 46802
Phone: (219) 424-7977

SEPTEMBER 18, 1988

Hocking Hills Indian Run 60km; Logan, OH 7:00 a.m.
Race Director: Pete Riegel; Phone: (614) 451-5617
3354 Kirkham Rd., Columbus, OH 43221

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 or 1-800-622-4931

SEPTEMBER 25, 1988*

Toledo Blade 10km; Toledo, OH 8:30 a.m.
Race Director: Bill Heminger; Phone: (419) 726-4336
R.D. 2523 Melva Ct., Toledo, OH 43611

SEPTEMBER 25, 1988

9th Annual Wild Wild Wilderness Run X-C 7.6 Miles
Kennekuk Road Runners, Danville, IL (217) 431-424

OCTOBER 1, 1988*

Flower Memorial Hospital 5km; Sylvania, OH 10:00 a.m.
Family Physicians Assos., 5200 Harron Rd., Sylvania, OH 43560

OCTOBER 1, 1988*

Family Fitness Center 5km; Noblesville, IN 9:30 a.m.
Race Director: Jim Shonkwiler; Phone: (317) 773-1900
583 Westfield Rd., Noblesville, IN 46060

OCTOBER 30, 1988

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

OCTOBER 30, 1988*

Callithumpian Center 5km; Decatur, IN 46733 2:00 p.m.
Decatur Chamber of Commerce, 125 E. Monroe St.

OCTOBER 30, 1988

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

NOVEMBER 5, 1988*

4th Annual Cancu Caribbean 10km Run
Phone: 1-800-456-6005

NOVEMBER 6, 1988*

4th Annual POW-MIA 5 Mile Race, Kokomo, IN 1:30 p.m.
St. Joseph Sports Medicine Clinic
1907 W. Sycamore, P.O. Box 9010, Kokomo, IN 46904

NOVEMBER 6, 1988

New York Marathon

NOVEMBER 12, 1988#

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

NOVEMBER 12, 1988*

Open & Masters Cross Country Championships 10:00 a.m.
Lancaster, OH, John White, 4865 Arthur Pl.

NOVEMBER 13, 1988*

Columbus Marathon, Columbus, OH
6290 Busch, Suite 20, Columbus, OH 43229, (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, P.O. Box 36907, Birmingham, AL 35236
Race Director: Sylvia Pince

NOVEMBER 24, 1988

Atlanta Marathon
Atlanta Track Club, 3097 E. Shadolawn Ave., Atlanta, GA 30305

NOVEMBER 26, 1988

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

At our August Membership Meeting nominations were presented for the 1989 FWTC board. The officers will be officially elected at the Hilly 4 Run on November 12th. Look for the proposed list of new officers in this issue. Nominations are still open. If you have a key person in mind to be a club officer come to the election and make your nomination. Competition is always welcome!!

It's coming!! What distance event can challenge those precision timing skills? It can build your endurance confidence. Marathon trainers would have an advantage. Yes Don Lindley's Annual Foster Park 13.1 mile Prediction Run will be held October 8th. Run start time is 8:00 am. Do come run a long one with Don.

Good Running!!

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)

Fort Wayne Track Club Minutes--August 21, 1988

Attendance: Meeting was begun at 8:20 pm with the following members present. Judy Tillapaugh, Don Lindley, Rob Wyatt, Ellis McCann, Bob Pauley, Shirley Pauley, Mike Ducy, and Jim Bushey.

Minutes: Minutes of the previous meeting were approved as read.

Treasurer's Report:	Beginning Balance	\$3906
	Received	1452
	Expenses	516
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	Balance	\$2970

Newsletter: The issue of rising printing costs was discussed and tabled. All address changes should go to the P.O. Box number or to Don Lindley.

Membership: 10 new members were added in July. Membership fees were agreed upon as follows: \$12 per year, reduced to \$9 for persons joining after June 1. Persons joining after November 1 will begin paying dues January 1 of the following year at the regular yearly rate, but will receive the newsletter until that time.

Summit City 10K: Advertising was submitted and a story in the paper was discussed. A festival is scheduled in Friemann Square from 12-7 pm the same day as the race. A Pee-Wee run for 2-6 year olds will be held this year. Possible ideas for the Pee-Wee run include the use of clowns, as well as ribbons and other types of presents.

Runner's Clinic: Clinic is scheduled for September 21, 1988 at the Walb Union at IPFW, 7:00 pm. Ben Paolillo will be speaking. A fee to cover his expenses will be paid. Planning is going well. Pepsi is to be contacted for donation of beverages.

Run in the Park: Saturday, 5:00 pm. Volunteers are needed for aid stations and as course guides. We will use a card system at the finish to denote placing and for prizes. Boxes given by Ellis McCann and Don Lindley will be used to collect food for the Community Food Bank.

Equipment: run Jane run wants to reserve the use of our clock for their race.

Miscellaneous: Race directors are urged to send race results immediately to the newspapers for publication. Address is:

URGENT--SPORTS EDITOR
JOURNAL-GAZETTE AND NEWS-SENTINEL
FORT WAYNE, IN

Next year, a head of corporate races will be designated so that more participants can be gathered. This year, a good corporate team turnout is expected.

Nominations: The Nominating Committee proposed the following 1989 Board:

President	Judy Tillapaugh
1st Vice President	Ron Horan
2nd Vice President	Mike Ducy
Treasurer	Don Lindley
Secretary	Melanie Ekart

Elections of officers will be on Saturday, November 12 at the Hilly 4 run. Nominations are still open, and additional nominations can be made on election day.

Final note: A big thank you goes to Jim Bushey for the use of his building for our meetings. At our last meeting, we set off the burglar alarm, and we now know that the police have Jim's building covered.

INSIDE TRACK PROFILE

By Chuck Okorowski

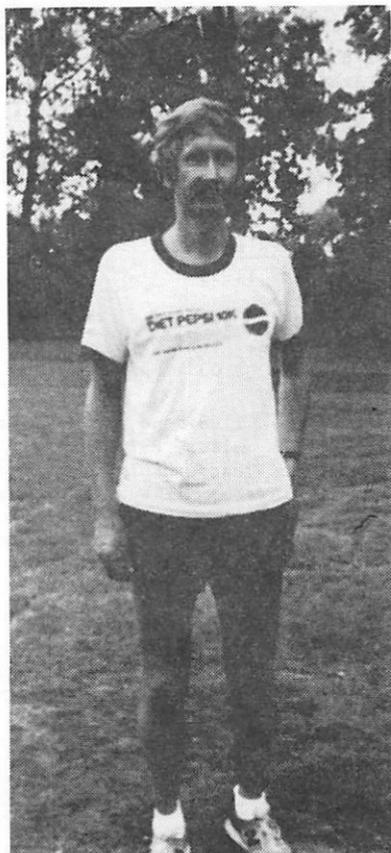
"Running has literally changed my life," says Ray Sibrel. "I once weighed 217 pounds and was in bad shape. I don't want to ever get in that shape again. Running has become a big part of my life. It's part of my lifestyle - a natural part of my day. Just like eating and sleeping are part of everyday life, so is running."

"I now can eat whatever I want and maintain my weight. I run for fitness and enjoyment."

"I've also met many great people through running. Many of them are my good friends."

"Running is a big part of my life."

Name: Ray Sibrel
DOB: August 9, 1937
Place of Birth: Chrisney, Indiana. We moved to Tell City when I was 13 years old.
Job: Production Control at Bowmar Instrument Corporation
Family: Single
Height: 6'2"
Weight: 165#
Shoe size: 12
Best feature (physical): The ability to run long distances.
Worst feature: Not physically built for short, fast races.
Religion: Protestant
Education background: Tell City HS and IUPU at Fort Wayne
Favorite non-running magazine: Sports Illustrated
Favorite TV show: Cosby Show
Favorite music: Country and Western
Hobbies: Gardening and Biking. I'd really like to do more biking, but I need a better bike.
Make of car you drive: OldsCutlass and a Chevy Pick-Up truck.
Make of car you'd like to drive: A new Olds Cutlass.
Favorite spectator sport: Basketball
Political affiliation: Republican
Short term goal: To become a faster runner.
Long term goal: To be able to retire comfortably and have more time to run.



Achievement of which you are most proud: Qualifying for the Boston Marathon in 1984.

First job: Delivering newspapers when I was 12 years old.

Comfort food: Candy bars.

My "last meal" would consist of: Fried chicken, mashed potatoes and green beans.

Happiest memory: Breaking 40 minutes in a 10K.

Least-liked household chore: Washing dishes.

Pets: None. Although I like all pets. I'm in and out too much to have a pet.

Pet peeve: People that are late!

Favorite non-running leisure activity: Watching TV.

Greatest fear: Having an injury that would prevent me from running.

If I could I'd love to live: Anywhere where the temperature stayed in the 70's during the day and 50's at night. Year round!

I'd like to vacation in: Maine.

Personal strengths: Dependable, sincere and hardworking.

Personal weaknesses: Procrastination. I've got a bad habit of putting things off sometimes.

I wish I had more time to: Travel.

People who don't know me probably think I'm: Quiet and shy. Many runners seem that way.

Running PR's

2 Miles: 11:35

5K 18:35

10K 38:13

½ Marathon: 1:25

Marathon: 3:03

50K 4:10

Biathlon: I've done one 3 years ago at Chain-of Lakes State Park. B 20 miles, R 10K.

Number of years running: 11 Years.

My first race: It was at Heritage HS and I was the last one in. In fact the awards were done and everyone had already gone home. But I was determined to finish.

FWTC member since: 1979

Who/what started you running?: In 1977 I weighed 217 pounds and was in terrible shape. I had tried most diets and couldn't lose weight. I couldn't get below 205 pounds no matter how much I dieted. Then I started running with Ben Cox - only a little at first, 4 or 5 times a week, mostly around the parking lot at a fitness center. Eventually we went down the road, a mile or two, very slowly building mileage. It took almost a year before I noticed a weight loss due to the running. Then the pounds began to come off. From that point on I was a runner.

Most memorable race: Boston Marathon in 1985.

My worst race: Central Soya 5 mile. I had bronchitis, but it was a points race so I wanted to run it. I had to drop out after 2 miles. That's the only race I ever DNF.



RACE DAY APPLICATIONS
* CONTACT DON LINDLEY FOR COPY OF APPLICATION.

BILLY PLATYPUS AUSTRALIA RUNNING VACATION.

NEW FOR 1988

1988*

Race Director: Renita Bernat, Phone: (502) 426-8712
Kentucky 50 Mile Ultramarathon, Frankfort, KY 7:00 a.m.

DECEMBER 10, 1988

Harold Tinsley, 8811 Edgemoor Dr., Huntsville, AL 35802
Rocket City Marathon, Huntsville Track Club

DECEMBER 10, 1988

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

DECEMBER 10, 1988

Women's running programs have blossomed the past decade. More and more opportunities are available now for women to express their talents. I remember Ithaca High School years when women were not designated their own cross country events. To compete our Hal's Gal's team joined the men's invitationals. They let us participate but we were not given recognition. It was up to us to see how many gentlemen we could pass up. We had fun. Really what we were helping do was set the stage for future women's running programs. Our participation proved our ability and enthusiasm to be runners. Olympic 1500 and 3000 meter runner Mary Decker Slaney was quoted in the August issue of Runner's World as saying "I grew up in a period when it was a struggle for a women athlete to be taken seriously. When I started you had to really want to compete. I would like to have a positive effect on the sport in general and specifically in girls and women getting involved." Mary truly has helped us women. We are now open to follow what running paths we choose. If we want to break away from being just a housewife or/and career women we can. The support to be an athlete is there for us.

Last weekend I was in Indianapolis for the Leading Ladies 5 KM Run and Walk. About 259 women runners joined together for the sake of personal satisfaction and fitness. For many it was the first time they competed 3.1 miles! There was a nice mix of young and mature runners. Indy Runner's Vice President Mary Evenson walked the course designed near the Major Taylor Velodrome. Mary is due to have her first baby Labor Day! Never under estimate your talents. Express yourself in what ever way pleases you. It does not matter whether your a runner, walker, biker, swimmer, or tennis player. What matters is that by being active your being a better you for yourself and others.

