

# the inside track

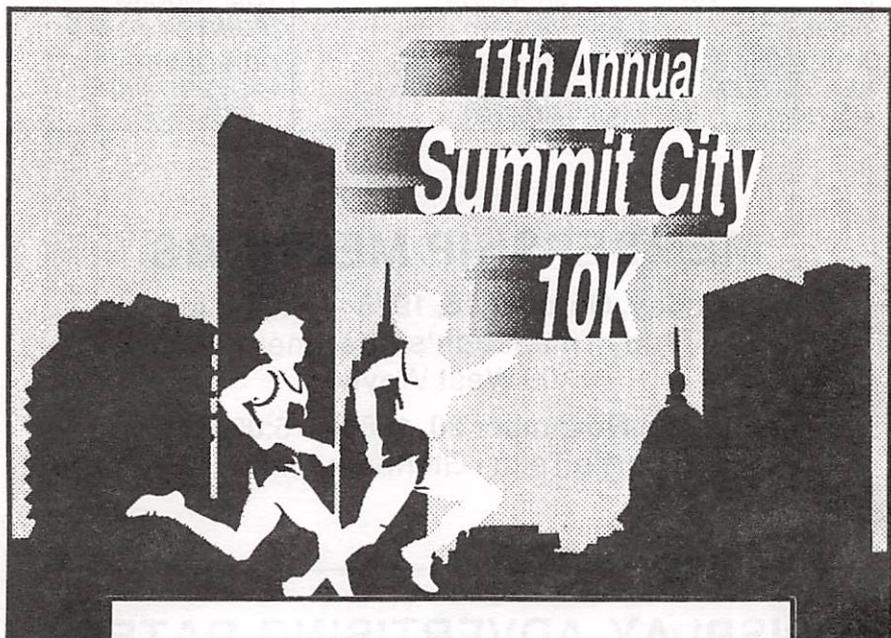


FORT WAYNE  
TRACK CLUB

1988

Oct./Nov.

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



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Association of Road Racing Athletes

# Fort Wayne Track Club

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RUNNERS WEEK  
627-5450

TOM LOUCKS  
POINT SYSTEM

DR. ROBERT WYATT  
ADVERTISING  
482-3539

## MEMBERSHIP MEETINGS

**Sunday, October 16, 1988 — 6:00 P.M.**

Judy Tillapaugh's Apartment  
1109 West Wayne

**Sunday, November 20, 1988 — 5:00 P.M.**

Sport's Tech - Glenbrook Mall

## 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

## 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

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

Oct	22	Mountain Masochists Trail Run 50 miles	James River, VA	
		David Horton, Liberty University, Box 20,000,	Lynchburg, VA	
		24505	804-239-1324	
Oct	* 22	Jack Frost 10KM	Franklin, IN	10:00am
		Johnson County Health Foundation, Box 549,	Franklin, IN	
		46131	736-3558	
OCT	* 23	PORT WAYNE TRACK CLUB RUN, P.O.BOX 11703,	FT WAYNE, IN 46860	
		Summit City 10KM, P.O. Box 11731, Ft Wayne,	IN 46860	2:00pm
		Mike Ducey	219-482-9606	
Oct	* 29	Pleasant Run Run 5 Mile	Indpls., IN	10:00am
		P.O. Box 1781, Indpls., IN	46206	317-736-9500
Oct	30	Sportsmed 10KM	South Bend, IN	2:00pm
		Carter Wolfe	219-232-3034	
Oct	30	The Old Style Marathon/Chicago		10:00am
		223 W Erie, Chicago, IL 60610	312-951-0660	
Oct	* 30	Callithumpian Canter 5KM	Decatur, IN 46733	2:00pm
		Decatur Chamber of Commerce, 125 E Monroe St.		
Oct	* 30	Wolfpack Fall Classic 50KM/6 Hours		8:00am
		John White 4865 Arthur Place, Columbus, OH 43220		
		614-549-2547		
Nov	* 5	Ambulance Chase '88 8KM	Indpls., IN	10:00am
		Phi Alpha Delta, I.U. School of Law, 735 West New York.		
		Indpls., IN	46223	
Nov	* 5	Sertoma 10KM	Carmel, IN	8:30am
		Stephen Stanley, 484 E Carmel Dr, Carmel, IN 46032		
		317-846-5344 or 317-846-1561		

Nov	*	5	4th Annual Cancun Caribbean 10KM Run 1-800-45-6005		
Nov	*	6	Ft. Meigs Half Marathon Bruce Beverage, 5707 Aspen Dr., Toledo, OH 43615 419-865-4131	Perrysburg, OH	11:00am
Nov	*	6	4th Annual POW-MIA 5 Mile Race St. Joseph Sports Medicine Clinic. 1907 W Sycamore, PO Box 9010, Kokomo, IN 46904	Kokomo, IN	1:30pm
Nov		6	New York Marathon		
Nov	*	6	13th Annual Marine Corps Marathon, Washington, DC Marine Corps Marathon, Box 188, Quantico, Va 221134		9:00am
NOV	#	12	PORT WAYNE TRACK CLUB RUN, P.O.BOX 11703, FT WAYNE, IN 46860 FWTC Hilly 4 4 Mile Homestead H.S. John Treleaven 432-5325		9:00am
Nov	*	12	Open & Masters Cross Country Championships Lancaster, OHIO, John White, 4865 Arthur Pl		10:00am
Nov	*	13	Columbus Marathon 6290 Busch, Suite 20, Columbus, OH 43229	Columbus, OH	614-433-0395
Nov		13	Louisville Marathon Box 36452	Metro Park Track Club Louisville, KY 40233	
Nov		13	Run The Mounds 5 mile x-c Ed Ferris, 226 Donnelly Dr, Anderson, IN 46011 317-642-0292	Anderson, IN	2:00pm
Nov		13	National 20KM & 2.5 Prediction Run, Toledo, OH Tom Fall 419-475-3541		10:00am
Nov		19 & 20	Christmas Tree Festival 3 Mile Matthes Evergreen Farm, Norm Matthes 313-269-6244	Ida, MI	10:00am
Nov	*	19	Ludwigs 5k Turkey Trot Dennis Dwiggins, 803 Chicago Ave, Portland, IN 219-726-6129	Portland, IN	11:00am
Nov		19	Buckeye/Wolverine 5KM Grudge Run, Toledo, OH Diane McClellan 419-885-3472		8:30am
Nov		20	Y's Run and Fun 15KM Fremont American Legion, Buckland Ave, Bob Semer & Ray Rendon 419-332-4244	Toledo, OH	2:00pm
Nov	*	20	Blue River Classic 5KM Ray Sear 317-392-1903, 730 Berkeley Dr., 46176	Shelbyville, IN	1:00pm
Nov		20	17th Annual St. Louis Marathon, St. Louis, MO St.Louis Track Club, 6611 Clayton Rd, St.Louis, MO 63117 314-862-SLTC		8:00am
Nov		20	Pepsi Vulcan Marathon Sylvia Pince	Box 36907 Birmingham, Al 35236	
Nov		24	Atlanta Marathon 3097 E Shadowlawn Ave	Atlanta Track Club Atlanta, GA 30305	
Nov		24	2nd Annual St. James Club Smoke The Turkey 5KM St.James Club, 7337 Bancroft Rd, Toledo, OH 841-5597		9:00am
Nov		26	Seagate Ultramarathons, 60KM, 50 Miles, 100 KM Robert Cairns, 1322 Fairlawn, Toledo, OH 43607 419-537-1704		7:00am

- Dec \* 3 Sleigh Bell Run 5KM Lafayette, IN 10:30am  
Lafayette YMCA, 1950 South 18th St, Lafayette, IN 47905  
317-474-3448
- Dec 4 Eggnog 5/10K Prediction Runs Toledo, OH 12:00pm  
Pearson Park. Marge & Jim Loshbough 847-0006
- DEC 10 FORT WAYNE TRACK CLUB RUN, P.O.BOX 11703, FT WAYNE, IN 46860  
"Just Plain 10K" 10K FtWayne, Foster Pk 2:00pm  
J.P. Jones (219-745-7339)
- Dec \* 10 Rocket City Marathon Huntsville Track Club  
Harold Tinsley, 8811 Edgehill Dr, Huntsville, AL 35802
- Dec 10 Kentucky 50 Mile Ultramaraton Frankfort, KY 7:00am  
Renita Bernat, 8712 Whipps Mill Rd., Louisville, KY 40222  
502-426-8712
- Dec 11 Jingle Bell 5k Prediction Toledo, OH 12:00pm  
Pearson Park, Zeake Chandler 693-3597
- Dec 18 Run & Slide 5/10K Jog Toledo, OH 10:00am  
Pearson Park, Rick Garcia 474-0438
- 1989 \* New for 1989  
Billy Platypus Australia running vacation.
- Jan \* 8 5th Annual Siberian Express 7.6 Miles 12:00pm  
Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL 61832  
217-431-4243. or 431-0179
- Jan 8 6th Annual Dr. Martin Luther King, Jr, Dream Run 2:00pm  
Riverside Community Center, 2420 East Riverside Dr,  
P.O. Box 22156, Indpls., IN 46219 317-899-5351
- Jan 14 Bermuda 10K & Marathon 10:00am  
BTFA Maraton Secretary, Box DV 397, Devonshire, Bermuda
- Jan \* 21 5th Annual Bahamas Princess 10KM Grand Bahama Island 9:00am  
Laura Godet, P.O.Box 592258 AMF, Miami, FL 33159  
809-352-6721, ext 4600 or 800-327-7678
- \* Contact Don Lindley for copy of application.

## MAZOCK'S 12TH ANNUAL

### THANKSGIVING

#### MORNING RUN

Starts at 8:00 A.M. (arrive at 7:30 A.M.)