Locally we have a week devoted to women's sports. Run Jane Run events will be held during the week of September 11th. On Sunday September 18th there's a 5 5KM and 10KM run for women in Foster Park. Choose your distance. Call The Fort Wayne Women's Bureau for more details if interested- 424-7977.

Also coming soon is our Runner's Clinic "Training For 10KM Runs". Our guest speaker Ben Paolillo is the Assistant Women's Track and Cross Country Coach at Purdue University. Additionally he helps train post collegiate runners for future quality track and road race competitions. Everyone is invited to attend the free clinic Wednesday evening September 21th at 7:00pm at The Walb Memorial Union on the IPFW campus. He may plant a seed to improve your running.

Note the September 11th FWTC event - 2nd Annual Scholarship 5 KM Fund Run. There's both a road and cross country course. You may enjoy forming a team- one runs on the road and the other runs on grass. Support the IPFW Cross Country Team by participating in the FUND RUN!

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Carpet, Vinyl, Ceramic & Hardwood Floors



Running philosophy: Try to enjoy running. Look at running as a way to maintain fitness. Most people become easily discouraged and don't stay with it long enough. They expect tremendous improvement overnight. Running is a life-time commitment that becomes part of your life style.

Number of marathons run: 18
 Average weekly mileage: 45
 Typical training week: I try to run 5 days a week, various distances, about 8 miles a day. In the summer, 1 day of speed work. On weekends, a long run of 10 to 12 miles, usually on Sunday morning.

Favorite race: Summit City 10K
 Favorite racing distance: 10K
 Favorite running shoes: Nike. I tried others but bought more Nike's. Number of running shoes on hand: About 4 good pair and 1 pair for a rainy day.

Favorite place to run: Foster Park
 Running idol: Bill Rodgers
 Favorite running weather: 55°, Spring and Fall.
 Injuries: Nothing serious. Fortunately I've had only minor injuries.

September 1978

FWTC RACES SCHEDULED

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.

October 22

An Eight Mile (2-man team) Fun Run will be held alternating every two miles. Contact John McMillen - Race Director - 432-7311 for further information.

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. There will be two aid stations. Contact Don Lindley - 456-8739 - if you know of anybody that would like to volunteer. There will be WCHO Radio coverage of this race. For further information: contact Charlie Brandt (432-9110) or Gary Dexheimer (432-1439) for further information.

Run with us



September 17, 1978

The Lincoln 10,000 Meter Run

Registration Forms available at all offices of Lincoln National Bank.

NUTRITION IN QUESTION

Dear Judy,

Running in this heat has me sweating profusely. I use Gatorade but still feel wiped out after a half hour of running. What do you suggest?

Sweats

Dear Sweats,

This weather has caused even non-runners to sweat, but athletes have been especially effected.

Under normal circumstances, the body's water content remains fairly stable, but during exercise and thermal stress, fluid needs can increase 5 or 6 times above normal. For example, a Death Valley runner (in 125 heat) was reported to have lost 30 pounds of body weight in 2 days. With fluid replacement, however, the final body weight loss was only 3 pounds.

Water is very important to the body as it is 40 to 60% water. Water makes up 72% of the weight of muscle tissue but only 20 to 25% of fat. As a result, total body water is greater for the athlete.

There are about 2.5 million sweat glands over the surface of the body. During exercise, the volume of sweat secreted increases dramatically from the normal 500 to 700 ml. per day. A cooling effect occurs as the sweat evaporates. The humidity of air in the environment effects the efficiency of the sweating mechanism to regulate body temperature. As the relative humidity increases, the evaporation of fluid from the skin becomes more difficult and sweating increases in a effort to reduce body temperature. Runners can experience fluid losses in excess of 6 Quarts (10 to 12 pounds), which represents 6 to 10% of body weight.

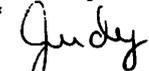
Water is lost in urine, through the skin as sweat, as water evaporated in expired air and in feces. As water is lost through the skin as sweat, a loss of electrolytes also occurs. These conditions impair heat tolerance and exercise performance.

It is important for those who sweat profusely to increase their intake of salt and fluid independent of their thirst. Thirst after sweating is not an accurate measure of fluid need. The electrolytes (sodium, potassium and chlorine), can be easily replaced by adding a slight amount of table salt to the normal daily food intake. Using athletic drinks is of no special benefit in replacing minerals lost and research even indicates that most persons unconsciously consume more salt when the need exists. Electrolyte replacement may only be needed when fluid losses exceed 10 pounds.

The most important defense against dehydration and loss of performance is knowing how to rehydrate. The following guidelines will help maintain proper hydration:

- *** During exercise and immediately after, avoid full strength sport drinks, juice or sweetened drinks. Their sodium and carbohydrate content will draw essential body fluids into the stomach to equalize the concentration of stomach contents.
- *** Drink cold water as it is more quickly emptied from the stomach.
- *** Drink 2 1/2 cups of water 2 hours before running.
- *** Drink 1 1/2 cups of water 15 minutes before running.
- *** Drink at least 1 cup every 15 to 20 minutes during exercise.
- *** Do not restrict fluids before or after exercise and do not use thirst as a guide to fluid replacement.
- *** Avoid beverages containing caffeine or alcohol because they increase urine output and add to dehydration.
- **** Weigh before and after exercise. For each pound of weight lost, drink 2 cups of water.

Healthy running!



Judy Newman, R.D.
Dietitian Consultant
in private practice

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.

TRAINING FOR THE MARATHON

By Harold Tinsley

RACE PREPARATION

DETAILS ON THE TAPER

A previous paragraph discussed a two-week mileage taper period prior to the marathon. This is very important and not adequately included in most training programs. Most runners consider that if they take the day or two days off before a race they will be ready on race day. This is all wrong and you'll hear them complain of being stale, which they are, and disappointed with their race results. So the next time they don't take a break from training and the results are poor again. They then alternate between the two extremes and seldom get adequate results. The body goes through a shock if you don't run after training hard day after day and will result in stiffness. But, no recovery cycle is even worse, leading to poor results and less than enjoyable racing. Recovery is necessary and must be keyed to the expected goals (your race purpose), previous training and race distance.

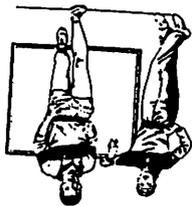
The taper defined here is specific to the marathon and should only be used to peak for a major event. Shorter races and less important races require different tapers, dependent upon the desired race goals. Some races are used as an extension of training, some for fun, some to be competitive and some to achieve maximum results. The taper or lack thereof is dependent upon these goals. Another factor that is inter-related to the taper is carbohydrate loading. The taper given here is designed specifically for the marathon, where the runner will employ "loading" and expect to achieve maximum results.

BASICS OF THE TAPER

Without going into details on the concept and philosophy of this taper, here are the basics. You have increased mileage drastically, the body needs a rest to recover for maximum performance. The reduction must be done slowly with a gradual reduction in mileage to allow the body to adapt. The bottom of the taper must be reached 3 to 4 days prior to the race to allow a gradual build back up the last 2 to 3 days. This clears body waste products that settle in during low activity and increases metabolism to be active and primed for the race. The taper must also be adapted to the special needs for the carbohydrate loading to be effective. This requires a fairly long (1:30 to 1:45 hour), but easy effort, depletion run the seventh day prior to the race. The next three days are the depletion days (low carbo intake) where energy levels are low and running must be minimal to avoid stress. The next three days are the loading days (high carbo intake) to store glycogen in the muscles and requires low mileage to insure the glycogen stores are not burned up. Putting all this together results in the daily mileage distribution as shown below for the last two weeks.

DAY	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	3 Race
MILES	15	3	7	5	7	5	7	5	3	14	4	2	0	2	0
MILES	*	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

This is the complete two week taper cycle including the important Sunday runs, both of which should be run at easy effort. No races here, and week three just prior to this should have a more consistent daily average with less of the hard/easy pattern as in the previous weeks. Long runs in the 60/70 mile average weeks had reached 23 and several should be well beyond 20 in the mid weeks. But as you notice for weeks 2 and 1, they have been drastically reduced and this reduction of long runs should begin in week 4 and become significant in week 3. Thus, tapering of long runs begins 4 weeks prior to the race and decreasing average mileage begins two weeks prior to the race. The short runs during the last weeks should include several brisk "pick-ups" to stimulate the body's metabolism. This is especially true during the last two days. They should be hard enough so that the last one causes you to sweat and breathe harder, but short so that endurance reserves are not tapped.



PSYCHOLOGICAL FACTOR There is a psychological factor involved that you should be aware of. After training at the elevated mileage for this period, you have adjusted to the "dead leg" syndrome. As your legs become fresh, it is a new experience; little aches and pains will appear as the lively feeling returns. You will have an extreme desire to run more than the schedule calls for. It is as if your body demands it, after all, it has become adjusted to it. You will actually experience a guilty feeling from lack of the normal mileage. Don't give in, hold to the schedule. Due to the reduced mileage, you will tend to gain weight if food intake isn't reduced slightly. Don't let this happen; watch your diet in week two. The week one "loading" will take care of diet for that week. Extra pounds are not conducive to running the marathon well, but a weight loss this late in the program is not good, leaving you weak. Any necessary weight reduction should be done early in the program.

OTHER TRAINING TECHNIQUES In addition to the long runs, some other special training techniques should be used after reaching the 60/70 mile-a-week plateau. The following paragraphs will discuss the importance of running on the grass, hill training (uphill) and learning to relax on the downhills. As for speed training, some is desirable but is not overly important for the marathon distance. Pick-ups or fartlek during the last miles on good days when running seems easy and a pleasure are good sources of speed. The best source of speed, since it also provides other benefits, are shorter races. Stay away from fast intervals on the track during high mileage. The body is already under considerable stress from the increased mileage and to add an additional stress from intervals would create a high risk of injury.

RUNNING TECHNIQUE Studies of the biomechanical technique of marathon runners have shown that their running technique is altered due to fatigue and muscle tightness in the latter stages of the race. Both are a function of the lactic acid build-up in the muscles in addition to energy (glycogen) depletion. It was found that the marathoner, throughout the course of the race, decreased their stride rate and length and displayed an increased vertical displacement of the center of gravity. Due to the fatigued muscles, the runners were not able to exert as much torque at the knee and hip joints which carry most of the load after pounding has removed the drive from the ankles. We are all familiar with this last function, when our feet lose the light touch and toe-off spring. The feet begin to "plop" and pound the pavement and pains seem to radiate from the feet up the leg to eventually consume the total body. Obviously, strengthening these muscles is the answer but must be combined with the long runs to provide the body a chance to adapt to the lactic acid build-up. Hill training will strengthen the hip flexors and the calf muscle is exercised to flex the ankle to drive off the toe for the elevation increase. Both of these take place with pace work but causes the runner to tire early, before significant strength is gained, and at the expense of joint pounding. Flexibility work gives a bonus addition to stride length. An increase of one inch in stride would reduce marathon time by three to four minutes! However, increased stride length is not the answer when stride rate decreases and the vertical displacement increases. This causes the foot plant to get too far out in front of the body resulting in a tiring, braking action with each step.

It is obvious that stride rate, length and efficiency all deteriorate during the run. But, it is also as obvious that training can help overcome or delay this deterioration. The more one runs and the stronger the runner gets, the longer he will be able to maintain an efficient and normal stride. However, in a long distance race such as the marathon, the runner cannot develop the capability to maintain his normal and consistent stride efficiency throughout the run. It is fact that the stride will change during the run. This is not so bad if acknowledged and the runner prepares for it. In your training during the phase where fatigue has not set in you are running with a smooth and efficient stride. On a smooth road surface or track each foot plant is the same and the thrust transmitted by the leg is very repetitious with each push-off angle being very nearly the same. In such a case, the large calf muscle, and this is true with the other involved muscles as well, only a portion of the muscle is being developed. In the longer runs when this muscle gives out due to fatigue, the push-off angle changes, moving the thrust to a different portion of the muscle. True, we may be less efficient in that movement, but it is fact that it will happen. Thus we should not be as concerned that it happens and try to prevent it as we should be concerned with how to work this to our advantage. The answer is to build strength in the total muscle. Take a runner trained on intervals on the track and put him on the road for a long run and he won't cover the distance his training should allow. But repeat the long runs and quickly he will be able to improve the distance covered. Why? Each long run when fatigue sets in and the stride alters, he begins to develop more of the muscle. As the muscle develops, he is able to cover a greater distance. Not just because his normal stride is more efficient, but also because his abnormal stride is more efficient with the increased strength of the portion of the muscle involved at that push-off angle. In the formulas that predict how well a runner will perform in the marathon, one of the biggest and most helpful factors is the number of long runs he has done prior to the

marathon. Long runs are obviously then one way to build the total muscle so that it is prepared to provide thrust when the stride alters due to fatigue late in the run. Time against the long runs as the sole answer. Are there other ways to accomplish the same end result? One of the more famous coaches used running in the sand to accomplish this. Most of us are not so fortunate as to have the sand available. Running in the grass has a similar effect. Hill running to a lesser degree will benefit. Why do these work? Running in the grass, for example, the foot plant is not the same every time. Each push-off is at a slightly different angle building strength throughout the total muscle. One can be in excellent shape and begin grass training and this will result in soreness in the calf muscle - a general soreness throughout the muscle. By running on the grass you can accomplish the same training effect as long runs on the road but at 75% of the distance and with much less pounding. A significant portion of training must be done at, or close to, race pace. Only at that speed will the stride approximate that used in the race and only at that proper portion of the muscle being exercised.

HILL TRAINING Hill training (uphill) builds leg strength in less distance with less wear and tear on the joints, so is an important training technique. It also elevates the breathing rate (important and something the grass training can't do) and pulse rate (not so important), similar to what fast running would do. Long enduring hills is also tax your mental staying power, an important technique to prepare you for those last miles in the marathon. Even if the course is not hilly, some hill training once a week is still important and should be included in the training program.

RUN RELAXED "Run relaxed" should be ever present on your mind as you train, especially as you tire near the end of a run. Keep those shoulders forward and loose. Once they draw back you get tight from the neck to the lower back and this will progress into the legs. It is especially important that you run the downhill relaxed. It is easy to get tight on a downhill and this can ruin your race and make the remainder miserable. All runners seem to be concerned about how to run uphill. Many articles on this subject have occurred in running magazines. Few consider how to run downhill and most can't even though they think they can. It's important as most coaches have just as much downhill as uphill. Few coaches know the technique and most I've heard tell the runner the exact opposite of what should be done. Running downhill takes little effort if done properly and relaxed. It is much like springing (you do go fast and should carry a long stride) without the justifying effort. Here's how to run downhill: Don't bow your back, which will occur if you hit on your heels and will cause you to get excessively tight. Don't put any effort into going faster or slower than the momentum you get from the hill itself. Run with a longer stride and roll off the toes, much like springing, for after all you are going faster than normal pace. This is a different muscle set being exercised and they will tire quickly if not in shape. So train some on downhill at least once a week. Keep those shoulders forward and relaxed. Don't get tense trying to maintain balance at the increased and unaccustomed speed. If need be, move the elbows out from the body slightly to get the extra leverage to control balance easily. Breathing rate will go up, but not because the cardiovascular system needs the oxygen. Breathe faster. This will flush your system for rapid recovery, especially after an uphill. Good sailing!

CARBONHYDRATE LOADING Earlier mention was made of the concept of carbohydrate loading. This is an involved subject and only the basics will be covered here. Basically, the concept is this: Muscle energy is derived from glycogen, the fuel burned (oxidized) during the exercise. The quantity is limited and can only be moderately increased through training. How long it will last is dependent upon the fitness of the runner and his level of effort. For the average runner this is about the time, regardless of pace, that it takes to run 16 to 20 miles. For the elite or properly trained runner, it may extend beyond the marathon. Once depleted, the body, through its metabolic processes, must convert fat to glucose. Via the body's circulatory system, the blood transports the glucose to the muscles where it is converted to glycogen before being oxidized. These are additional metabolic processes also employing oxygen. Oxygen consumption is greatly increased as evidenced by increased breathing rate. In the advanced stages, which occur rather rapidly once the glycogen depletion has occurred, oxygen is diverted from the primary running muscles. Pace will necessarily slow down and the pain level increases. This is called "hitting the wall". The effects are a one to two minute reduction in pace, a sprinter's breathing rate and intense pain due to the build up of lactic acid. The pain is similar to that intense pain experienced during the final phases of the "kick" at the completion of a race when anaerobic running occurs. The lack of oxygen at the muscle means incomplete oxidation and a build up of lactic acid, the source of the pain and muscle cramps. At the end of the "kick" in a short race, this must only be tolerated for a short duration. In the marathon, it could last for miles. Only the most dedicated endure to finish.

necessary for the motivating factors to last the duration of the marathon. Set your training goals where when you achieve them you believe they will provide you a particular race performance. A subconscious doubt can lead to destruction - the excuse to quit or to slow down. Plan ahead as to how you will fight fatigue and the resulting pain. You must be positive that the reward of finishing is worth the effort. Most individuals will avoid embarrassment at all cost. Yet, some people subconsciously set up an embarrassing situation so that they will have to product to avoid this undesirable result. A family member, friend or running acquaintance can keep you going when otherwise you would have quit if no one but you had expected you to finish. You can't push your body for 26 miles, so plan your race strategy where you will ease your way through some number of miles and then push yourself those last miles. This is associated with proper pacing. The early miles must be easy. Don't get caught up in the excitement of the start and the other fast runners and go out too fast. The marathon requires patience - three or four or more hours of it.

If you haven't run a marathon before, it is best to let your first 26 mile distance occur in the race. The race is an experience that can't be gained in practice. The small doubt is a source of excitement and results in a real sense of accomplishment when you achieve your goal. But, it is wise to go long enough to feel sure that it is possible when you do race.

Run the race mentally to the point where your adrenalin flows almost on call. Relive this experience during the latter phases of the run to get a needed lift from the adrenalin release. See yourself finishing and the resulting thrill until it becomes extremely important to you to achieve it in reality. The sense of accomplishment you will feel when you finish your first marathon is an extreme pleasure that lasts for days, even weeks. We who have run many marathons in the past may continue to do so to experience the "runner's high". It, like the last six mile struggle, cannot be explained to someone who has never run a marathon. Things that come easy don't result in as much pleasure as those things we have to work hard for. The marathon doesn't come easy, and this in itself is a motivating factor. Good luck, train wisely and hang in there till the end.

This article was originally printed in the HTC NEWS, newsletter of the Huntsville Track Club. It was later printed in the magazine RUNNING and the Hong Konn Marathon Program under another title as a beginner's guide for a first marathon. Since that time it has been printed and often reprinted in numerous running club newsletters. Use of this training plan is very widespread for both the beginner and veteren marathoner and has produced excellent results. The author used this plan to run a 2:33:05 marathon, a PR at the age of 41.

If you aren't using a proven training plan, don't feel that your results were satisfactory or simply would like to see if you can improve, give this plan a try for your next marathon. Share this training plan with those runners preparing for their first marathon or with those interested in improving their performances.

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RUNNER'S CLINIC:

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

Wednesday Evening September 21, 1988

Ben Paolillo, Purdue University's Assistant Women's Cross Country and Track Coach, is coming to Fort Wayne September 21, 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 21, 1988

Time: 7:00 P.M.

Cost: No Charge!

Refreshments will be served.

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LETTER TO THE EDITOR

Dear Ron, Beloved Running Buddies, etc.,

A number of years ago a story made the rounds among preachers about a grandfather and his young grandson who went out for a drive on a lovely spring day. When they came to a hillside covered with wildflowers, the boy begged his grandpa to stop so that he could pick some for his mother. Remembering his flower picking days of years before, grandpa obliged and helped the youngster over the fence. They were busy picking when the bull who called that pasture home came over the side of the hill to investigate the noise. He was not pleased with the interlopers and made haste to express his displeasure. Grandpa grabbed the boy's hand and turned toward the car. The boy pulled back and said, "Grandpa shouldn't we pray?" Grandpa replied, "I stay prayed ahead for times like these. Run like the dickens."

That grandfather seems like a very wise man to me. Surely, we all need to stay prayed ahead for whatever the days may bring. It also seems to me that there are a number of other things we can do to be prepared for life's crises and celebrations. When Bobby and I spent most of last summer eating well, fishing, running and hiking all over the mountains in eastern West Virginia, we did it for the joy of it; but if we had known the health problems and accidents that came this year were coming, we couldn't have planned a better training program.

We returned to Indiana just in time for Jerry Perkin's Stroh's Double Dip in the morning and Jerry Mazock's Chug-A-Lug in the evening. What a day of love! I won another beautiful trophy for being last in Stroh and the Chug-A-Lug in the evening was like an old time family reunion again. It's always been more about loving and laughing than about drinking and last year was no exception. The next nigh Bobby had his heart attack. He came away with clear arteries because of all the miles. The courage it took to put in all those miles and the peace of being loved is what enabled Bobby about an hour after his heart attack to take a nap instead of literally being scared to death.

When I was wheeled into the operating room last November 14, I didn't know that I'd wake up having major surgery; but even all the slow lousy miles I put in make a difference in the operating room. I recovered faster and better than I did with similar surgery 22 years ago. Three weeks after the surgery I had recovered well enough to walk the Just Plain 10K.

Nine years ago when I started walking and then jogging to support Bobby, the only thing I thought I was preparing for was a long healthy life with him. It never in my wildest imagination occurred to me that on January 28, sitting at a stop light, I would suddenly need the tenacity borne of 8 hour 20 minute Marathons and hundreds of times being last. I don't think I could have gotten through the 2 and one half months that a ruptured cervical disc rubbed on my spinal cord if I hadn't learned on the roads that I could live through anything.

On April 14 I had surgery to remove the part of the disc pressing my spinal cord. On that day the Inside Track which contained my "Beginning Again" article came in the mail. The day after my surgery, when I was faced with beginning again from my lowest point in nine years, I read the words I had written and walked eight loops of my Hospital floor. I wrote it to encourage us all. But I needed it desperately. Thank you so much for printing it for me.

Bouncing back has been tougher and slower this time than it was last winter. Two and a half months of elevated blood pressure, elevated pulse rate and pain have almost totally destroyed all the fitness it took me all these years to gain. Because of the bruises on my spinal cord I won't be able to run until next year.

Yesterday Bobby and I celebrated the beginning of my recovery and again we must thank you. Four years ago when we were in charge of the timing equipment we were contacted by the community health center in Coldwater Michigan about renting the equipment for their Happy Heart Run. Bobby delivered the equipment because he was curious. He loved it so much he insisted that I go with him the next year. What a wonderful community event! There are always hundreds of school kids, grandparents, fathers carrying little ones on their shoulders, mothers pushing babies in buggies and pulling toddlers in wagons. The one mile fun run/walk is free and all finishers get a blue ribbon. The last ribbon was awarded this year to the doll carried by a 4-year old who walked with her mother, big sister, and grandmother.

No matter how sagging I was I had to join in the fun. I got beaten in the 5K walk/run by a lady pulling a kid in a wagon, but I "sprinted" the last 10 feet to beat a gal in her fifties pushing a friend in a wheelchair. I even improved my time. It took me an hour and 11 minutes to walk The Fanny Freezer; this 5K I walked in 53:22. One of the advantages of all this trouble is knowing that my worst race is behind me. Even I can't do any worse than 1:11 for a 5K.