6 - 12 - 15 - 18

Milers Available

NO SPLITS

NO AWARDS

6135 Orchard Lane in Waynedale

Hot coffee, doughnuts and  
Thanksgiving Goodwill to all.

SPECIAL GUEST RUNNER: GENE BULLSHALLITT





The No. 1 cause of head-on jogging collisions

## 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)*

Our seventh annual Kent Davis Run for Crossroad proved to be another successful event at Georgetown Square. We had 232 runners in the 5K and 36 runners for the 1 mile run. \$1200 was raised this year for Crossroad, the largest contribution to date. A total of \$4600 has been raised for charitable purposes since the beginning.

The entry fee was raised from \$3 to \$5 this year, the first time in seven years. We felt it was appropriate since t-shirts were a welcome addition to our event.

Tom Jehl, owner of Georgetown Square, was kind enough to contribute the fine quality T-shirts this year. We certainly appreciate his support and generosity to this event.

I know that Crossroad is appreciative and thankful for these funds which will help them provide treatment and a daily structured living environment for teenage residents.

Jim Wilkinson, Recreation Director of Crossroad and the Crossroad volunteers did a commendable job of providing excellent traffic control. Thanks again Jim.

A special thanks to Runner's Week, producer Ann Jamison for filming the run. Runner's Week may be viewed on channel 10 at 8:00 P.M. Thursday and 2:30 P.M. Saturday.

Stop at Colonial Pizza in Georgetown Square and thank Stan Pfeiffer, Mgr. for providing pepsi, teen and water at the finish area. The Waterworks provided distilled water at the finish of our run for the second year. Roger and Marilyn Eley provided water and the use of a hose for the aid station at the 2 mile mark again.

The success of this event is determined by the following individuals, volunteers and establishments:

Bill Sohaski	Media and Publicity	- Fort Wayne Track Club
Mary Sohaski	Reg & Award Results	- David Rogers Rogers Markets Inc.
Marsha Schmidt	"	- Robbie Irons RKO Bottler's
Julia Wilson	"	- Jim Wilkinson Traffic Control
Elaine Krider	"	- Bill Krider Timer
Arlene Fleming	Timing	- Crossroad Volunteers Traffic Cntl
Dave Wilson	Placement Cards	- Tom Jehl Georgetown Square
Michelle Chenoweth	T-Shirt Table	- Steve Jehl "
Tim Fleming	"	- Ann Jamison Runner's Week
Georgetown Merchants	Awards	- Sue Smith Aid Station

*Bill*

Bill Schmidt  
Race Director



AUGUST 13, 1988  
KENT DAVIS 1 MILE FUN RUN

KENT DAVIS 5K

Women

<u>Position</u>	<u>Time</u>	<u>NAME</u>
1	6:40	J. Destefano
2	6:55	D. Kiracofe
3	7:27	J. Miller
4	8:59	A. Yurosko
5	9:52	E. Rasmussen
6	10:03	B. Agness
7	10:12	A. Franklin
8	10:26	J. Perriguy
9	10:55	S. Miller
10	11:04	M. Perriguy
11	11:05	D. Perriguy
12	12:30	B. Yurosko
13	13:24	B. Collins
14	13:37	M. Shovlin
15	14:02	M. Jehl
16	15:12	K. Smith
17	16:01	R. Zimmerman

MEN

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	4:55	D. Erman
2	5:05	E. Connerly
3	5:36	R. Stinson
4	6:58	J. Ward
5	7:26	S. Pfeiffer
6	7:41	Philip Hilger
7	8:08	D. Trenkner
8	8:09	J. Gunder
9	8:12	Patrick Hilger
10	8:30	John Shovlin
11	8:34	B. Reichwage
12	8:48	C. Zech
13	10:07.0	E. Bruch
14	10:07.9	E. Sternberger
15	11:59	D. Smith
16	12:30	K. Bauer
17	13:14	J. Zimmerman
18	13:38	Jim Shovlin
19	14:03	S. Jehl

KENT DAVIS 5K RUN

Women 19 & Under

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	20:57	M. Mannessmith
2	21:58	J. Leckner
3	22:02	B. Borchelt
4	24:47	K. Harris
5	24:59	L. Miller
6	25:02	N. Suever
7	25:03	K. Graham
8	25:28	K. Kuepper
9	25:35	A. Miller
10	26:12	D. Kiracofe
11	26:17	A. Alden
12	26:21	J. Victorson
13	26:53	K. Shearer
14	28:28	T. Gayer
15	31:15	R. Platt

Women 20 - 29

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	19:10	C. Cooper
2	21:21	S. Schuman
3	22:13	S. Eger
4	22:44	A. Hollenberg
5	22:49	B. Berry
6	22:56	C. German
7	23:33	J. Andrews

Women 20 - 29

<u>Position</u>	<u>Time</u>	<u>Name</u>
8	26:53	T. Hoy
9	28:42	J. Trikonis
10	28:55	S. Van DeKeere
11	30:56	L. LeDouceur
12	30:57	J. Ash
13	31:12	J. Calahan
14	31:40	M. Partee

(Con't)

Women 30 - 39

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	* 18:36	M. T. Connerly
2	20:55	D. Waterman
3	22:02	S. Ward
4	23:13	J. Destefano
5	24:20	S. Sipes
6	25:54	C. Brewer
7	27:13	S. Zimmerman
8	28:17	M. Trenkner
9	28:49	V. Jacobs
10	32:10	P. Cierniak
11	35:16	E. Martin

Women 40 & Over

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	23:31	B. O'Neil
2	26:29	J. Klein
3	27:40	B. Sullivan
4	29:28	L. Ort
5	31:55	F. Jacobs
6	33:09	D. Snyder
7	35:57	J. Yurosko
8	1:05:09	S. Pauley

Men 14 & Under

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	18:35	B. Etien
2	18:45	Jon Wilkins
3	19:54	J. Moses
4	19:57	C. Steinacker
5	20:10	M. Swygart
6	20:40	Jamie Wilkins
7	20:42	Z. Welch
8	22:01	J. Oaks
9	22:43	D. Patrick
10	23:16	M. Knee
11	23:35	S. Shoppell
12	23:47	M. Lindley
13	24:10	A. Luttmann
14	25:17	K. Tinker
15	29:32	J. Parkik

Men 15 - 19

<u>Position</u>	<u>Time</u>	<u>Name</u>
1	16:42	M. Stauffer
2	16:53	B. Dormeier
3	17:07	C. Street
4	17:50	J. Gunder
5	17:52	C. Shearer
6	17:55	T. Doerr
7	18:01	C. Bornkamp
8	18:03	J. Tyler
9	18:05	T. Knoblauch
10	18:10	P. Childress
11	18:19	B. Lindley
12	18:20	B. Fisher
13	18:23	J. Wise
14	18:31	C. Hibler

\* COURSE RECORD

KENT DAVIS 5K AUGUST 13, 1988

Men 15 - 19

Position	Time	Name
15	18:32	J. Mc Bride
16	18:59	C. Gant
17	19:09	T. Reed
18	19:20	J. Thurston
19	19:29	R. Squires
20	19:40	J. Marrero
21	19:41	C. Mezzillo
22	19:45.4	K. Felto
23	19:45.9	S. Hoover
24	19:49	D. Stephens
25	20:05	G. Schuller
26	20:19	P. Ferguson
27	20:31	B. Palmo
28	20:45	S. LaLande
29	20:57	F. Page
30	21:21	J. Knisely
31	21:23	M. Kornelen
32	21:34	M. Laudig
33	21:40	P. Thomas
34	21:51	M. Myers
35	21:57	S. Habegger
36	22:19	S. Marrero
37	22:24	R. Moore
38	23:57	J. Mc Laughlin
39	24:55	M. Bruner
40	25:12	S. Butler Jr.
41	25:45	M. Franklin
42	25:57	J. Osterman
43	26:16	K. Van Horn
44	29:09	M. Kennell

Men 20 - 24

Position	Time	Name
1	16:07	J. Beam
2	17:04	T. Gayer
3	21:14	R. Stinson
4	22:22	J. Casaburo
5	23:15	G. Thompson

Men 25 - 29

Position	Time	Name
1	15:36	B. Cooper
2	16:59	P. Knott
3	17:40	T. Wenley
4	18:49	R. Olson
5	18:51	R. Wyatt
6	18:55	J. Pea
7	19:41	J. Berry
8	19:59	J. Conners
9	20:43	J. Forthofer
10	20:47	B. Brewer
11	20:48	J. Rattigan
12	21:08	D. Wilkins
13	21:44	D. Sams
14	21:55	B. Conklin
15	23:38	F. Martinez
16	23:43	R. Mitchell
17	24:14	J. Cawvey
18	25:42	S. Karim

Men 30 - 34

Position	Time	Name
1	16:22	V. Garcia
2	16:32	C. Risch
3	16:39	D. Moord
4	17:18	D. Green
5	17:33	M. Stieglitz

Men 30 - 34 (Con't)

Position	Time	Name
6	18:24	M. Brattoli
7	18:37	D. Zech
8	18:59	T. Gatton
9	19:51	E. Ward
10	20:32	G. Wladecki
11	20:46	B. Moord
12	20:50	D. Duvall
13	20:54.0	K. Truelove
14	20:54.8	S. Foor
15	20:59	G. Hooten
16	21:53	T. Boyer
17	21:54	K. Paris
18	22:13	L. Conner
19	22:18	J. Shovlin
20	22:53	C. Cierniak
21	23:20	S. Sternberger
22	23:55	M. Karim
23	24:28	K. Dove
24	25:10	T. Balliner
25	26:28	R. Gerig
26	26:57	J. Coonan
27	28:30	D. Swain
28	28:31	T. Bennett
29	28:44	L. Dick

Men 35 - 39

Position	Time	Name
1	16:54	D. Kaufman
2	16:58	T. Coonan
3	17:10	M. Robbins
4	18:15	J. Treleven
5	18:58	G. Walker
6	19:26	D. Ford
7	19:46	R. Kingsbury
8	20:15	D. Strayer
9	20:36	A. Oaks
10	21:29	J. Hilger
11	21:47	L. Gonaware
12	21:56	M. Callahan
13	22:08	G. Ferriguy
14	22:49	K. Myers
15	23:29	R. William
16	24:29	B. Hamilton
17	24:41	R. Smith
18	24:51	J. Trenkner
19	26:16	D. Young

Men 40 - 44

Position	Time	Name
1	19:21	D. Lindley
2	19:48	D. Reichwage
3	20:41	S. Adkinson
4	20:49	T. Penrose
5	20:52	R. Breckler
6	20:53	P. Luttmann
7	22:05	F. Waterman
8	22:48	D. Fuss
9	23:05	R. Yurosko
10	23:10	R. Andie
11	23:40	R. Clay
12	25:04	R. Suever
13	25:26	T. Staak
14	26:05	T. Agness
15	26:31	J. Miller
16	26:40	L. Piano

## Men 45 - 49

<u>Position</u>	<u>Time</u>
1	18:06
2	18:34
3	19:27
4	19:33
5	19:50
6	21:11
7	23:15
8	23:27
9	24:35
10	25:41
11	28:45
12	28:57

Name

J. Perkins
W. Barker
J. Klein
B. Burgette
D. Boylan
T. Felger
J. Rasmussen
R. Dugan
J. Heymann
K. Miller
J. Grantham
R. Burdek

## Men 50 - 59 (Con't)

<u>Position</u>	<u>Time</u>
11	25:16
12	25:50
13	26:26
14	28:51
15	28:53

Name

D. Daniel
J. Jedinak
D. Rhodes
R. Hockensmith
R. Phillips

## Men 60 &amp; Over

<u>Position</u>	<u>Time</u>
1	23:09
2	23:15
3	23:43
4	25:21
5	30:37

Name

D. Kemp
V. Chovan
W. Adams
J. Shull
W. Williams

## Men 50 - 59

<u>Position</u>	<u>Time</u>
1	19:30
2	19:31
3	22:34
4	23:59
5	24:21
6	24:54
7	25:46
8	29:14
9	29:15
10	30:58
11	31:13
12	32:24
13	46:28

Name

M. Kast
R. Sibel
H. Lewis
D. Sive
F. Schneider
G. Striggle
S. Schwartz
J. Jedinak
T. Kent
D. Schubert
R. Phillips
T. Jehl
S. Pauley

## Men 60 &amp; Over

<u>Position</u>	<u>Time</u>
1	22:29
2	23:06
3	25:34.0
4	25:34.7
5	26:22
6	26:23
7	28:46
8	35:58

Name

D. Anderson
V. Chovan
P. Snyder
J. Shull
R. Hockensmith
J. O'Neil
C. Fleetwood
W. Williams

12

We're  
**OPEN**  
24 HOURS

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**BIG BOY**  
Family Restaurants

6



October 1978

## OCTOBER 22 MEETING & RACE

There is a meeting after the October 22nd Race. The main purpose of this meeting is to elect the officers for 1979. By doing this in October, we will not interfere with your holiday plans.

The race will be Two Man-8 Mile Relay alternating every two miles. You will pair up on spot. Registration opens at 1:00 pm with a One Mile Fun Run beginning at 1:30 pm. The Eight Mile Race starts at 2:00 pm. This will be held at Foster Park by tennis courts. An entry fee of \$.25 for FWTC members and \$.50 for non-members will be charged. The age divisions are as follows: 15 & Under; 16 - 19; 20 - 29; 30 - 39; 40 - 49; 50 & Over; and Women's 29 & Under and 30 & Over.

## NOVEMBER 12 RACE

A 13.1 Mile Major Point Race will be held at Heritage High School at 2:00 pm. Contact Dwayne Garrett at 483-1909 for further information.

## PATWIN INC. SPONSORS CRAIG VIRGIN FOR LINCOLN 10,000

It certainly was great to have a World class runner like Craig Virgin run our Lincoln 10,000. It's hard to comprehend someone running 29:53 in 82 degree temperatures and yet make winning look so easy. As directors of the race, Charlie Brandt and myself were really thrilled to be able to bring Craig to town. What most of you probably do not know is that the decision to bring Craig in did not occur until two days before the race. Craig actually talked to Charlie about coming to Ft. Wayne two weeks before race day. Unfortunately at that time our entire allotment for travel funds had already been exhausted. Therefore, it was necessary to seek an outside sponsor. A telephone call and consequent meeting with Patwin Inc. secured the necessary travel expenses.

Prior to meeting Ted Patterson of Patwin, I was not even aware that this company existed. The company is a Ft. Wayne enterprise which manufactures two athletic items which I am sure many of you would be interested in. One item is a blister protective sock which the maker claims both prevents blisters and aids in the healing of already blistered feet. Both Craig and Steve Heidenreich wore a pair during the race and expressed a lot of enthusiasm about them. They also make an aid for the prevention and cure of shin splints. Neither of these items are completely new to the market and have been used by athletes in all sports both on the high school and collegiate levels.

If you want further information about these products, contact: Patwin Companies, 5401 Keystone Drive, Ft. Wayne, IN 46825, 482-8522.

Gary Dexheimer

November 1978

### NOVEMBER 12 RACE

A 13.1 Mile Major Point Race will be held at Heritage High School. The course will be out and back with an aid station at the 4 and 9 mile marker. Registration begins at 1:00 pm with a One Mile Fun Run starting at 1:30 pm. The 13.1 Mile Race starts at 2:00 pm. Ribbons will be given to the top 10 finishers in each age division. Participant ribbons will be given to all finishers. There will be a raffle drawing of merchandise contributed by Spiece's, Dannon Yogurt and Dr. Pepper will furnish refreshments. The entry fee for the 13.1 Mile Race is \$1.00 for non-members and \$.50 for FWTC members. The entry fee for the One Mile Fun Run is \$.50 for non-members and \$.25 for FWTC members. Heritage High School is located S. E. of New Haven at Monroeville and Franke Roads.

### TENNIS, ETC. 1st ANNUAL 4-MILE CROSS COUNTRY RACE

This race will be held November 19 at 2:00 pm at 202 Racquet Drive. Registration begins at 12:45 pm with a One Mile Fun Run beginning at 1:30 pm. There will be trophies and ribbons in age divisions plus many other surprises. Contact Joe Ziegler at 493-2336 or Tom Mather at 484-8621 for further information.

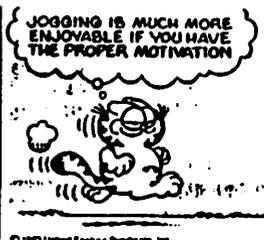
### DIDIER TURKEY TROT

The Turkey Trot will be held November 18 at 10:00 am at Schoaff Park. A \$2.00 pre-entry fee may be mailed to: Dean Slavens, 4217 Richfield Lane, Ft. Wayne, IN 46816. The post-entry fee will be \$3.00. A Three Mile Run will be held for Boys 13 & Under and Open Women. A Six Mile Run will be held for men in the following divisions: 14 thru High School; 19 - 25; 26 - 35; 36 & Over. A turkey will be awarded to the winner of each division except high school and medals will be given through the 5th place.

### NOVEMBER 26 RACE

This race has been cancelled.

\*\*\*\*\*



WOMEN-TOP TWO

		<u>PLACE</u>	<u>NAME</u>	<u>CITY, STATE</u>	<u>TIME</u>
OVERALL	(64)		DEB STARK	EDGEMONT, OH	21:22.1
13 & UNDER			NONE		
14-18	1	(66)	JENNIFER MOORE	REY, OH	21:27.6
	2	(69)	ANNETTE BERGMAN	REY, OH	21:33.4
19-29	1	(78)	BECKY PARIKH	ANGOLA, IN	22:16.6
	2	(98)	JESSICA PARRIER	ANGOLA, IN	24:16.3
30-39	1	(76)	VIOLA CHAZ	HOLCATE, OH	22:10.7
	2	(79)	DARLENE CORZALES	WEST UNITY, OH	22:17.1
40-49	1	(102)	KATHLEEN DOUGLAS	AUBURN, IN	24:22.7
	2	(105)	KATHY RODRIGUES	ANGOLA, IN	24:45.1
50-59			NONE		
60 & UP			NONE		

WOMEN-TOP THREE

			<u>NAME</u>	<u>CITY, STATE</u>	<u>TIME</u>
OVERALL	( 1)		MARK SANDERSON	VAN WERT, OH	15:34.3
13 & UNDER	1	(21)	BOB VULCH	WAVILAND, OH	18:27.7
	2	(53)	ANDREW TOWNE	WATERVILLE, OH	20:40.9
	3	(63)	JIM WOFF	BUTLER, IN	21:19.1
14-17	1	( 7)	LYON BAUER	REY, OH	18:47.8
	2	(10)	MIKE ROSSER	DEFIANCE, OH	17:44.2
	3	(12)	JON STEVENS	DEFIANCE, OH	17:48.4
18-24	1	( 2)	KENT MARRSHEDITH	ANGOLA, IN	15:45.6
	2	( 3)	DANIEL HIE	SHERWOOD, OH	15:58.5
	3	( 4)	BRIAN SHEPHERD	WELLS, IN	16:01.2
25-29	1	(16)	BURT FLOCK	NAPOLDON, OH	18:05.0
	2	(27)	DICK FURNISH	AUBURN, IN	18:41.3
	3	(29)	RICK LAUZLICK	ARCHSOLD, OH	18:45.3
30-34	1	( 6)	NAL PEARSON	ALSIOM, IN	18:27.4
	2	(17)	CARL HANSON	AUBURN, IN	18:07.4
	3	(25)	BRAD RUFENACHT	ARCHSOLD, OH	18:40.5
35-39	1	( 9)	DONALD BASBOR	HAUSEON, OH	17:33.1
	2	(19)	KEVIN ALBRICHT	PAULDING, OH	18:20.7
	3	(91)	MARK HETTER	FORT WAYNE, IN	23:22.7
40-44	1	(11)	JAMIE MILLER	SPENCERVILLE, IN	17:46.7
	2	(41)	DALE CABLE	ROLLAND, OH	19:34.7
	3	(43)	ROBERT BRECKLER	DEFIANCE, OH	19:39.8
45-49	1	(14)	MIKE MYERS	OTTAWA, OH	17:55.3
	2	(23)	TOM VOICZ	BRYAN, OH	18:37.5
	3	(40)	JOHN ELSER	AUBURN, IN	19:28.1
50-59	1	(35)	CRAIG MILLER	EDGEMONT, IN	19:07.6
	2	(48)	FRED DICKINSON	BOWLING GREEN, OH	20:07.3
	3	(57)	BOB GERSHEIMER	FORT WAYNE, IN	20:49.5
60 & UP	1	(113)	KEE DIBLER	FORT WAYNE, IN	25:39.2