Quite frankly, the past nine months is as close as I've come to living through hell. The exercising we've done with you, your friendship and encouragement have helped when we needed help badly. Thank you.

Slowly yours,
Sharon Pauley

AUGUST 5, 1988

MIDSUMMER NIGHT RUN

Page 1

CANTERBURY GREEN

ARC

ST JOSEPH

The End Result Company

Overall Results

5K RUN

PL	CLAS	BIB	NAME	TIME	PACE
1	1	484	GREG ORMAN	27 M 0:14:10.4	4:34
2	1	668	DOUG PETERSON	22 M 0:14:17.5	4:37
3	2	500	TIM MYLIN	28 M 0:14:45.7	4:46
4	3	2507	BRAD COOPER	26 M 0:14:54.0	4:48
5	4	699	JAMES NOLAN	26 M 0:14:57.2	4:49
6	2	2508	KEITH HARTON	24 M 0:15:02.0	4:51
7	5	2488	MARK SANDERSON	27 M 0:15:23.1	4:58
8	3	2568	DAVID BUYSSE	20 M 0:15:34.7	5:02
9	6	389	TOM LOUCKS	29 M 0:15:37.3	5:02
10	4	351	FRANK ALVAREZ	22 M 0:15:39.0	5:03
11	5	2571	MATTHEW BLANK	20 M 0:15:41.8	5:04
12	7	2501	GREGORY THATCHER	25 M 0:15:42.7	5:04
13	1	2468	JOCHEN STEINBRECHER	18 M 0:15:45.2	5:05
14	2	2567	HANS WEBER	18 M 0:15:46.5	5:05
15	6	2559	TROY FRIEDERSDORF	20 M 0:15:50.5	5:07
16	1	2587	CHUCK KEOPPEN	42 M 0:15:56.8	5:09
17	8	2476	RITCH HAMLIN	25 M 0:16:02.3	5:10
18	7	2451	DARIN SALTER	24 M 0:16:03.3	5:11
19	1	519	CARL RISCH	31 M 0:16:06.2	5:12
20	9	2551	CHRIS EDINGTON	25 M 0:16:07.4	5:12
21	3	2489	KENT HARMAN	18 M 0:16:08.2	5:12
22	2	2464	VAUGHN SMITH	44 M 0:16:09.1	5:13
23	4	2478	BUFF DORMEIER	18 M 0:16:10.2	5:13
24	2	620	DOUG OSBORN	34 M 0:16:11.7	5:13
25	5	2514	WALTER LAMBERT	18 M 0:16:12.1	5:14
26	10	2542	PAUL KNOTT	25 M 0:16:14.0	5:14
27	11	2422	CHRIS SMITH	26 M 0:16:21.6	5:17
28	1	690	BILL BLOSSER	37 M 0:16:22.8	5:17
29	6	2513	GENE DYSON	18 M 0:16:32.0	5:20
30	1	485	STEPHANIE BASSETT	22 F 0:16:39.2	5:22
31	7	2572	BRENT LONG	19 M 0:16:41.1	5:23
32	8	645	GREGORY DEFORREST	16 M 0:16:42.8	5:23
33	9	2502	MIKE FAST	19 M 0:16:44.1	5:24
34	3	2533	TERY DILLER	30 M 0:16:45.3	5:24
35	12	617	GREGG OSBORN	26 M 0:16:50.0	5:26
36	2	616	LAURA DIDION	22 F 0:16:51.7	5:26
37	1	353	TOM BRYGIDER	45 M 0:16:53.3	5:27
38	2	2536	LARRY TARGGART	47 M 0:16:54.6	5:27
39	3	369	TOM DENDINGER	41 M 0:16:58.5	5:29
40	4	2467	ALAN FULTON	34 M 0:17:02.6	5:30
41	2	502	MICHAEL DUBOIS	37 M 0:17:07.9	5:32
42	5	2510	DAVID DORIAS	33 M 0:17:15.6	5:34
43	3	2515	NEIL TATE	37 M 0:17:17.9	5:35
44	1	492	JASON WASHLER	14 M 0:17:23.8	5:37
45	3	679	JERRY PERKINS	48 M 0:17:28.0	5:38
46	13	550	PATRICK LEBER	26 M 0:17:32.2	5:39
47	4	2450	STEVE KELLER	41 M 0:17:37.9	5:41
48	1	2570	AMY KOONTZ	19 F 0:17:38.5	5:41
49	5	2426	STAN KOEHLINGER	40 M 0:17:41.2	5:42
50	6	686	JACK WILLIAMS	40 M 0:17:43.6	5:43
51	8	2538	BOB MINNICK	21 M 0:17:47.4	5:44
52	10	663	JOHN TYLER	17 M 0:17:51.3	5:46
53	6	557	MICHAEL ROST	33 M 0:17:58.2	5:48
54	1	451	MARY THERESA CONNOLLY	32 F 0:18:00.6	5:49
55	7	536	MARK BRATTOLI	32 M 0:18:03.2	5:49
56	11	523	BRAIN LINDLEY	15 M 0:18:05.9	5:50
57	14	477	JOHN PEA	26 M 0:18:08.7	5:51

AUGUST 5, 1988

MIDSUMMER NIGHT RUN

Page 2

CANTERBURY GREEN

ARC

ST JOSEPH

The End Result Company

Overall Results

5K RUN

PL	CLAS	BIB	NAME	TIME	PAGE
58	7	487	MERVIN KOEHLINGER	42 M 0:18:11.4	5:52
59	12	2486	BOB FISHER	18 M 0:18:14.3	5:53
60	13	2429	MATT NICOSON	18 M 0:18:14.8	5:53
61	9	2583	KERRY HIPPENSTEEL	23 M 0:18:16.1	5:54
62	15	475	BOB MITCHELL	28 M 0:18:17.4	5:54
63	10	2424	A. BRIAN DECKER	22 M 0:18:23.4	5:56
64	8	538	CURT BAILEY	32 M 0:18:24.7	5:56
65	8	373	RODGER PCKETT	44 M 0:18:26.3	5:57
66	14	2586	MATT BUNYAN	15 M 0:18:26.9	5:57
67	15	372	GARTH EBERHART	18 M 0:18:28.0	5:57
68	9	700	JONNY MILLER	31 M 0:18:28.5	5:58
69	10	422	STEPHEN DAVIS	31 M 0:18:29.0	5:58
70	1	423	BILL SCHMIDT	53 M 0:18:30.2	5:58
71	16	2528	RANDY WESTON	16 M 0:18:32.2	5:59
72	11	667	DENNIS ZECH	34 M 0:18:35.0	6:00
73	9	522	DON LINDLEY	44 M 0:18:37.3	6:01
74	16	534	TOM WELCH	28 M 0:18:40.7	6:02
75	12	2480	TONY GATTON	32 M 0:18:43.5	6:02
76	1	2465	RITA HEYDE	27 F 0:18:51.3	6:05
77	3	698	TAMMY NOLAN	23 F 0:18:53.4	6:06
78	4	665	BERNIE BURGETTE	45 M 0:18:58.7	6:07
79	5	370	JOHN KLEIN	45 M 0:19:00.0	6:08
80	4	396	DONALD FORD	38 M 0:19:01.2	6:08
81	17	510	CHRIS FAHL	17 M 0:19:01.8	6:08
82	13	2556	KEITH CAUDILL	31 M 0:19:02.2	6:08
83	14	363	KEVIN LOCHNER	32 M 0:19:03.1	6:09
84	11	2527	JIM UECKER	20 M 0:19:04.1	6:09
85	2	2492	GRAIG MILLER	52 M 0:19:04.9	6:09
86	2	2509	JUDY TILLAFRUGH	29 F 0:19:14.1	6:12
87	6	2561	DAVID BOYLAN	45 M 0:19:16.3	6:13
88	12	2558	WILL LINNEMEIR	24 M 0:19:16.9	6:13
89	15	446	KEVIN WARREN	30 M 0:19:18.2	6:14
90	4	652	KAREN SPATZ	23 F 0:19:19.3	6:14
91	5	582	DENNIS STRAYER	38 M 0:19:22.7	6:15
92	16	478	JERRY WEISSINGER	31 M 0:19:25.6	6:17
93	7	440	RON HEILMAN	45 M 0:19:31.3	6:18
94	17	2479	BRAD CONKLIN	26 M 0:19:32.4	6:18
95	6	355	BILL BOLANDER	36 M 0:19:32.9	6:18
96	18	457	JERRY RATTIGAN	29 M 0:19:33.5	6:19
97	7	491	GARY BEAR	35 M 0:19:35.4	6:19
98	13	2526	CHRIS MURPHY	20 M 0:19:41.7	6:21
99	19	445	JIM BERRY	26 M 0:19:43.8	6:22
100	14	2452	CARL SCHWINHART	22 M 0:19:46.5	6:23
101	17	384	LEN PIROPATO	34 M 0:19:48.5	6:23
102	20	2578	JAMES MELANSON	26 M 0:19:49.4	6:24
103	2	364	PAM LOCHNER	30 F 0:19:50.6	6:24
104	21	2491	BRET BREWER	28 M 0:19:51.9	6:24
105	18	2577	JOHN STEINBACH	30 M 0:19:53.6	6:25
106	15	2427	JONATHAN HINSEY	24 M 0:19:56.1	6:26
107	8	2562	BARRIE PETERSON	45 M 0:20:01.7	6:28
108	1	367	BRYNN WELLER	43 F 0:20:03.6	6:28
109	19	2447	HOWARD KLINGER	33 M 0:20:06.1	6:29
110	16	553	JAMES HART	21 M 0:20:09.3	6:30
111	20	2485	JOHN KIGGINS	32 M 0:20:18.3	6:33
112	8	563	JEFF KLINE	35 M 0:20:21.7	6:34
113	21	2563	KEVIN TRUELOVE	31 M 0:20:25.8	6:35
114	22	356	KURT MILLER	26 M 0:20:26.6	6:36