## ST. PATRICKS BRYAN, OHIO 10K 1988

WOMEN-TOP TWO

		<u>PLACE</u>	<u>NAME</u>	<u>CITY, STATE</u>	<u>TIME</u>
OVERALL	(29)		DEBORAH KARL	HARDZE, OH	41:42.8
13 & UNDER	1	(82)	TRACY CURDAX	CHICAGO, IL	55:17.7
	2	(85)	KRISTY EDWARD	TOLEDO, OH	61:16.7
14-18	1	(49)	JEHMT ALTHOFF	SYLVANIA, OH	45:14.9
	2	(62)	LOUIE MALAREY	Hudson, MI	49:02.3
19-29	1	(39)	SANDY BUCHAN	HUNTPFLIER, OH	43:45.9
	2	(72)	ROBYN HOLLOWAY	NEWCLOVA, OH	51:04.6
30-39	1	(64)	JUDY GRIFFITH	TEPPERANCE, MI	49:28.3
	2	(80)	BONNIE PRESSLER	BRYAN, OH	52:33.3
40-49	1	(75)	SUSAN ALTHOFF	SYLVANIA, OH	51:45.1
	2	(83)	SHARON SHOCK	DEFIANCE, OH	57:20.2
50-59			NONE		
60 & UP			NONE		

WOMEN-TOP THREE

			<u>NAME</u>	<u>CITY, STATE</u>	<u>TIME</u>
OVERALL	( 1)		FERRY HUNTER	NAPOLDON, OH	31:28.4
13 & UNDER	1	(90)	RYAN YARN	FORT WAYNE, IN	68:45.0
14-17	1	(11)	MIKE BALL	Hudson, MI	36:52.2
	2	(15)	FRED MYERS	CRIVE CITY, OH	38:14.1
	3	(21)	JEFF RUXKE	Hudson, MI	39:38.9
18-24	1	( 5)	TOM ROMANOSKI	Hudson, MI	37:03.4
	2	( 6)	STEVE MOATS	BRYAN, OH	35:13.0
	3	( 7)	PAUL CEARNE	WILLESRIE, OH	35:17.4
25-29	1	( 2)	RARDY LYONS	Hudson, MI	33:35.7
	2	(12)	ROGER TERNHART	BRYAN, OH	36:57.2
	3	(14)	TIM WOSSENHOLDER	NEWCLOVA, OH	37:35.0
30-34	1	( 4)	MICHAEL HINES	NAPOLDON, OH	33:54.9
	2	( 9)	JIM ELLERT	AUBURN, IN	35:45.9
	3	(16)	CRAIG RUFENACHT	HAUSEON, OH	38:45.0

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**BEST FOR THE LONG RUN**

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

WOMEN		MEN	
35-39	1 (1) KEN WELSHIER	1 (1) ANGIE KARCSON	1 (1) LISA CUMBI
	2 (2) DAVID JIMENEZ		2 (2) BRANT BRIND
	3 (3) WILLIAM BRON		3 (3) STEVE MOYS
40-44	1 (1) PHIL MC CARTNEY		1 (1) JEFF WILLIAMS, JR.
	2 (2) JIM ROBBINS		2 (2) FORT VAYNE, IN
	3 (3) JIM HARNA		3 (3) FORT VAYNE, IN
45-49	1 (1) TOM REYLIDER		1 (1) NICKSVILLE, OH
	2 (2) BRAD DEFL		2 (2) BRAN, OH
	3 (3) MIKE SULLIVAN		3 (3) BRAN, OH
50-59	1 (1) JACK SHIR		1 (1) HICKSVILLE, OH
	2 (2) JIM CRINE		2 (2) BRAN, OH
	3 (3) VON ROBERTS		3 (3) HICKSVILLE, OH
60 & up	1 (1) ELLIOT RENOLDS		1 (1) HICKSVILLE, OH
	2 (2) BILL LEPPEL		2 (2) BRAN, OH
	3 (3) BOB REERS		3 (3) HICKSVILLE, OH
1 MILE RESULTS			
	1 (1) TOLDO, OH		1 (1) TOLDO, OH
	2 (2) DEFLAC, OH		2 (2) LIMA, OH
	3 (3) TOLDO, OH		3 (3) LIMA, OH
	4 (4) TOLDO, OH		4 (4) TOLDO, OH
	5 (5) TOLDO, OH		5 (5) TOLDO, OH
	6 (6) TOLDO, OH		6 (6) TOLDO, OH
	7 (7) TOLDO, OH		7 (7) TOLDO, OH
	8 (8) TOLDO, OH		8 (8) TOLDO, OH
	9 (9) TOLDO, OH		9 (9) TOLDO, OH
	10 (10) TOLDO, OH		10 (10) TOLDO, OH
	11 (11) TOLDO, OH		11 (11) TOLDO, OH
	12 (12) TOLDO, OH		12 (12) TOLDO, OH
	13 (13) TOLDO, OH		13 (13) TOLDO, OH
	14 (14) TOLDO, OH		14 (14) TOLDO, OH
	15 (15) TOLDO, OH		15 (15) TOLDO, OH
	16 (16) TOLDO, OH		16 (16) TOLDO, OH
	17 (17) TOLDO, OH		17 (17) TOLDO, OH
	18 (18) TOLDO, OH		18 (18) TOLDO, OH
	19 (19) TOLDO, OH		19 (19) TOLDO, OH
	20 (20) TOLDO, OH		20 (20) TOLDO, OH

# Connollys flying to Ireland for race

By M.L. ALLREAD  
Dublin Sports Editor

Flying to Dublin, Ireland, may seem a far distance to travel to run a 26-mile, 385-yard race.

But so Mary and Robert Connolly, sister and brother from Fort Wayne, it makes perfect sense, even though both have different reasons for competing in the 1968 Dublin Marathon.

Mary, 32, an accomplished distance runner, has competed in 15 marathons and dreams of qualifying for the Olympic marathon trials in four years.

She is seeded in the Dublin Marathon on Oct. 31, and her goal is to place high in the field, which could exceed 8,000 runners.

On the other hand, Robert, 36, runs to stay fit for other sports, such as his Thursday night softball league. He has never attempted to run a marathon and is going to Dublin with one goal: to cross the finish line.

"I'm so far behind Mary (in training) that we're not in the same league," said Robert, an attorney with Sowers Larson Rebeck & Connolly. Mary began running when she would join me for recreational runs, but she's since surpassed me."

Although on different levels of competition, both Mary and Robert share the desire to compete in Dublin where they have relatives and family roots.

"This year is the 1,000th anniversary of the city, so this is a special (race) — one to celebrate with the city," Robert said.

He presses Mary's accomplishments and has traveled with her as part of her support team when she competes.

Mary has been competing since 1979 when she entered the Lincoln 10,000. She vividly

## Door profits

remembers the inaugural run: "I thought I was going to die.

"It took me 56 minutes, but I finished eighth in my age group, and I got a ribbon. That little ribbon inspired me to stay with it. Now I run that distance in 36 minutes," she said.

Rarely missing a day of running, her daily 6- to 8-mile trek provides a transition from her job as sales manager at Fort Wayne Forwardly.

"I'm addicted. I'm much easier to get along with after I have had my run," she said.

Constant training keeps her in form to compete in about 25 races each year. Since she began competing (about 180 races ago), Mary has won nearly every area race.

Already this season, she can add to her racing scrapbook first-place finishes in the WAHNER 10-mile run, the Central Soya 5-mile race, North American Van Lines 15K, Big Brothers/Big Sisters 5-mile run and a second-place finish in the Indianapolis mini marathon, which included 7,000 runners.

Her marathon experience has included three Boston Marathons, the Chicago Marathon and attempts to qualify for the Olympic trials last year.

"I was going through a lot of injuries and missed qualifying in one race by one second," Mary said.

With women, such as Pricella Welch, 42, winning the New York Marathon, however, Mary has hope for a second chance at an Olympic berth.

"Seeing someone her age do that is the kind

of thing that keeps you going. I figure in another four years, I have another chance (at qualifying for the Olympic trials)," she said. "I am working to stay healthy. Fred Louages helped me reduce my injury problem with orthotics (shoe inserts which support the weaknesses in the foot.)"

Her dedication to running and competition provided the background for Mary to be selected for Elonic Sportswear's racing team two years ago.

She is one of 150 runners, ranging in skill from amateur to world class, who receive free Elonic racing shoes and clothing to wear when racing.

"It's a great program, and it seems so ironic because it's giving me things for what I like to do," said Mary, who was selected for the program based on her racing history.

All eight Connolly siblings are active in recreational sports, which has given both Mary and Robert additional support for their endeavors.

In June, Robert set his goal to compete in the Dublin Marathon. At that time, he had a history of the extreme summer heat, which was one of the worst times to be in Dublin. He's a distance runner.

"I've been running ever since I was 10. I'm up to 30 miles a week now," said Robert, who was the head soccer coach at the University of Notre Dame for three years.

Like Robert, Mary continues setting goals to stretch her performance. She knows she can do the distance, now it's time to work on speed.

"That's the game thing about running," she said. "You can do as much or as little as you want, it's very individual. But whatever you do, you can keep setting different goals and keep working to meet them."

# NUTRITION IN QUESTION

Question ---  
Tell me more about carbohydrate foods. I run about 50 to 60 miles per week. Are high carbohydrate meals ideal for me? That would be fine with me since bread products and baked potatoes rank high on my favorite food list.

Dan

Dear Dan,

Carbohydrate foods are the number one fuel choice for exercise energy. Say yes to carbohydrates! They supply high octane fuel to working muscles. Runners, bikers, swimmers, football players, weight lifters, wrestlers, etc., all need high carbohydrate meals. Sixty percent carbohydrate meals are ideal for athletes. This translates to 400 to 650 grams of carbohydrate per day.

Would you fill your car's tank with oil? No! You'd have major car repairs if you did. Cars accelerate and cruise best with high quality gas. We, runners, perform best after daily meals rich in breads, cereals, fruits and vegetables. What fills your meal plate? Food variety is always a must. We'd be anemic and/or protein malnourished if we skipped meat, poultry, fish, milk and egg products. Let's do keep Jamison Meats in business.

A fuel packed nutritious meat plate would be two-thirds carbohydrates and one-third protein. Another way of viewing it would be to consider a plate with one baked chicken breast, two baked potatoes, steamed broccoli, an apple muffin, and fruit salad.

You can have 400 to 550 grams of carbohydrates daily! The 400 level would be right for a 25 mile per week runner. A runner traveling 50 to 60 miles per week needs at least 500 milligrams of carbohydrates per day. Carbohydrate foods do refuel exercised muscles.

Take a guess on how many small potatoes equal 500 grams of carbohydrates - 10 to 20? 20 to 30? 30 to 40? 40 to 50? Keep reading, the answer will be given.

A basic high carbohydrate diet may not be real appealing. Especially if the focus is on just one kind of carbohydrate, like potatoes.

Plates of baked potatoes, washed potatoes, boiled potatoes or potato salad can meet a runner's exercise energy needs but living on potatoes is boring. Besides, what runner would give up pizza or burger and buns?

Serve yourself high multigrain bread, cereal, fruit and vegetable meal plans. Our food markets are stocked with satisfying selections. The food combinations are endless. Provided here is a carbohydrate food table. Use it to plan high carbohydrate meals. Following the table is a one day sample 500 gram carbohydrate meal plan. For variety change the types of breads, cereals, fruits, or vegetables. Use the sample plan as a guideline for your food choices.

Eat and enjoy the fuels for fitness!

Question/Answer Time - 30 to 40 small potatoes equals 500 grams of carbohydrate.

Happy Eating,

*Judy Tillapaugh* R.D.  
Judy Tillapaugh, R.D.  
Community Dietitian

## CARBOHYDRATE FOOD TABLE

MILK GROUP	CARBOHYDRATE (grams)
Cheese, American, 1 slice	-
Cocoa, 3/4 cup	19
Ice Cream, Vanilla, 1/2 cup	16
Milk, Lowfat (2%), 1 cup	12
Milkshake, Chocolate, 10.6 oz.	63
Pudding, Chocolate, 1/2 cup	30
Yogurt, Strawberry, 1 cup	42
FRUIT-VEGETABLE GROUP	
Apple, medium	20
Applesauce, 1/2 cup	30
Apricot, dried, 4 halves	10
Bananas, medium	26
Beans, green, 1/2 cup	3
Beans, lima, 1/2 cup	17
Broccoli, stalk, 1/2 cup	4
Cantaloupe, quarter, med.	7
Carrot Sticks, 5 inch	5
Corn, 1/2 cup	16
Fruit Salad, 1/2 cup	25
Grapes, 1/2 cup	12
Orange, medium	16
Orange Juice, 1/2 cup	13
Pear, medium	25
Potato, Baked, large	30
FRUIT-VEGETABLE GROUP (cont'd.)	
Potatoes, French-Fried, 20	31
Potato, Sweet, half medium	18
Raisins, 4 1/2 Tbsp.	33
Squash, summer, 1/2 cup	3
Squash, winter, 1/2 cup	14
Tomato, 1/2 medium	5
Watermelon, 1 cup	13
GRAIN GROUP	
Bagel	28
Bread, Whole Wheat, slice	11
Cornbread, 2 1/2" x 3"	30
Cornflakes, 3/4 cup	16
Crackers, graham, 2	10
Crackers, saltines, 5	10
Noodles, egg, 1/2 cup	19
Oatmeal, 1/2 cup	12
Pancake, 4" diameter	9
Rice, 1/2 cup	25
Roll, hamburger	21
Tortilla, corn, 6" diameter	14
Waffles, 2, 3 1/2" x 5 1/2"	17

COMBINATION FOODS

31	Chili Con Carne, 1 cup
20	Macaroni and Cheese, 1/2 cup
43	Pizza, Cheese 1/4 of 14" pie
8	Soup, Chicken Noodle, 1 cup
23	Soup, Cream of Tomato, 1 cup
39	Spaghetti and Meat Balls, 1 cup
"OTHERS" CATEGORY	
(fats, sweets, and alcohol)	
24	Chocolate Syrup, 2 Tbsp.
14	Cookie, Sugar, 3" diameter
17	Gelatin Dessert, 1/2 cup
13	Jelly, Current, 1 Tbsp.
5	Popcorn, Plain, 1 cup
29	Sherbet, Orange, 1/2 cup
25	Soft Drink, Cola, 1 cup
4	Sugar, 1 tsp

SAMPLE HIGH CARBOHYDRATE MEAL PLAN

Breakfast:

- 1 to 2 cups Nutra Grain Cereal
- 1 toasted raisin bagel
- 1 to 2 Tbsp. Jam
- 1 to 2 cups, orange juice
- 1 cup low fat milk

Lunch:

- 2 ounces turkey or ham
- 2 slices, wheat bread
- lettuce and tomato slices
- Banana
- 1 oatmeal chocolate chip cookies
- 1 cup fruited yogurt

Snack:

- apple or pumpkin muffin
- 1 cup apple cider

Dinner:

- 2 to 4 ounces herb baked meat or fish
- 1 baked medium potato or 2 small potatoes
- 2 pumpkinlike dinner rolls
- 1 cup tender crisp California Blend vegetables
- 1 cup raisin sherbet
- 1 cup low fat milk

Snack:

- 4 to 6 cups popcorn
- 1 bottle imported beer of choice

Ingredients:

1 cup wheat flour  
1 cup brown sugar  
1/2 tsp. soda  
1/2 tsp. salt  
1/4 cup oil  
1 egg  
1 tsp. vanilla  
1 1/2 tsp. cinnamon  
1 cup dry quick cooking oats  
1/2 to 1 cup oat bran  
1 to 1 1/2 cup chopped apples  
1/2 to 1 cup chopped raisins or dates

Method --- Combine all ingredients in a mixing bowl. Mix well. Spread mixture in a greased 9" x 13" baking pan. Bake at 350 degrees for 15 to 20 minutes or until it tests done. Cool. Cut into bars. Yield - 2 dozen bars.

## **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

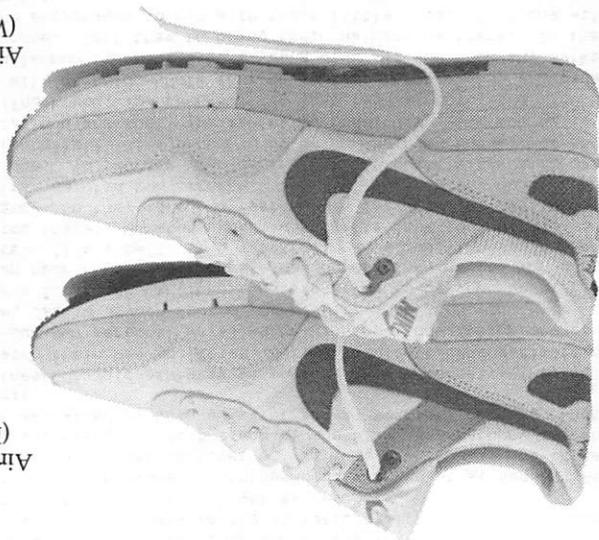
**Treasurer** — Don Lindley

**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!!**

# PEGASUS IMPROVED.

Air Pegasus (Men's)



Air Pegasus (Women's)

The NIKE Air Pegasus. The world's best-selling running shoe is now even better. NIKE-AIR® cushioning and Phylon™/polyurethane midsole for improved comfort. Center-of-Pressure Waffle® outsole and optional arch support for the same great fit. The Air Pegasus. The best just got better.



GLENBROOK SQUARE  
NEXT TO THE ICE RINK  
484-4322



For the past two weeks, I have been glued to Channel 33 as much as possible to view the 1988 Seoul Olympic coverage. What a spectacle! Each event highlights athletes with specific well-developed physical and mental skills.

It's amazing what our fellow fitness enthusiasts can do. They're all dedicated to perform as closely as they can to their optimal level. If I could, I would award all of them gold medals.

Our reward system seems too heavy on recognizing the top athletes. Yes, they do deserve our praise. They do set levels of achievement towards which other participants can work. But they don't deserve all the glory. In most events, there's a fine line between the athletic abilities of number one through number ten. In my opinion, they all get my respect.

Besides athletic achievement, brotherhood is abundant at Seoul. Athletes from around the world are joined together not just to compete but to gain new friendships and experiences. At the end of the women's marathon, an exhausted Japanese runner was aided by both a Soviet and an American runner. What a neat symbol of humanity.