AUGUST 5, 1988
CANTERBURY GREEN
The End Result Company

MIDSUMMER NIGHT RUN
ARC
Overall Results

Page 3
ST JOSEPH
5K RUN

PL	CLAS	BIB	NAME	TIME	PACE
115	9	2593	NICK MATHEWS	35 M 0:20:27.5	6:36
116	17	642	WARREN LIPKA	23 M 0:20:28.5	6:36
117	18	605	DAN NIELSEN	17 M 0:20:36.9	6:39
118	10	2506	DEAN CUTSHALL	44 M 0:20:39.0	6:40
119	9	375	RICHARD ZINK	46 M 0:20:44.0	6:41
120	10	619	RAY DELONG	46 M 0:20:46.4	6:42
121	22	612	CHRIS NIXON M D	32 M 0:20:47.9	6:43
122	3	677	BETH BATTELL	34 F 0:20:50.0	6:43
123	4	2522	LYN HANDLIN	31 F 0:20:51.7	6:44
124	2	2575	ANN JAMISON	44 F 0:20:58.6	6:46
125	2	2512	JEREMY MOSES	14 M 0:21:00.5	6:47
126	23	543	GLENN MEISNER	30 M 0:21:03.1	6:47
127	5	392	JULIE MANGER	34 F 0:21:03.7	6:48
128	24	2549	JERRY NIHIWOLD	30 M 0:21:04.2	6:48
129	23	556	DAVID SALUS	28 M 0:21:04.7	6:48
130	25	2555	KURT PARIS	33 M 0:21:06.7	6:49
131	19	2541	KEVIN PELFO	16 M 0:21:07.3	6:49
132	11	511	BOB FAHL	40 M 0:21:07.4	6:49
133	3	362	LIEN D KOZTECKI	41 F 0:21:07.6	6:49
134	3	2531	MIKE CHUMBLEY	13 M 0:21:07.8	6:49
135	24	658	MARK EARNEST	27 M 0:21:08.9	6:49
136	3	2540	SUSAN SCHUMAN	23 F 0:21:09.3	6:49
137	11	2544	KEN CLARK	49 M 0:21:09.9	6:50
138	20	576	STEVEN HEREGGER	19 M 0:21:13.2	6:51
139	26	590	TED HATHAWAY	34 M 0:21:13.6	6:51
140	5	2590	CHRISTINE ALVAREZ	21 F 0:21:14.1	6:51
141	2	650	TAMMY PATTERSON	17 F 0:21:14.7	6:51
142	18	2545	DEAN REYNOLDS	20 M 0:21:15.5	6:51
143	12	2481	BILL WEBB	41 M 0:21:17.1	6:52
144	3	503	CASEY DUBOIS	15 F 0:21:19.0	6:53
145	4	575	BECKY BORCHELT	18 F 0:21:20.2	6:53
146	19	651	JEFF SALAY	21 M 0:21:21.3	6:53
147	21	494	MATTHEW LAUDIG	17 M 0:21:25.9	6:55
148	25	661	BRAIN WHELAN	28 M 0:21:27.8	6:55
149	1	2445	DON ANDERSON	61 M 0:21:33.5	6:57
150	5	412	SARAH SCHOENLE	17 F 0:21:35.4	6:58
151	10	380	ALAN BRADLEY	36 M 0:21:36.5	6:58
152	26	2591	DAVID BITLER	27 M 0:21:37.7	6:59
153	11	387	RICHARD BEEMER	38 M 0:21:40.7	7:00
154	12	395	MICHAEL CALLAHAN	35 M 0:21:45.5	7:01
155	4	2521	BECKY WHITE	25 F 0:21:48.7	7:02
156	13	399	REX SURFACE	40 M 0:21:50.1	7:03
157	20	421	STEVE MCMAHON	24 M 0:21:53.6	7:04
158	13	2546	RANDY WILLIAMS	37 M 0:21:55.9	7:04
159	4	410	MARSHA SCHMIDT	42 F 0:21:57.2	7:05
160	27	660	SCOTT WITTIG	25 M 0:22:01.6	7:06
161	12	413	DON ASHTON	47 M 0:22:06.2	7:08
162	22	2496	BENJAMIN HORRELL	15 M 0:22:06.9	7:08
163	28	552	JAMES THOMPSON	29 M 0:22:08.2	7:08
164	23	2585	CHRIS ORICK	15 M 0:22:09.4	7:09
165	14	2582	RICHARD FANNING	39 M 0:22:11.0	7:09
166	21	662	KURT WIGGINS	21 M 0:22:12.7	7:10
167	1	2490	LES ZIMMER	58 M 0:22:14.4	7:10
168	15	2557	PHILL COOMER	37 M 0:22:19.3	7:12
169	16	2565	WAYNE UNSELL	39 M 0:22:24.5	7:14
170	5	444	BETH BERRY	25 F 0:22:25.9	7:14
171	2	526	VERN CHOVAN	61 M 0:22:26.4	7:14

PL	CLAS	BIB	NAME	TIME	FACE
172	13	405	JAMES HEYMANN	45 M 0:22:27.6	7:15
173	29	459	KENDALL ROBERTS	29 M 0:22:28.1	7:15
174	30	2560	GARY ASCHLIMAN	27 M 0:22:28.7	7:15
175	5	565	JOYCE SULTER	41 F 0:22:30.6	7:16
176	22	498	PAUL KERNS	20 M 0:22:32.4	7:16
177	14	597	ROBERT YUROSKO	43 M 0:22:33.2	7:17
178	17	2497	RON HORAN	36 M 0:22:35.0	7:17
179	27	2573	MIKE MAURER	31 M 0:22:43.5	7:20
180	6	501	LINDA MYLIN	30 F 0:22:45.7	7:21
181	31	654	ARANT CLARK	28 M 0:22:47.7	7:21
182	15	627	WILLE BELL	43 M 0:22:51.6	7:22
183	32	2554	FRANK MARTINEZ	25 M 0:22:55.9	7:24
184	18	464	TOM FUELLING	37 M 0:22:57.5	7:24
185	1	352	ANGIE BILLMAN	35 F 0:23:00.1	7:25
186	28	2564	FRED DIVSALAR	31 M 0:23:05.2	7:27
187	1	2441	FRAN VAN WAGNER	53 F 0:23:07.4	7:28
188	19	2534	MICHAEL YANN	36 M 0:23:10.9	7:29
189	20	566	JOHN TYSON	35 M 0:23:11.6	7:29
190	14	2511	RICHARD STUMPF	45 M 0:23:12.3	7:29
191	15	2469	MELIN HARTMAN	47 M 0:23:15.3	7:30
192	3	621	JOHN SKURTEVANT	54 M 0:23:16.3	7:30
193	16	2505	MELVIN HOCHSTETLER	48 M 0:23:17.6	7:31
194	33	2580	TROY SNIDER	28 M 0:23:18.2	7:31
195	6	2532	BECKY SNOUFFER	26 F 0:23:21.5	7:32
196	7	601	LISA SNOUFFER	28 F 0:23:22.5	7:32
197	21	672	ERIK SODERQUIST	37 M 0:23:23.4	7:33
198	1	361	LEIN KOZTECKI	13 F 0:23:24.2	7:33
199	7	2592	TERRI JOHNSON	31 F 0:23:27.0	7:34
200	16	378	CHUCK MILLS	41 M 0:23:28.2	7:34
201	23	588	TIM CRIST	23 M 0:23:28.7	7:34
202	8	596	CATHY BUX-FERGUSON	32 F 0:23:33.1	7:36
203	4	524	MICHAEL LINDLEY	13 M 0:23:33.9	7:36
204	17	666	STEVE BUTLER	42 M 0:23:34.7	7:36
205	6	474	MICHELLE BARTKOWIAK	24 F 0:23:35.6	7:37
206	22	633	RUSSELL WOLPERT	38 M 0:23:36.3	7:37
207	29	358	MARSHALL TALBERT	32 M 0:23:37.2	7:37
208	24	416	PAUL DELONG	22 M 0:23:38.7	7:38
209	9	567	MADLYN TYSON	33 F 0:23:40.4	7:38
210	2	489	SARA KOEHLINGER	14 F 0:23:42.9	7:39
211	7	2566	SARA NOLL	21 F 0:23:43.8	7:39
212	17	509	TOM NORTH	46 M 0:23:44.9	7:40
213	10	439	ANN LINSON	31 F 0:23:46.7	7:40
214	6	374	VGALERIE FUCKETT	42 F 0:23:49.4	7:41
215	30	551	GEOFFREY WLADECKI	32 M 0:23:51.8	7:42
216	34	414	DANIEL FILLING	25 M 0:24:03.0	7:45
217	18	2519	DEAN SHARP	41 M 0:24:03.9	7:46
218	19	577	MICHAEL HEY	43 M 0:24:04.8	7:46
219	35	2503	STEVE FULLENKAMP	26 M 0:24:08.4	7:47
220	36	430	JEFF HURSH	29 M 0:24:11.3	7:48
221	37	2438	TOM BLAUVELT	26 M 0:24:12.8	7:49
222	25	415	GREG THOMPSON	24 M 0:24:16.7	7:50
223	7	2569	LINDA MCCANN	40 F 0:24:20.5	7:51
224	8	535	ROSALIE WELCH	24 F 0:24:25.7	7:53
225	5	559	STEVE ROSE	9 M 0:24:26.9	7:53
226	23	452	ROBERT SMITH	38 M 0:24:28.1	7:54
227	31	420	DANA BUDD	34 M 0:24:38.1	7:57
228	4	419	JACK DAVIS	52 M 0:24:39.7	7:57

PL	CLAS	BIB	NAME	TIME	PACE
229	6	507	T. J. DUBOIS	9 M 0:24:40.8	7:58
230	20	581	TOM MCELMURRY	42 M 0:24:54.4	8:02
231	21	2553	JOHN SULLIVAN	41 M 0:24:57.6	8:03
232	22	655	MIKE SCUDDER	40 M 0:25:05.2	8:06
233	24	2463	STEVEN BUTLER, JR	15 M 0:25:07.4	8:06
234	6	2547	JENNIE DELANEY	16 F 0:25:09.7	8:07
235	8	418	BARB SCROSHAM	41 F 0:25:12.0	8:08
236	32	628	ORLANDO BARRIOS	31 M 0:25:13.9	8:08
237	33	645	JEFF THORN	32 M 0:25:15.4	8:09
238	23	644	JERRY LUTZEN	40 M 0:25:18.8	8:10
239	24	2530	TOM AGNESS	42 M 0:25:22.2	8:11
240	24	2423	ROGER ZAMBARDA	38 M 0:25:25.7	8:12
241	25	518	MICHAEL HENDRICKS	38 M 0:25:30.9	8:14
242	7	554	JENNIFER RYAN	15 F 0:25:36.1	8:16
243	2	606	JOYCE FUZY	50 F 0:25:38.0	8:16
244	26	521	SCOTT MENTGER	23 M 0:25:39.3	8:17
245	2	2520	BELINDA SHARP	38 F 0:25:42.2	8:17
246	34	513	MICHAEL PAGE	33 M 0:25:46.2	8:19
247	3	460	KRISTI BRADLEY	14 F 0:25:47.4	8:19
248	3	2574	JAMES VONES	60 M 0:25:48.6	8:20
249	25	2504	CARL FIELDS	43 M 0:25:53.1	8:21
250	38	397	GREG GILLIG	25 M 0:25:56.6	8:22
251	8	643	COLLEEN GARICA	17 F 0:26:08.6	8:26
252	9	664	SHELLY LONEY	17 F 0:26:10.6	8:27
253	1	371	JEANETTE KLEIN	46 F 0:26:12.0	8:27
254	26	2477	DON DORMEIER	41 M 0:26:14.8	8:28
255	8	2444	JILL BURNETT	26 F 0:26:15.3	8:28
256	11	2439	PAT BOLANDER	32 F 0:26:15.7	8:28
257	27	2440	ED BOLANDER	43 M 0:26:16.1	8:28
258	12	2529	JUDY KILGORE	33 F 0:26:19.1	8:29
259	2	2446	ROBERT LOOMIS	55 M 0:26:20.7	8:30
260	3	2552	CHARLES WELCH	55 M 0:26:22.6	8:31
261	9	379	MAUREEN SCHEENER	28 F 0:26:25.9	8:32
262	9	687	MARGARET WILLIAMS	40 F 0:26:28.9	8:33
263	4	595	ROBERT HOCKENSMITH	60 M 0:26:30.5	8:33
264	26	659	RAY CLARK	39 M 0:26:31.2	8:33
265	5	603	GERRY KAUFMAN	51 M 0:26:31.9	8:34
266	10	618	ELLEN OSBORN	25 F 0:26:33.9	8:34
267	3	537	BECKY HEATH	37 F 0:26:39.0	8:36
268	4	381	VELMA BRADLEY	36 F 0:26:39.8	8:36
269	2	357	SARAH KLEINKNIGHT	45 F 0:26:43.5	8:37
270	27	525	CHRIS HEDGES	21 M 0:26:46.1	8:38
271	13	486	JUNE MCCLURE	33 F 0:26:47.3	8:38
272	14	2579	BRENDA KAMAKE	31 F 0:26:52.2	8:40
273	9	368	CHRYSYTI RAINEY	21 F 0:26:54.8	8:41
274	11	520	JENNIFER RISCH	29 F 0:26:59.1	8:42
275	10	604	CINDY KAUFMAN	19 F 0:27:01.0	8:43
276	28	593	DAVID SCHELLENBERGER	21 M 0:27:03.5	8:44
277	4	2589	RACHEL ESSIG	10 F 0:27:09.0	8:45
278	28	2588	TOM ESSIG	40 M 0:27:15.8	8:48
279	25	2462	MATT FRANKLIN	17 M 0:27:16.7	8:48
280	15	512	MARGARET NORTH	33 F 0:27:17.4	8:48
281	35	514	DOUGLAS HART	32 M 0:27:18.1	8:48
282	16	574	ANNE FREMTON	33 F 0:27:22.5	8:50
283	3	531	JULIA WILSON	48 F 0:27:23.5	8:50
284	17	417	BETTY ANDRADE	33 F 0:27:35.4	8:54
285	18	472	RICHARD BURDEK	49 M 0:27:40.9	8:56