We watch these Olympic athletes in wonder and excitement. They're great. We may never match their All-American abilities, but we shouldn't underestimate our qualities. In our own personal ways, we're winners, too. Let Florence Griffith-Joyner, Jackie Joyner-Kersey, Nancy Ditz, Mark Conover, Pete Fitzinger, Steve Scott, or Carl Lewis motivate you to be your best.

I too often hear runners put themselves down. They're losing darts at their own hearts. "I'm slow!" "I'm fat!" "I ran a bad time!" "My stride's too short!" Stop these! Search negative thoughts from your mind. Would Edwin Moses think these? Do they make you feel good? They make me feel worse. Be good to yourself. Be glad you can run. Smile. You're great no matter how fast or how far you run. To improve your self-image, frequently say affirmations to yourself. Tell yourself, "I'm proud to be me." The rewards will be many.

The applications are out! The marketing continues! The course is measured and certified (Thank you, Tom Loucks)! In less than a month, the 1988 Summit City 10 km Run will be held. Note that this year, there's also a 5 km walk and a Pee Wee 1/4 mile run for kids 2 to 6 years old. If you know any walkers, invite them to come. Tell them to bring their walking partners. In the Pee Wee Run, parents are encouraged to run with their little ones. Everyone will get prizes and have fun.

The Summit City Fitness Day is Sunday, October 23rd. It will be a good time for all. This "Inside Track" is a combined October/November issue. Due to newsletter costs, we needed to make this decision. We will also do a combined December/January issue. You still will get "The Indiana Runner" in both October and November. All club members should be getting it.

There's only a couple months left in 1988. Soon we'll be wearing gloves and stocking caps again. As the year ends, remember to renew your track club membership. You can do so now. Any new member can join the club now for next year and still get the remaining 1988 benefits. A track club membership application is on the last page of this "Inside Track."

Soon we will be designing our 1989 event calendar. Speak your piece! What do you want the club to do? At our Scholarship Fund Run, we had only 40 runners. Where were you? We officers try to offer what club members desire. Obviously we didn't this time. If you have any suggestions for the club, please send them to me. Thanks.

Officers for the 1989 Track Club Board will be elected November 12th at the Hillly 4 Run. If you know of a good potential board officer, you can nominate them election day. New blood to the club is always welcome!

See you at the Summit City 10 km Run!

IPFW / FORT WAYNE TRACK CLUB  
2nd ANNUAL SCHOLARSHIP 5Km CROSS COUNTRY / ROAD RACE

SITE: IPFW Campus

September 11, 1988

WEATHER: Sunny 80°

COURSES: 5Km College cross-country, all grass, marked, relatively flat.  
5Km Road race, loop course on campus streets, flat and fast.

5Km Road Race results

1. John Treleaven	36	18:14	Course record!
2. Don Bashor	38	18:29	
3. Bernie Motycua	46	19:29	
4. Tony Gatton	32	19:47	
5. Dave Smith	39	20:46	
6. Dewey Culbertson, Jr.	39	20:57	
7. Kevin Olszowy	33	21:08	
8. Chuck Okorowski	44	21:19	
9. Dick Harnly	50	21:30	
10. Kathy Harmon	40	21:44	1st Woman, Course record!
11. Don Anderson	61	22:51	
12. Randy Williams	37	23:05	
13. Tom Boyer	33	23:20	
14. Chris Kennedy	11	23:54	
15. Fran Van Wagner	53	24:00	
16. Bill Squires	36	24:06	
17. Dean Sharp	41	24:11	
18. Judy Davis	36	25:58	
19. Mike Hey	43	26:02	
20. Robert Hockensmith	60	26:12	
21. Charles Welch	55	27:27	
22. Belinda Sharp	38	28:05	
23. J.P. Jones	60	29:08	
24. Roger Phillips	60	30:27	
25. Sue Armstrong	34	32:45	

5Km Cross-country results

1. Mike Fast	19	18:38
2. Mark Kuhn	22	18:52
3. Don Lindley	44	19:51
4. Lynn Armstrong	41	19:52
5. Melvin Hochstetlee, Jr.	48	22:54
6. Murtaza Karim	34	23:28
7. Benjamin Horrell	15	23:29
8. Jeff Raff	41	24:48
9. Steve Butler	42	25:02
10. Shabir Karim	28	30:25
11. Nicholas Horrell	7	35:54

5Km Team Road / Cross Country

1. Joe Ziegler	52	21:09	Road
Mark Earnest	27	23:04	XC
2. Steven Butler, Jr.	15	25:23	XC
Matt Franklin	17	25:54	Road

Mike Kast, Race Director and Cross-country Coach IPFW

FROM THE EDITOR

As the new editor of THE INSIDE TRACK I'd like to share some objectives with you. But first, a big thank you goes to Ron Horan for the great job he did as editor during the last two years. Ron will continue serving the FWTC as a vice president.

During the next 4 months, we have decided to publish the newsletter in bi-monthly editions beginning with this issue, Oct/Nov, and the next issue Dec/Jan. This will be done for several reasons, but mostly due to the lack of races, race results, and generally slow activity during the winter months. The Feb. issue will return us to monthly editions and kick off spring training with 1989 race schedules and training tips.

Having run my first marathon in 1975, and having run 34 more since, I'm starting my 14th year of running. Additionally, I plan on surpassing a runner's milestone in '89. That is, in the next few months I hope to pass the 24,902 mile mark — the equivalent of running completely around the earth. Running "ultra's" the past 6 years have certainly helped me achieve this.

My past experiences with other publications and running clubs should benefit me as editor, bringing you an interesting newsletter each month. But an organization's newsletter needs input from the membership. Please call, write and send information you'd like to see each month. Let me know what you'd like to see more of, or less of, each issue. It's your club publication and your opinion is not only important, it's necessary!

Please send me your comments, thoughts, articles, opinions, race results, etc. to:

Chuck Okorowski, Editor  
FWTC Newsletter  
P.O. Box 11703  
Fort Wayne, IN 46860

or call me at 424-1972 (office), or 485-7885 (home).

The deadline for each issue will be the 15th of the month.

As our friends at Bartles & James say, "Thank you for your support!"

# LETTER TO THE EDITOR

1216 West Packard Ave.  
Fort Wayne, In. 46807  
September 4, 1988

Letter to the Editor  
c/o Ron Horan and Chuck Okorowski  
Fort Wayne Track Club  
P.O. Box 11703  
Fort Wayne, Indiana 46860

Dear Sir,

I organized the local, "Save The Children Relay 88" event April 30, which was part of a global effort sponsored by World Runners to save some of the nearly 10,000 children who die each day from diseases such as measles, polio, diphtheria, whooping cough, tetanus, and tuberculosis.

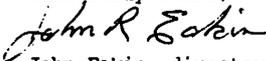
I write this letter to thank the Fort Wayne Track Club for allowing me to announce this event at the annual dinner last February. It is also important to recognize those with a FWTC affiliation who participated and helped to make the 12 hour fun run/walk/ride a resounding success. Our goals were to: 1. raise \$1,000 in pledges; 2. complete 150 miles in Foster Park (the distance across Indiana); and 3. to complete 300 miles in Foster Park (the length of Indiana). Thirty participants, who competed as one team, remarkably raised over \$2,900, covered 150 miles by the fifth hour, and just missed our final goal by a scant 17 miles.

Runners from all over the world raised a total of \$200,000 for the children. 80% of our funds were donated to Save The Children for worldwide child immunization. 20% went to Matthew 25 Health Clinic in Fort Wayne. With the cost to fully immunize a child ranging between \$5 to \$15, the FWTC deserves a great deal of credit for saving the lives of so many little ones. I know that I feel deeply indebted to the FWTC and the members listed below:

Sharon Pauley Don Lindley Ray Sibrel Craig Miller Ryan Hoevel  
Crazy Jerry Mazok Jack Morris Betty McDade-Maylan Chuck Okorowski  
Alan Oaks and Family Larry Lee

I hope to make this low key, fun event an annual affair with 50% of the funds designated for Matthew 25 and 50% for Save The Children.

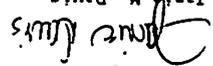
Gratefully Yours,



John Eakin, director, FWTC member

United Way Agency and Equal Opportunity Employer

Jane M. Davis  
Executive Director



Sincerely,

you.  
Your gift makes it possible to continue our efforts. Again, thank  
families in our community through direct service and education.  
Shelter is a model program in the nation helping countless  
four million women and their children. The Fort Wayne Women's  
last year in the United States it affected the lives of three to  
domestic violence is the single largest cause of injury to women.  
On behalf of the Fort Wayne YWCA and the Shelter for Women Victims  
of Violence I would like to thank the Fort Wayne Track Club for  
their generous donation.

Dear Bill:

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

September 12, 1988



"RUN IN THE PARK" 2 & 5 mile run

August 27, 1988

Foster Park

5 Mile Results;

<u>Name + Age</u>	<u>Overall Place</u>	<u>Time</u>
<u>Women 19 &amp; under</u>		
1. Rachel Selking (18)	122	53:56.6
<u>Women 20 to 29</u>		
1. Lisa Snouffer (28)	95	38:46.8
2. Becky Snouffer (26)	104	40:45.5
3. Sanja Shane (23)	105	40:47.0
<u>Women 30 to 39</u>		
1. Mary Theresa Connolly (32)	20	29:46.1
2. Phyllis Suelzer (35)	80	37:08.6
3. Lyn Handlin (32)	85	37:45.1
4. Sue Sipes (32)	92	38:34.3
5. Margaret Stapel (39)	99	39:35.9
6. Wanda Myers (37)	114	43:45.5
<u>Women 40 to 49</u>		
1. Marsha Schmidt (42)	74	36:16.1
2. Joyce Butler (41)	78	36:43.5
3. Ellen K. Schwartz (43)	91	38:14.9
4. Margaret Williams (40)	108	42:11.1
5. Barb Scrogam (41)	117	44:31.7
6. unknown	120	49:32.6
<u>Women 50 and over</u>		
1. Barb O'neil (50)	88	37:50.7
2. Polly Jacobs (62)	123	
<u>Men 14 &amp; under</u>		
1. Jim Oaks (14)	68	36:00.3
2. Michael Lindley (13)	96	38:50.4
3. Adam Luttman (9)	102	40:31.9
<u>Men 15 to 19</u>		
1. Mike Fast (19)	9	28:05.1
2. Jim Kruse (19)	14	28:58.5
3. Doug Camp (17)	22	30:12.1
4. Mark Schoudel (18)	25	30:41.3
5. Chris Beckman (16)	39	32:10.2
6. Benjamis Horrell (15)	113	43:40.3
<u>Men 20 to 24</u>		
1. Jeff Colbert (20)	45	33:30.3

### 5 Mile Results

<u>Name + Age</u>	<u>Overall Place</u>	<u>Time</u>
<u>Men 25 to 29</u>		
1. Tom Loucks (29)	1	26:04.8
2. Paul Knott (25)	7	28:02.3
3. David Reimschisel (28)	32	31:42.9
4. Phil Church (27)	40	32:43.1
5. Martin Walker (25)	42	33:13.7
6. David Zaugg (27)	46	33:32.3
7. Bret Brewer (28)	51	33:53.2
<u>Men 30 to 34</u>		
1. Brad Middleton (31)	2	27:24.6
2. David Dorais (33)	11	28:19.0
3. Terry, Diller (30)	12	28:23.2
4. Mark Brattoli (32)	19	29:43.9
5. Larry Ellis (33)	24	30:39.3
6. Carl Risch (31)	28	31:00.9
7. Kevin Lochner (32)	30	31:07.9
8. Thom Dill (32)	36	31:55.0
9. Keith Caudill (31)	38	31:57.2
10. Howard Klinger (33)	48	33:41.0
11. Kevin Olszowy (32)	49	33:47.4
12. Joe McInnis (31)	63	35:15.8
13. Kurt Paris (33)	64	35:42.0
14. Kevin Truelove (31)	65	35:49.6
15. Tom Boyer (33)	76	36:35.4
16. Geoffrey Wcadect (32)	84	37:40.4
17. Steve Sternberger (34)	90	38:06.8
18. Tom Hannie (33)	98	39:28.6
19. Mark V. Lesse (34)	107	41:16.3
<u>Men 35 to 39</u>		
1. Mike Robbins (39)	3	27:27.3
2. Dan Kaufman (37)	4	27:29.3
3. Terry Coonan (37)	5	27:37.8
4. Gary Dexheimer (39)	6	27:42.3
5. Phil Suelzer (36)	8	28:04.4
6. Steve Coswell (35)	10	28:18.3
7. Dave Ruetschillings (37)	16	29:19.4
8. Neil Tate (37)	17	29:27.8
9. John Treleaven (36)	18	29:37.8
10. Gary Walker (35)	23	30:34.9
11. Dennis Conner (36)	27	30:49.2
12. Dave McDonald (35)	34	31:51.5
13. Alan Oaks (39)	41	33:08.9
14. Don Ford (38)	43	33:15.9
15. Dewey V. Culbertson (39)	53	34:05.7
16. Joe Hilger (38)	55	34:11.5
17. Bob Miller (35)	61	35:03.3
18. Michael Callahan (35)	70	36:08.0
19. Steve Beghtel (37)	71	36:09.6
20. Randy Williams (37)	75	36:27.5
21. Mike Johnson (35)	81	37:29.7
22. Bruce Hamilton (36)	83	37:38.6
23. Harry Quandt (35)	87	37:49.2
24. Michael Throop (35)	93	38:39.4
25. Ken Myers (37)	97	39:07.7

### 5 Mile Results

<u>Name + AGE</u>	<u>Overall Place</u>	<u>Time</u>
<u>Men 35 to 39 (continued)</u>		
26. Mike Hendricks (38)	101	40:22.9
27. David Yoder (39)	109	42:32.7
28. Daniel Bishton (35)	110	42:33.0
29. Jerry Mazock (36)	116	44:31.4
30. Alan Bradley (36)	118	46:38.8

#### Men 40 to 44

1. Jack Williams (40)	26	30:48.9
2. Don Lindley (44)	35	31:51.9
3. Mike Murzolo (40)	44	33:24.8
4. Ron Motycka (43)	47	33:35.8
5. Steve Adkison (44)	52	33:54.7
6. Philip Luttmann (40)	56	34:14.6
7. Jeff Raff (41)	60	34:40.5
8. Jack Reinking (40)	89	38:04.2
9. John Kuker (43)	111	42:33.2
10. Chuck Mills (41)	112	42:39.8
11. Ray Brown (41)	115	44:12.8

#### Men 45 to 49

1. Jerry Perkins (48)	15	29:00.2
2. Woody Barker (49)	21	29:55.5
3. Larry Averbeck (48)	31	31:14.5
4. David Boylan (45)	37	31:55.3
5. Jim McGowin (45)	50	33:52.6
6. Tom Felger (48)	57	34:18.8
7. unknown runner	59	34:37.2
8. Ken Clark (49)	62	35:09.4
9. Jim Scheele (45)	66	35:53.9
10. Ron Heilman (45)	67	35:54.7
11. Melvin Hochstetler (48)	79	36:54.7
12. Dick Dugan (49)	82	37:37.7
13. Eldon Brunner (46)	86	37:47.1
14. Jim Heymann (45)	94	38:42.4
15. Ron Sabins (46)	100	39:47.8

#### Men 50 to 54

1. Ray Sibrel (51)	33	31:45.5
2. Tom Laird (51)	54	34:07.8
3. Norman Whisler	77	36:39.6

#### Men 55 to 59

1. Mike Kast (59)	29	31:03.6
2. Terry Gautsch (55)	72	36:10.7
3. Howard Bash (55)	73	36:12.6
4. Roger Phillips (59)	121	51:53.0

#### Men 60 and over

1. Don Anderson (61)	69	36:05.3
2. Jack O'Neil (63)	103	40:45.1
3. Paul Snyder (60)	106	41:11.7

"RUN IN THE PARK" 2 & 5 mile run  
August 27, 1988

2 Mile results:

<u>Name + Age</u>	<u>Overall Place</u>	<u>Time</u>
<u>Men 14 &amp; under</u>		
1. Ryan Swihart (12)	4	12:15.7
2. Jason Kimmel (13)	6	12:40.1
3. Greg Ward (14)	7	12:58.8
4. Jeff Baker(12)	10	13:08.9
5. Nathan Hannaford (13)	13	13:27.9
6. Jason Pedersen (12)	15	13:43.6
7. Kurt Weigand (13)	21	14:15.3
8. Steve Wright (13)	22	14:23.5
9. Philip Hilger (13)	24	14:53.9
10. Patrick Hilger (12)	28	16:19.2
11. Nate Dill (8)	29	16:20.2
12. Jarod Mills (11)	30	16:34.9
13. Jerry Suelzer (8)	35	17:19.2
14. Brett Graffis (13)	36	17:24.0
15. Shawn Sabins (10)	40	18:35.0
16. Nicholas Horrell (7)	42	18:46.3
<u>Men 15 to 19</u>		
1. Glenn Shuman	17	13:58.7
2. Steve Butler	19	14:02.0
3. Matt Franklin	20	14:12.8
<u>Men 20 to 24</u>		
None		
<u>Men 25 to 29</u>		
1. Tom Blauvelt (26)	11	13:18.0
<u>Men 30 to 34</u>		
1. Carl Risch (31)	1	10:17.5
2. Ted Tiernan (34)	2	11:33.0
3. James D. Klinkofski (32)	8	12:59.1
4. Larry Conner (31)	9	13:08.1
<u>Men 35 to 39</u>		
1. Tom Rehrer (37)	3	11:40.3
<u>Men 40 to 44</u>		
1. Steve Butler (42)	18	13:59.5
<u>Men 45 to 49</u>		
1. Jim Heymann (45)	12	13:25.0
2. Jan Miller (47)	14	13:34.9
<u>Men 50 to 54</u>		
1. Bob Pauley (53)	50	22:48.5
<u>Men 55 to 59</u>		
1. Robert Loomis (55)	27	16:00.7
<u>Men 60 and over</u>		
1. Ellis McCann (63)	34	17:15.2

## 2 Mile Results- Women

<u>Name + Age</u>	<u>Overall Place</u>	<u>Time</u>
<u>Women 19 &amp; under</u>		
1. Cindy Ulch (13)	25	15:23.6
2. Jody Zink (12)	32	16:52.1
3. Miranda Horrell (10)	37	17:32.7
4. Andrea Richard (7)	44	19:55.9
5. Holly Byrd (8)	46	21:21.4
6. Mia Richard (10)	47	21:22.4
7. Deidre Underwood (8)	48	22:45.6
8. Leslie Jacobs (11)	49	22:46.1
9. Cande Beghtel (11)	51	24:07.3
10. Tai Parker (8)	54	26:34.0
11. Maribeth Fields (7)	55	28:45.9
<u>Women 20 to 29</u>		
1. Deborah Apt (21)	23	14:30.4
2. Jill M. Burnett (26)	31	16:49.2
<u>Women 30 to 39</u>		
1. Pam Lochaer (30)	5	12:15.9
2. Becky Heath (37)	26	15:47.9
3. Dee Howell (39)	33	17:08.6
4. June Parker (31)	43	18:48.0
5. Suellen Beghtel (37)	52	26:07.6
6. Kathleen Stachowski (37)	53	26:08.5
<u>Women 40 to 49</u>		
1. Jacque Linder (40)	39	18:33.0
2. Suzi Perry (46)	41	18:35.5
3. Sharon Pauley (48)	56	30:14.2
4. Phylis Brunner (49)	57	30:14.6
<u>Women 50 and over</u>		
1. Doris Snyder (55)	45	20:45.9
2. Jessie McCann (55)	38	18:01.1

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## ***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.