PL	CLAS	BIB	NAME	TIME	PACE
286	18	589	BRENDA HATHAWAY	32 F 0:27:42.4	8:56
287	19	438	CINDY LONERGAN	33 F 0:27:43.4	8:57
288	4	594	BRENDA SULLIVAN	46 F 0:27:44.5	8:57
289	36	592	DAVE WHITE	30 M 0:27:47.1	8:58
290	5	493	JAN MYSLINSKI	49 F 0:27:48.6	8:58
291	29	2550	ERIC OLSON	20 M 0:27:49.5	8:59
292	19	406	PATRICK MCKINNEY	46 M 0:27:59.6	9:02
293	7	2535	RYAN YANN	7 M 0:28:10.6	9:05
294	20	433	SUE ZIMMERMAN	31 F 0:28:39.1	9:15
295	5	471	VICKI JACOBS	38 F 0:28:41.5	9:15
296	10	2493	KRISTINE NIELSEN	20 F 0:28:42.7	9:16
297	6	409	SUZANNE RUSS	37 F 0:28:44.1	9:16
298	12	2475	SANDI VANDEKEERE	28 F 0:28:52.8	9:19
299	7	2473	LEATRICE LADOUCEUR	38 F 0:29:14.3	9:26
300	5	427	BRU LARIVE	9 F 0:29:45.7	9:36
301	30	591	JOHN RANDALL	24 M 0:29:51.4	9:38
302	3	2430	CAROL SEAMAN	53 F 0:29:52.8	9:38
303	6	555	SARAH RYAN	14 F 0:30:01.6	9:41
304	10	626	SHARON INGLE	42 F 0:30:03.1	9:42
305	29	625	KEITH INGLE	43 M 0:30:14.9	9:45
306	7	2453	MICHELLE MEADOWS	12 F 0:30:28.1	9:50
307	5	2457	CLEM GETTY	53 M 0:30:54.5	9:58
308	5	377	ELLIS MCCANN	63 M 0:30:55.4	9:59
309	1	376	JESSIE MCCANN	55 F 0:30:58.0	9:59
310	21	562	LISA MCFADDEN	31 F 0:30:59.2	10:00
311	6	437	JUDY HOLLANDER	46 F 0:31:01.9	10:01
312	13	429	CHRIS HURSH	29 F 0:31:02.8	10:01
313	1	470	POLLY JACOBS	62 F 0:31:08.2	10:03
314	37	671	DWAYNE SELF	34 M 0:31:12.1	10:04
315	22	669	RITA SELF	33 F 0:32:44.7	10:34
316	11	2482	SANDY WEBB	40 F 0:32:47.9	10:35
317	8	383	JARED BRADLEY	8 M 0:33:01.2	10:39
318	23	2428	FRAN STEWART	30 F 0:33:44.6	10:53
319	12	598	JO ANNE YUROSKO	41 F 0:34:20.2	11:05
320	8	602	ELAINE MARTIN	38 F 0:34:24.9	11:06
321	13	2471	YVONNE HARNLY	40 F 0:37:16.9	12:02
322	7	2472	RICHARD HARNLY	50 M 0:37:17.9	12:02
323	6	657	PAUL FERRY	67 M 0:40:22.1	13:01
324	4	623	ELMER DOBNER	56 M 0:40:24.1	13:02
325	4	624	TRUDY DOBNER	54 F 0:45:09.5	14:34
326	5	639	CAROL COPELAND	53 F 0:45:10.9	14:34
327	2	400	JOANN SCHMIDT	57 F 0:45:19.3	14:37
328	3	428	GLADYS HANLIN	57 F 0:47:01.1	15:10
329	24	2459	BARB MEADOWS	31 F 0:47:02.4	15:10
329	6	2458	DIANE GETTY	53 F 0:47:02.4	15:10
331	7	633	DALE SANDEFFER	60 M 0:51:50.2	16:43
332	39	354	MARK SANDERSON	27 M 0:51:50.6	16:43
333	30	695	LARRY HERTL	42 M 0:53:28.1	17:15
334	9	694	LYNN EVANS	39 F 0:53:28.5	17:15
335	11	697	HEATHER EVANS	17 F 0:56:30.2	18:14
336	12	696	TONYA HAIFLICH	15 F 0:56:30.6	18:14

Kids! Families! Joggers!

5-K Race and 1-Mile Fun Run!

Callthumpian Center

Sunday, Oct. 30, 1988
 Fun Run at 1:30 p.m.
 5-K Race at 2:00 p.m.
 at Bellmont High School
 Decatur, Indiana

DIVISIONS:
 MEN Under 14
 WOMEN Under 14
 Accurate 5-Kilometer Cross-Country course with time splits every mile.

AWARDS:

Free T-Shirt guaranteed to all pre-registrants
 Late registrants will be awarded T-Shirts as available.
OVERALL: Large Trophy to overall male and female winners.
BY DIVISION: Trophy to winner in each division and awards to next four places in each division.
DRAWINGS for Door Prizes.

REGISTRATION:

All pre-registrants are guaranteed a Free T-Shirt. Deadline for pre-registration is October 21, 1988. Return entry form and check or money order.
LATE REGISTRATION: Runners may register the day of the race, Sunday, Oct. 30, 1988 at Bob Worthman Stadium, Bellmont High School, Decatur, Ind. from 12 Noon to 1:00 p.m. Late registrants will not be guaranteed a T-Shirt.

5-K Race, 55
 1 Mile Run, 54
 5-K Race, 56
 1-Mile Run, 55



NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 Sex _____ T-Shirt Size _____

ENTRY & RELEASE OF ALL CALL THUMPIAN CENTER ON OCT. 30, 1988. I release the Callthumpian Committee, The Decatur Dairy Queen, Adams Co. Memorial Hospital, Dr. S.P. Bennett, D.D., the City of Decatur, the Decatur Chamber of Commerce, Horn Adams Community School, county of Adams and their respective employees, agents and individuals who are in any way connected with this event (including volunteers assisting with the event), from any liability or claims for any injury or illness that I sustain and my personal participation in this event that I understand that this release applies to myself and any personal representatives, heirs and assigns. I consent that I deceptively request that this release is being relied upon by the above persons in permitting me to participate. Further, I hereby grant to permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording and any other record of this event for any legitimate purpose.

Signature _____
 Date _____
 Try blank must be signed by participant. If participant is under 18, signature of legal guardian is required.

RUNNERS INSTRUCTIONS: Runners should be at the Starting Point 1/2-hour before their race for final instruction. Plenty of parking is available. Restroom facilities available before and after the race.

Return entry form with check or money order to:

Callthumpian Center
 c/o Decatur Chamber of Commerce
 125 E. Monroe St.
 Decatur, IN 46733

Decatur Bank & Trust Co.
 Moose Lodge
 Decatur, 1311

Decatur Dairy Democrat

Co-Sponsored by:
 Adams County Memorial Hospital
 Stay Alive & Well Health Promotion
 Decatur Dairy Queen

Dr. S.P. Bennett
 D.D.

PL	CLAS	BIB NAME	TIME	PACE
* TOP WOMEN OVERALL				
1	1	485 STEPHANIE BASSETT	22 F 0:16:39.2	5:22
2	2	616 LAURA DIDION	22 F 0:16:51.7	5:26
3	1	2570 AMY KOONTZ	19 F 0:17:38.5	5:41

* TOP MEN OVERALL				
1	1	484 GREG ORMAN	27 M 0:14:10.4	4:34
2	1	668 DOUG PETERSON	22 M 0:14:17.6	4:37
3	2	500 TIM MYLIN	28 M 0:14:45.7	4:46

PL	OALL	BIB NAME	TIME	PACE
* M 01-14				
1	44	492 JASON WASHLER	14 M 0:17:23.8	5:37
2	125	2512 JEREMY MOSES	14 M 0:21:00.5	6:47
3	134	2531 MIKE CHUMBLEY	13 M 0:21:07.8	6:49
4	203	524 MICHAEL LINDLEY	13 M 0:23:33.9	7:36
5	225	559 STEVE ROST	9 M 0:24:26.9	7:53
6	229	507 T. J. DUBOIS	9 M 0:24:40.3	7:58
7	293	2535 RYAN YANN	7 M 0:28:10.6	9:05
8	317	383 JARED BRADLEY	8 M 0:33:01.2	10:39

* M 15-19				
1	13	2468 JOCHEN STEINBRECHER	18 M 0:15:45.2	5:05
2	14	2567 HANS WEBER	18 M 0:15:46.5	5:05
3	21	2489 KENT HARMAN	18 M 0:16:08.2	5:12
4	23	2478 BUFF DORMEIER	18 M 0:16:10.2	5:13
5	25	2514 WALTER LAMBERT	18 M 0:16:12.1	5:14
6	29	2513 GENE DYSON	18 M 0:16:32.0	5:20
7	31	2572 BRENT LONG	19 M 0:16:41.1	5:23
8	32	646 GREGORY DEFORREST	16 M 0:16:42.8	5:23
9	33	2502 MIKE FAST	19 M 0:16:44.1	5:24
10	52	663 JOHN TYLER	17 M 0:17:51.3	5:46

* M 20-24				
1	6	2508 KEITH HARTON	24 M 0:15:02.0	4:51
2	8	2568 DAVID BUYASSE	20 M 0:15:34.7	5:02
3	10	351 FRANK ALVAREZ	22 M 0:15:39.0	5:03
4	11	2571 MATTHEW BLANK	20 M 0:15:41.8	5:04
5	15	2559 TROY FRIEDERSDORF	20 M 0:15:50.5	5:07
6	18	2451 DARIN SALLYER	24 M 0:16:03.3	5:11
7	51	2538 BOB MINNICK	21 M 0:17:47.4	5:44
8	61	2583 KERRY HIPFENSTEEL	23 M 0:18:16.1	5:54
9	63	2424 A. BRIAN DECKER	22 M 0:18:23.4	5:56
10	84	2527 JIM UECKER	20 M 0:19:04.1	6:09

* M 25-29				
1	4	2507 BRAD COOPER	26 M 0:14:54.0	4:43
2	5	699 JAMES NOLAN	26 M 0:14:57.2	4:43
3	7	2488 MARK SANDERSON	27 M 0:15:12.1	4:58
4	9	389 TOM LOUCKS	29 M 0:15:37.3	5:02
5	12	2501 GREGORY THATCHER	25 M 0:15:42.7	5:04
6	17	2476 RITCH HAMLIN	25 M 0:16:02.3	5:10
7	20	2551 CHRIS EDINGTON	25 M 0:16:07.4	5:12
8	26	2542 PAUL KNOTT	25 M 0:16:14.0	5:14
9	27	2422 CHRIS SMITH	26 M 0:16:21.6	5:17

PL	OALL	BIB	NAME	TIME	PACE
10	85	517	GREGG OSBORN	26 M 0:16:50.0	5:25

* M 30-34					
1	19	519	CARL RISCH	31 M 0:16:06.2	5:12
2	24	520	DOUG OSBORN	34 M 0:16:11.7	5:13
3	34	2533	TERY DILLER	30 M 0:16:45.3	5:24
4	40	2467	ALAN FULTON	34 M 0:17:02.6	5:30
5	42	2510	DAVID DORIAS	33 M 0:17:15.6	5:34
6	53	557	MICHAEL ROST	33 M 0:17:58.2	5:48
7	55	536	MARK ERATTOLI	32 M 0:18:03.2	5:49
8	64	538	CURT BAILEY	32 M 0:18:24.7	5:55
9	68	700	JONNY MILLER	31 M 0:18:28.5	5:58
10	69	422	STEPHEN DAVIS	31 M 0:18:29.0	5:58

* M 35-39					
1	28	690	BILL BLOSSER	37 M 0:16:22.8	5:17
2	41	502	MICHAEL DUBOIS	37 M 0:17:07.9	5:32
3	43	2515	NEIL TATE	37 M 0:17:17.9	5:35
4	80	395	DONALD FORD	38 M 0:19:01.2	6:08
5	91	582	DENNIS STRAYER	38 M 0:19:22.7	6:15
6	95	355	BILL BOLANDER	36 M 0:19:32.9	6:18
7	97	491	GARY BEAR	35 M 0:19:35.4	6:19
8	112	563	JEFF KLINE	35 M 0:20:21.7	6:34
9	115	2593	NICK MATHEWS	35 M 0:20:27.5	6:36
10	151	380	ALAN BRADLEY	36 M 0:21:36.5	6:58

* M 40-44					
1	16	2587	CHUCK KEOPPEN	42 M 0:15:56.8	5:09
2	22	2464	VAUGHN SMITH	44 M 0:16:09.1	5:13
3	39	369	TOM DENDINGER	41 M 0:16:58.5	5:29
4	47	2450	STEVE KELLER	41 M 0:17:37.9	5:41
5	49	2426	STAN KOEHLINGER	40 M 0:17:41.2	5:42
6	50	686	JACK WILLIAMS	40 M 0:17:43.6	5:43
7	58	487	MERVIN KOEHLINGER	42 M 0:18:11.4	5:52
8	65	373	RODGER PCKETT	44 M 0:18:26.3	5:57
9	73	522	DON LINDLEY	44 M 0:18:37.9	6:01
10	118	2506	DEAN CUTSHALL	44 M 0:20:39.0	6:40

* M 45-49					
1	37	353	TOM BRYGIDER	45 M 0:16:53.3	5:27
2	38	2536	LARRY TARGGART	47 M 0:16:54.6	5:27
3	45	679	JERRY PERKINS	48 M 0:17:28.0	5:38
4	78	665	BERNIE BURGETTE	45 M 0:18:58.7	6:07
5	79	370	JOHN KLEIN	45 M 0:19:00.0	6:08
6	87	2561	DAVID BOYLAN	45 M 0:19:16.3	6:13
7	93	440	RON HEILMAN	45 M 0:19:31.3	6:18
8	107	2562	BARRIE PETERSON	45 M 0:20:01.7	6:28
9	119	375	RICHARD ZINK	46 M 0:20:44.0	6:41
10	120	619	RAY DELONG	46 M 0:20:46.4	6:42

* M 50-54					
1	70	423	BILL SCHMIDT	53 M 0:18:30.2	5:58
2	85	2492	GRAIG MILLER	52 M 0:19:04.9	6:09
3	192	521	JOHN SAURTEVANT	54 M 0:23:16.3	7:30
4	228	419	JACK DAVIS	52 M 0:24:39.7	7:57
5	265	603	GERRY KAUFMAN	51 M 0:26:31.9	8:34
6	307	2457	CLEM GETTY	53 M 0:30:54.5	9:58

PL	CALL	BIB	NAME	TIME	PACE
7	322	2472	RICHARD HARNLY	50 M 0:37:17.3	12:02

* M 55-59					
1	167	2490	LES ZIMMER	58 M 0:22:14.4	7:10
2	259	2446	ROBERT LOOMIS	55 M 0:28:20.7	8:30
3	260	2552	CHARLES WELCH	55 M 0:28:22.6	8:31
4	324	623	ELMER DOBNER	56 M 0:40:24.1	13:02

* M 60-99					
1	149	2445	DON ANDERSON	61 M 0:21:33.5	6:57
2	171	526	VERN CHOVAN	61 M 0:22:26.4	7:14
3	248	2574	JAMES VONES	60 M 0:25:48.6	8:20
4	263	595	ROBERT HOCKENSMITH	60 M 0:25:50.5	8:23
5	308	377	ELLIS MCCANN	63 M 0:30:55.4	9:59
6	323	657	PAUL FERRY	67 M 0:40:22.1	13:01
7	331	638	DALE SANDEFFER	60 M 0:51:50.2	16:43

* F 01-14					
1	198	361	LEIN KOZTECKI	13 F 0:23:24.2	7:33
2	210	489	SARA KOEHLINGER	14 F 0:23:42.3	7:39
3	247	460	KRISTI BRADLEY	14 F 0:25:47.4	8:19
4	277	2589	RACHEL ESSIG	10 F 0:27:09.0	8:45
5	300	427	BRU LARIVE	9 F 0:29:45.7	9:36
6	303	555	SARAH RYAN	14 F 0:30:01.6	9:41
7	306	2453	MICHELLE MEADOWS	12 F 0:30:28.1	9:50

* F 15-19					
1	141	650	TAMMY PATTERSON	17 F 0:21:14.7	6:51
2	144	503	CASEY DUBOIS	15 F 0:21:19.0	6:53
3	145	575	BECKY BORCHELT	18 F 0:21:20.2	6:53
4	150	412	SARAH SCHOENLE	17 F 0:21:35.4	6:58
5	234	2547	JENNIE DELANEY	16 F 0:25:09.7	8:07
6	242	554	JENNIFER RYAN	15 F 0:25:36.1	8:16
7	251	643	COLLEEN GARICA	17 F 0:26:08.6	8:26
8	252	664	SHELLY LONEY	17 F 0:26:10.6	8:27
9	275	604	CINDY KAUFMAN	18 F 0:27:01.0	8:43
10	335	697	HEATHER EVANS	17 F 0:56:30.2	18:14

* F 20-24					
1	77	698	TAMMY NOLAN	23 F 0:18:53.4	6:06
2	90	652	KAREN SPATZ	23 F 0:19:19.3	6:14
3	140	2590	CHRISTINE ALVAREZ	21 F 0:21:14.1	6:51
4	205	474	MICHELLE BARTKOWIAK	24 F 0:23:35.5	7:37
5	211	2566	SARA NOLL	21 F 0:23:43.8	7:39
6	224	535	ROSALIE WELCH	24 F 0:24:25.7	7:53
7	273	368	CHRYSYI RAINEY	21 F 0:26:54.8	8:41
8	296	2493	KRISTINE NIELSEN	20 F 0:28:42.7	9:16

* F 25-29					
1	76	2465	RITA HEYDE	27 F 0:18:51.3	6:06
2	86	2509	JUDY TILLAFAUGH	29 F 0:19:14.1	6:12
3	136	2540	SUSAN SCHUMAN	28 F 0:21:09.3	6:49
4	155	2521	BECKY WHITE	26 F 0:21:48.7	7:02
5	170	444	BETH BERRY	25 F 0:22:25.9	7:14
6	195	2532	BECKY SNOUFFER	26 F 0:23:21.5	7:32
7	196	601	LISA SNOUFFER	23 F 0:23:22.5	7:32
8	255	2444	JILL BURNETT	26 F 0:25:15.3	8:28

PL	CALL	BIB NAME	TIME	PACE
9	261	379 MAUREEN SCHEERER	28 F 0:26:25.9	8:12
10	266	618 ELLEN OSBORN	15 F 0:28:33.9	8:34

* F 30-34				
1	54	451 MARY THERESA CONNOLLY	32 F 0:18:00.6	5:45
2	103	364 PAM LOCHNER	30 F 0:19:50.6	6:14
3	122	677 BETH BATTILL	34 F 0:20:50.0	6:43
4	123	2522 LYN HANDLIN	31 F 0:20:51.7	6:44
5	127	392 JULIE MANGER	34 F 0:21:03.7	6:48
6	180	501 LINDA MYLIN	30 F 0:22:45.7	7:21
7	199	2592 TERRI JOHNSON	31 F 0:23:12.0	7:34
8	202	596 CATHY BUX-FERGUSON	32 F 0:23:33.1	7:36
9	209	567 MADELYN TYSON	33 F 0:23:40.4	7:38
10	213	439 ANN LINSON	31 F 0:23:46.7	7:40

* F 35-39				
1	185	352 ANGIE BILLMAN	35 F 0:23:00.1	7:25
2	245	2520 BELINDA SHARP	38 F 0:25:42.2	8:17
3	267	537 BECKY HEATH	37 F 0:26:39.0	8:36
4	268	381 VELMA BRADLEY	36 F 0:26:39.8	8:36
5	295	471 VICKI JACOBS	38 F 0:28:41.5	9:15
6	297	409 SUZANNE RUSS	37 F 0:28:44.1	9:16
7	299	2473 LEATRICE LAHOUSEUR	38 F 0:29:14.3	9:26
8	320	602 ELAINE MARTIN	38 F 0:34:24.9	11:06
9	334	654 LYNN EVANS	39 F 0:53:28.5	17:15

* F 40-44				
1	108	367 BRYNN WELLER	43 F 0:20:03.6	6:28
2	124	2575 ANN JAMISON	44 F 0:20:58.6	6:46
3	133	362 LIEN D KOZTECKI	41 F 0:21:07.6	6:49
4	159	410 MARSHA SCHMIDT	42 F 0:21:57.2	7:05
5	175	565 JOYCE BULTER	41 F 0:22:30.6	7:16
6	214	374 VALERIE PUCKETT	42 F 0:23:49.4	7:41
7	223	2569 LINDA MCCANN	40 F 0:24:20.5	7:51
8	235	418 BARB SCROGHAM	41 F 0:25:12.0	8:08
9	262	687 MARGARET WILLIAMS	40 F 0:26:28.9	8:33
10	304	626 SHARON INGLE	42 F 0:30:03.1	9:42

* F 45-49				
1	253	371 JEANETTE KLEIN	45 F 0:26:12.0	8:27
2	269	357 SARAH KLEINKNIGHT	45 F 0:26:43.5	8:37
3	283	531 JULIA WILSON	48 F 0:27:23.5	8:50
4	288	594 BRENDA SULLIVAN	46 F 0:27:44.5	8:57
5	290	493 JAN MYSLINSKI	49 F 0:27:48.6	8:58
6	311	437 JUDY HOLLANDER	46 F 0:31:01.9	10:01

* F 50-54				
1	187	2441 FRAN VAN WAGNER	53 F 0:23:07.4	7:28
2	243	606 JOYCE FUZY	50 F 0:25:38.0	8:16
3	302	2450 CAROL SEAMAN	53 F 0:29:52.8	9:38
4	325	624 TRUDY DOBNER	54 F 0:45:09.5	14:34
5	326	639 CAROL COPELAND	53 F 0:45:10.9	14:34
6	329	2458 DIANE GETTY	53 F 0:47:02.4	15:10

* F 55-59				
1	303	376 JESSIE MCCANN	55 F 0:30:58.0	9:59
2	327	400 JOANN SCHMIDT	57 F 0:45:19.3	14:37

July 9, 1988 White River Park Games
5 Mile Run Finals Indpls., IN

Male - 12 & Under

NAME	PLACE	TIME
RYAN SWIHART	02	35:38
JIM HOFF	07	41:26

Male 13 -15

CHRIS WHITE	11	32:11
JONATHAN WILKINS	13	32:35
CHRIS BECKMAN	14	32:49
JAMIE WILKINS	15	32:54
BRIAN LINDLEY	16	33:07
RICK SQUIRES	17	33:24
SCOTT WHEAT	25	34:43
JOHN MINNICK	30	36:53

Male 16 -18

MARK STAUFFER	03	27:31
RICHARD CHURCH	08	28:47
CHAD SHEARER	11	29:31
SEAN HOSFIELD	18	30:34
PAUL RICHARDSON	32	32:09
JEREMY HART	34	32:27
ERIC CONNERLY	36	32:32

Male 19 - 24

TOM GAYER	07	28:02
GARY LAMAR	12	29:46

Male 25 - 29

DANIEL HANSON	08	33:44
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Male 30 - 34