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## '88 MUNCIE ENDURATHON

NATIONAL MASTERS  
FESTIVAL CHAMPIONSHIP  
AUGUST 28, 1988  
SWIM 1.2 MILES  
BIKE 55.3 MILES  
RUN 13.1 MILES

The Muncie Endurathon has become a national championship and Ironman qualifier for those over 40. It has also become one heck of a great event. 36 Ironman qualifying positions were awarded to over 40, male and female, age group winners.

My times improved substantially over last year's race, and for that I was happy. I've been swimming for only 3 years so the 1.2 mile swim distance still tends to intimidate me. The bike and run legs seem "fairly easy," once I get out of the water.

Each of the three disciplines require serious effort, involving three separate distances you wouldn't take lightly. But putting all three together, in succession, results in a very interesting and difficult event. A real Endurathon!

I enjoyed this triathlon very much, probably because it requires tremendous concentration. In long distance racing, whether it be ultra-marathons or triathlons, concentration is an important factor in finishing well. Allow your mind to drift for a few moments and you've most likely lost valuable time.

This triathlon is first class from start to finish. So is the competition. I don't know how many started, but 515 finished. Only 97 of those finishers were from Indiana which gives you a indication of the quality field. Triathletes from 30 states and 4 foreign countries competed for awards and Ironman positions.

The weather was wet and cool as it rained most of the day. The times were the fastest ever as the Mens and Womens Open, and Masters winners broke records.

My splits were 47:48, 3:02:57 and 1:48:44 for a total of 5:39:29. Not bad considering I had to make two emergency stops on the bike - probably from drinking too much water during the swim! The training time to prepare for events such as the Endurathon is tremendous. Trying to balance time, pay attention to a demanding career, find time to swim, bike or run every day, and spend appropriate time with the family, oftentimes seems impossible. Considering that I fulfilled all these obligations, and more, I was pleased with my performance. As in most ultra events, the race itself isn't as difficult as the training needed to properly prepare for the event.

After doing the Muncie Endurathon for two consecutive years, and realizing that the next logical and progressive step is the Ironman distance, I have developed a new respect for anyone who competes in the Ironman!

For the next 6 months, doing laps in the pool and spending countless hours on the wind trainer will be as close as I can get to doing a triathlon.

Until next June when triathlons begin again in the Midwest, Happy Training!

TRIATHLON  
CORNER



By Chuck Okorowski

Jim Bushey  
Karen Barteck  
Melanie Eckert  
Clem Getty  
Lisa Henley  
Martha Hoepfner & Family  
Ben Horrell  
Miranda Horrell  
Nicholas Horrell  
Mike Kast  
Gary Kuhn

Jim Lee  
Brian Lindley  
Don Lindley  
John Pea  
Ellis McCann  
Roger Puckett  
Valarie Puckett  
Carl Risch  
Fred Sheets  
Mrs. Ward  
Chris Welling

## WOMEN'S

# RUNNING

BY JOAN ULLYOT, M.D.

### EVEN SUPERWOMEN GET THE BLUES

After 16 years of running and almost that long writing about it, I am often viewed as an "expert"—not just on running, but on managing my life at the same time. Apparently, that's why I found myself on a panel at the New York City Marathon, discussing women's running with a former marathon champion, a top masters runner, a star triathlete and an Olympic hopeful.

As often happens, the questions went beyond matters of diet and training. What most women want to know is how to do it all, how to be Superwoman.

When my classmates and I graduated from college in 1961, we worried about how to be wives and mothers and career women as well. Now we've added a new role to this tough balancing act: athlete. How do you have it all?

Moderator Sharon Barbano formulated this question for us as the audience waited eagerly. She asked how each of us keep the sides of the

"triangle" of home, work and running in proportion. I listened as intently as the audience while the other panelists spoke.

It immediately became clear that none of us is that elusive Superwoman who can do everything well at the same time. Each of the speakers freely admitted that she struggles with some degree of imbalance among roles.

Nina Kuscsik, a mother and registered nurse, was a top marathoner (winner of both Boston and New York) throughout the 1970s. But she laughed apologetically and said that she didn't do as terrific a job of balancing as people might assume from her list of accomplishments. Kuscsik said she felt more like a survivor than a role model in the balancing battle.

Like Kuscsik, I am a runner and a mother, and I also work in the field of medicine. I'm also divorced, and I drew laughs

by suggesting that the family side of the triangle is easier to manage without a husband to worry about.

The only way to keep my triangle of obligations intact is to overlap the sides as much as possible, so that my family, work and running all intertwine. Luckily, an early switch of my medical interests from pathology to sportsmedicine eliminated most of the conflict between work and running.

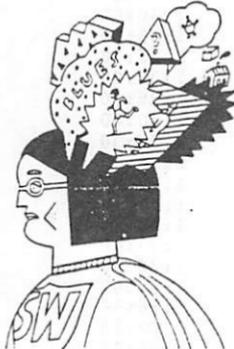
Top masters runner Judy Pickett actually discovered running through her work as a physical educator. The coach of the girls' cross-country team, she simply started running along. Already athletic, Pickett soon excelled as a competitor.

But she admits to some imbalance in the area of her own health and well-being. The demands of work, running and family (a teenaged daughter) combine at times to overwhelm her running and result in injury or illness. "I have to be very careful about myself," she says.

Olympic hopeful Lynn Jennings, 27, seems to have a simpler act to balance. She is, after all, young and unmarried. But Jennings recalls her days as a Princeton student-athlete and the struggle to keep the different aspects of her life in sync. In that tug-of-war between demanding studies, personal life and running, running lost out completely for several years. Jennings found that it was impossible to give full and equal attention at all times to very different areas of her life.

Triathlete Joanne Ernst seems to have found the ultimate way to deal with the three sides of the triangle: merge them into one. Ernst's husband is also her coach and manager, her work is training for and competing in triathlons and she has no children. Her harmonious arrangement is only temporary, however. She plans to go to graduate school eventually, to prepare for a career that she can pursue when her competitive days end.

On the issue of having it all, we panelists agreed that you can't—at least not all at once and not forever. Trying to be Superwoman is exhausting, unrealistic and, ultimately, limiting. If we accept that we can devote full attention to only one role at a time, we are much freer to live our lives as we would like. ■



Fort Wayne Track Club 13.1 Mile Prediction Run  
Saturday, October 8, 1988  
Poster Park

NAME	PLACE	ACTUAL TIME	PREDICTION TIME	DIFFERS
CARMEN LOWE	37	2:13:16	2:13:13	:03
JOEL WISE	15	1:36:51	1:37:00	:09
RICHARD ZINK	21	1:43:26	1:43:00	:26
JAMES R. HEYMANN	32	1:57:33	1:58:00	:27
JOYCE BUTLER	22	1:43:29	1:43:00	:29
JACK MORRIS	13	1:36:18	1:35:30	:48
HARRY QUANDT	29	1:56:07	1:57:00	:53
DAVE WINTERS	10	1:31:58	1:31:00	:58
BARB SCROGHAM	23	1:43:59	1:45:00	1:01
JOE KUHN	14	1:36:23	1:35:00	1:23
ANN JAMISON	20	1:43:23	1:45:00	1:37
JOHN MCGUIRE	18	1:43:22	1:45:00	1:38
BETTY FEAY	31	1:56:51	1:55:08	1:43
DENNIS STRAYER	17	1:43:13	1:45:00	1:47
L.K. CHRISTENSEN	8	1:30:39	1:28:40	1:59
RAY SIBRAL	9	1:30:40	1:32:47	2:07
DON FORD	11	1:32:10	1:30:00	2:10
ANN MIZE	33	1:57:43	1:55:10	2:33
TOM LOUCKS	1	1:13:50	1:16:28	2:38
TOM FELGER	16	1:37:56	1:35:00	2:56
TERRY COONAN	4	1:29:17	1:26:00	3:17
GARY KUHN	19	1:43:23	1:40:00	3:23
DOUG CRAWFORD	2	1:21:58	1:25:30	3:32
ELLEN SCHWARTZ	30	1:56:27	2:00:00	3:33
LIZ RICKNER	34	1:59:00	1:55:00	4:00
JACK O'NEIL	27	1:53:36	1:57:54	4:18
DON LINDLEY	12	1:35:40	1:40:00	4:20
RICHARD BEEMER	25	1:48:18	1:43:00	5:18
TOM RENZ	6	1:29:40	1:35:00	5:20
MELVIN HOCHSTETLER	24	1:44:36	1:50:00	5:24
BARB ONEIL	26	1:51:24	1:56:56	5:32
BEV CHRISTENSEN	35	2:08:21	2:02:16	6:05
JIM MARTIN	28	1:53:42	2:00:00	6:18
PHIL SUELZER	3	1:29:17	1:20:00	9:17
RAY CONTRERAZ	7	1:29:43	1:40:00	10:17
DAVE RUETSCHILLING	5	1:29:18	2:00:00	30:42
SANJA SHANE	36	2:08:39	3:00:00	51:21

The weather was excellent for running. The wind was calm, temperature 57, cloudy. The course flat, out and back three times along as asphalt road where every runner saw each other six times. Congraduations on Tom Loucks and Ann Jamison for finishing with the fastest times. But the prediction run was actually won by Carmen Lowe of Gas City, and Joel Wise of Fort Wayne for predicting their time the closest. Thanks for all of the volunteers: Marsha and Kelley Hoepfner, Rosann and Michael Lindley, Mark Brattoli and Robert Wyatt.

# Coming Events

**OCTOBER 8, 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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(List the Names, Birthdates and Sex of each family member)

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