BOB SCHENDEL	06	28:57
RANDY HISNER	07	29:20
THOM DILL	20	32.52

Male 35 - 39

JIM GARNER	15	31:35
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	Male 40 -44	
THOMAS DENDINGER	04	29:36
DONALD LINDLEY	13	32:58
RODGER PUCKETT	19	35:42
WAYNE SLEGEL	21	37:47
CLIFTON GORRELL	24	39:11

	Male 45 - 49	
DAVID BRANDON	04	32:43

	Male 55 - 59	
RICHARD LONGSWORTH	07	50:49

	Female 12 & Under	
LESLIE GARNER	03	48:01

	Female 13 - 15	
ANGIE GARNER	03	37:01
ANDREA SLEGEL	07	40:27
MICKIE GORRELL	08	41:44

	Female 16 - 18	
JAMIE GORRELL	01	31:22
ROBIN SHARP	08	42:28

	Female 25 - 29	
MICHELLE OLSON	05	41:33

	Female 30 - 34	
LINDA POWELL	07	42:52

	Female 40 - 44	
VALERIE PUCKETT	10	42:55

	Female 50 - 54	
FRANCES VAN WAGNER	01	39:31
GLORIA NYCUM	04	46:20

	Female 55 - 59	
JEAN LONGSWORTH	01	50:44

PL	OALL	BIB	NAME	TIME	PACE
3	328	428	GLADYS HANLIN	57 F 0:47:10.1	15:10
* F 60-99					
1	313	470	POLLY JACOBS	62 F 0:31:08.2	10:08

ATTENTION: CLUB MEMBERS
Officer Nominations For The 1989
Fort Wayne Track Club Board:

President — Judy Tillapaugh

First Vice President — Ron Horan

Second Vice President — Mike Ducey

Treasury — Don Lindley

Secretary — Melanie Ekart

Elections will be held during the Hilly 4 Run on November 12, 1988. Note that nominations are still open! If you want a specific individual to help lead the track club submit your nomination on election day! Competition Is Always Welcome!!

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 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)	2	5
2	Judy Tillapaugh (2 races)	3	6
<u>30-34</u>			
1	Mary T. Connolly	3	3
2	Cynthia Sabrack	9	22
3	Sue Sipes (2 races)	7	14
4	Sherry Yoder (2 races)	10	22
<u>35-39</u>			
none			
<u>40-44</u>			
1	Barb Scrogam (2 races)	2	10
2	Joyce Butler (2 races)	3	10
3	Elizabeth Rickner (2 races)	6	16
4	Sarah Kleinknight (2 races)	9	
<u>45-49</u>			
none			
<u>50-over</u>			
1	Joyce Fuzy	4	33

TRIATHLON CORNER



By Chuck Okorowski

5TH ANNUAL BI-STATE TRIATHLON

SATURDAY JULY 30, 1988

The 5/8 mile swim was an out-and-back in Cedar Lake, at Howe Military School Summer Camp in Howe, Indiana. The 25 mile bike leg ended in Sturgis, Michigan, hence the name "Bi-State Triathlon." The 5 mile run was partially over dirt trails and through heavily wooded areas around Sturgis, Michigan.

All morning I kept thinking how interesting this course was. Later, I realized why. The summer camp beginning took me back 34 years, to memories of my one and only summer camp experience. I was only 10 years old that summer, but the recollections of that one week summer camp were made vivid by the Bi-State Tri. Great memories tucked away in the subconscious. What wonderful souvenirs we unknowingly carry throughout our lives.

After a few miles into the bike leg it started to rain. Then it poured. Then it stormed! The rain managed to cool things off considerably, and in spite of the slippery road conditions, the bike leg was fun. After all, I kept thinking I couldn't get any wetter than I did in the swim. Biking, like running in the rain, seems like play. It reminded me of how children sometimes are naughty and play in puddles only to have Mom or Dad scold them for getting all wet. And I knew no one was going to scold me.

On the run, the rain turned the first couple of miles of dirt trail into a very muddy, sticky, mucky, mud. You know the kind of mud that sticks, collects and builds up on your running shoes. With each step you take, the mud starts caking on to your shoes until they feel like 10 pound cement buckets on each foot. From that point on, it seemed each runner I passed asked that same proverbial question, "Are we having fun yet?" Fortunately, the final miles were on city streets which contained plenty of big puddles to run through. Running through puddles progressively loosened and washed the clinging mud off my shoes, and also discouraged anyone from drafting to closely.

A fun morning I thought. Checking my splits I ended with 23:47, 1:19:48 and 39:13, with a total of 2:22:49.

Shower facilities were available at the finish, but my dry clothes and shoes were in my car parked at the summer camp in Howe, IN.

Back on my bike heading south to Indiana, reversing the 25 miles of bike course, I thought.....**NOW** we're having fun!

4TH ANNUAL PLEASANT LAKE QUARTERMAN TRIATHLON

SATURDAY AUGUST 6, 1988

"It's called Quarterman because it's one-quarter of the Ironman" the race director replied to my (what-now-seemed-like-a-stupid-question) question. "Oh," I replied as I asked myself why didn't I realize that. It was so simple. You know how you feel after you ask a stupid question. I felt like saying, "I knew that!"

"Howmany registered today?", I asked. "Only 32," he said. "That's only half of last year's entries. Do you know why?" he asked me. No I don't know why I thought to myself as I smiled and shook my head. "Where did everyone go today?" He persisted. "Is there another triathlon that everyone went to? Where is everyone?" he asked.

Fortunately I was familiar with this course, having run it the three previous years, and I knew the course wasn't going to be as tough as the questions I encountered thus far. I had taken a 1st, 2nd and a 3rd in my age group each year since this triathlon began in 1985.

It's the hills I enjoy most on this course. Pleasant Lake is a few miles south of Angola, Indiana in Steuben County. Most Hoosier's know it gets hilly up there, but if you've never gotten back on some of those old county roads.....well, you just wouldn't believe some of the hills.

After the race it's always amusing listening to the first-timers talk about the hills. "Big hills on the bike course," they say. It's a long 28 mile bike course so the hills probably seem steeper and longer than what they really are. "Bigger hills on the run course," they say. Or do they just seem steeper and longer than what they really are after a couple hours of swimming, biking and running. Anyway, everyone talks about the hills. At times on the course they do seem painful, but they sure make it a more interesting race. And they definitely break the monotony of the flatlands most of us pound day after day. I say thank God for the hills! I wish we had more hills to run and bike on in Fort Wayne.

Later the race director told me that they will run the Quarterman one more year. If attendance isn't better next year, they'll cancel after that. So if you haven't tried this triathlon think about it for next year. It's a fun (albeit hilly) course, convenient (closest S,B,R triathlon to Fort Wayne), inexpensive (only 25 bucks), with good awards.

The Quarterman consists of .6 mile swim, 28 mile bike, and a 6.5 mile run. My 18:30, 1:28:34 and 50:18 (2:37:22 total) was good for 1st in 40-50, but I have to admit the competition wasn't overwhelming either. Anyway, keep this race in mind whether it's your first try (tri), or you're a seasoned triathlete. I bet you'll say, "I don't believe the hills!"



Suzie began swimming at age 8 because her family swam. Her competitive coach was her father, a disciplined army man who trained her to swim. Her dad encouraged her family of three older sisters to do something—whether it was basketball or swimming. She worked out five hours a day, leaving very little time to grab a burger and a Coke with the gang after class. She says she was a gooder in junior class. And that's the time when all the girls were getting into make up. She made the Olympic team in 1984. Shortly after the 1984 Games, Suzie's "Olympic high" came crushing to the ground when she injured her knee and had to undergo arthroscopic surgery. He doctor told her she might never train for the breaststroke again. Suzie was crushed. "It hit me really hard and it made me think," Suzie says. "I started asking myself questions like, 'Why am I swimming?' and 'What's the meaning of life?' When she realized that her identity shouldn't be found in swimming or anything else but God. Suzie took the biggest plunge an athlete could ever take. She gave her heart to Jesus Christ, and began striving for something that is far greater than the Olympics. "I'm a child of God and I also swim," Suzie says. "If, all of a sudden, I can't swim anymore, I'm still a child of God—and that's what counts."

SUZIE RAPP, Age 22, Event Swimming

Last summer, Jackie finished first at the World Championship in Rome. After her long-awaited victory, she said, "One thing I know is that there is a God above and I have been very patient, and He has been very patient with me." In 1980, she was a four year starter at UCLA on the women's basketball team. She also ran track, and was guided by women's track coach, Bob Kersee. Bob and Jackie fell in love, and were married in early 1986. Today, they work as a team not only on Olympic goals, but in Christian ministry. Bob, an ordained Baptist minister, witnesses to many of the nation's young track athletes through coaching. The couple also does speaking engagements through Lay Witnesses for Christ, a ministry that brings the gospel to athletes worldwide. "Bob and Jackie do a lot of things that people never know about because they want God to get the glory," says Sam Mings, the founder and president. Jackie is still involved in her old neighborhood, East St. Louis, through an outreach program that helps kids stay off the street.

JACKIE JOYNER KERSEE, Age 26, Event Heptathlon

Here are some Christian athletes your family can cheer for as gather around the television during this month.

Who to watch for at the Olympics
By Don Lindley

Congradulations to all of those that completed in the White River Park Games VI. Although it was a hot day that evening there were still many good times. The race was delayed a half hour because of some field events still on the track. But that was good, because the sun dropped and so did the temperature. Everyone ran smartly.

On Friday of the opening ceremonies the field included some 8,000 athletics and 20,000 spectators. If you didn't go, you missed an spectacular event. They had music, dancing and guest celebrities. The parade of athlete were at this best, each athlete worn a colored t-shirt from it's respective region. The guest were all olympians from Indiana which included Marvin Hagler and Steve Alford. Steve's message was directed to the youth and their goals. Marvin did the honors of presenting the athlete's oath. All in all it was a great evening of entertainment.

Don Lindley

RUNNING AROUND

By Don Lindley

For those that have been running locally, you probably have seen Hal Lewis of the FWTC distributing flyers about his new book FROM THE MIDDLE OF THE PACK. He has run in many area road races including three Ft Wayne Marathons. He and his wife Dene lives in Bryan, Ohio. If you desire information about his book you can write to him at 347 Arthur Drive, Bryan, OH 43506. He will be glad to send you the information. I'm sure he would autograph his book if you finish with him from the middle of the pack.

For those that don't know, there is a need of blind runners that either needs a ride to most races besides pacers to lead them. I had the opportunity to meet Tom Bottorff of Indianapolis, IN at Pokagaon State Park during a 5KM run. He is totally blind and he had a pacer lead him through out the course around at eight minutes per mile. I think this is great. It would be even greater if we had some FWTC members to volunteer to help him in other races. He is currently asking for help on September 10th, during the AUL Governor's 8KM at Potato State Park. If anyone is interest please give me a call or write to him: United States Assoc. for Blind Athletes, 7051 North College Avenue, Indianapolis, IN 46220. We have one of our FWTC athlete, Betty DeWells, who is blind that could use the same help.

I would like to wish Tim and Arlene Fleming a farewell. They have moved to Florida to start a new business. Their new address is 1365 Fargo St., Port Charlotte, FL 33952. Their shop is called Coastal Video Productions, Fisherman's Village, Suite 2B, 1200 W. Retta Esplanade, Punta Gorda, FL 33950. They are located between Sarasota and Fort Myers along I 75 South. We're going to miss them greatly. Again Tim and Arlene many thanks for all of the races that you both put on. We appreciate all the work you did. By the way all FWTC members are invited to visit him anytime. Maybe this winter we can have a bus tour to Tim's next race called the "5KM Florida Flemings", where everyone is a "winner", every finisher will get a video of himself finishing as long as he makes it through the everglades without be eaten alive by an alligator.

Coming Events

SEPTEMBER 11, 1988

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

OCTOBER 15, 1988

Prediction Run 13.1m; Foster Park 8:00 a.m.

October 23, 1988

Summit City 10K; Downtown Fort Wayne 2:00 p.m.

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