

the inside track



FORT WAYNE
TRACK CLUB

DEC. 1988

JAN. 1989

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

Attend the Annual Fort Wayne Track Club Banquet

February 18, 1989 6 pm.

at the

Southwest Conservation Club
Bluffton Road

POT LUCK DINNER

*(Bring one dish and a salad or dessert,
your own table service.) Drinks will be
provided by the club, coffee, pop and beer.*



ENTERTAINMENT PLUS

AWARDS

Annual awards will be given out.

FUN

A chance to relax and have some fun.



1989 Fort Wayne Track Club Officers and Board Members

President - Judy Tillapaugh -- 424-6723
First Vice President and Race Schedule Chairman - Ron Horan -- 447-6627
Second Vice President and Race Schedule Assistant - Mike Ducey -- 482-9606
Secretary - Melanie Eckert -- 485-6994
Treasurer and Membership Assistant - Don Lindley -- 456-8739
Points System Coordinator - Tom Loucks -- 622-7108
"Inside Track" Newsletter Editor - Chuck Okorowski -- 485-7885
Publicity Coordinator - David Lallow -- 489-6921
Equipment Coordinator - Clem Getty -- 638-4890
Advertising Coordinator - Rob Wyatt -- 482-3539
Membership - Randy Lavine -- 493-2420

MEMBERSHIP MEETINGS

Monday night January 9, 1989
6:30 pm
Northcrest Pizza Hut

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.



**Fort Wayne Track Club
1989 Area Race Schedule**

February 18, 1989	Fanny Freezer 5k Foster Park/ 2:00 PM Race Director: Denny Marks (219) 447-4567
March 11, 1989	9th Annual Nutra Run 20k, 5 mile, 1 mile Woodside Middle School/ 2:00 PM Race Director: Judy Tillapaugh (219) 424-6723
April 22, 1989	Spring Classic 15k North American Van Lines Headquarters/ 9:00 AM Race Director: Terry Shipley (219) 429-2430
June 17, 1989	Central Soya Community Classic 5 mile, 1 mile Freimann Square, downtown Fort Wayne/ 6:00 PM Race Director: Jim Seiler (219) 425-5345
June 25, 1989	White River Games 5 mile Foster Park/ 8:00 AM Race Director: Judy Tillapaugh (219) 424-6723
September 23, 1989	Parlor City Trot 13.1 mile Bluffton/ 8:30 AM Race Director: Jeni Hirschy (219) 824-3808
December 9, 1989	Just Plain 10k Foster Park/ 2:00 PM Race Director: J.P. Jones (219) 745-7339

Races with undetermined dates:

- We Are Winning 5k
- WNEE 5 and 10 Mile
- Hilly 4
- Run in the Park
- Scholarship Fund Run
- Prediction Run
- Z 10K
- Turtle Days
- Hamilton Lake 5K
- Diet Pepsi 10K
- Three Rivers Biathlon
- Midnight Summer's Run
- Kent Davis 5K
- Summit City 10K

The area race schedule will be updated as dates are announced. If you would like to list an area race or run not mentioned please call Ron Horan, 447-6627 with name, date, start time, distance(s), race director, and phone number.

PRESIDENT'S COLUMN

BY JUDY TILLAPPAUGH

Greetings! 'Tis the season to really enjoy the peace and wonder of life. I'd like to wish you and your family a wonderful holiday season. May you be able to extent the holiday spirit throughout the whole year.

As a fitness minded person, what are your wishes for 1989? We runners choose to make feeling good and feeling fit a priority. What do you personally want to do for yourself? Can you make another persons life brighter? Maybe you would like to explore a major city by running a popular race. Maybe you are ready to challenge a new distance. What satisfaction it can be to run beyond 2 to 4 miles for the first time. For you fast runners, I challenge you to join the back of the packers once, twice, or three times this year. Get to know them!

At the Columbus Marathon this past November I had a great experience. At the half way point I joined a friend of mine, Julie Burress, to help pace her to the finish. It was wonderful. We cruised over the course. We chatted with fellow runners, cheered to neighborhood crowds, smiled at the course guides, and said our thanks to the traffic controllers. Julie stayed relaxed and strong to the end. In fact she ran faster the second half than the first. We piked it up and were passing people the final couple miles. Julie's final time was her best ever. In 1989 be a pacer for another fellow runner. You'll find it rewarding and fun.

This issue of Inside Track initiates our 1989 Fort Wayne Track Club season. I am back as president. Somehow no one challenged me. My campaign was real inexpensive. Thank you for re-electing me. Congratulations are needed for our other elected club officers.

Ron Horan - Vice President #1
Mike Ducey - Vice President #2
Melanie Eckert - Secretary
Don Lindley - Treasurer

As president I will do my best to meet your concerns and needs. Remember I'm not perfect. We are a club organization and I need your gracious assistance to keep our traditional events going and start any new activities. Our club is as eventful as you want it to be. Say yes to getting involved with the F.W.T.C.!

One area that concerns me is our club image. We appear to many as a club for racers. No, we are so much more. We are a group for all running enthusiasts. In general we all run for fitness and fun. If you like some runs to be real competitive - great. If you like running more for health +/- or social reasons - fantastic!

At many of our 1988 runs the number of participants was down. Why!? The Hilly 4 this year had only 36 people. There probably were 300 plus other people running that day. Think of our events as open to everyone- fast, slow, young, old, male, female, and baby buggies. We are a great group. Do not hesitate to join us.

If you have any suggestions on how we can make our club events better send me a note. I am open to your ideas. Increasing participation at our events is one of my 1989 track club goals. Here are my other goals:

1. The F.W.T.C. will continue to offer a variety of quality scheduled running events.
2. The F.W.T.C. will continue to offer regular fitness and training runs for community and club members. This includes runs at IPFW (Tues., Thurs. at 6:00pm), Foster Park (Wed. 5:00pm), and YMCA
3. The F.W.T.C. will initiate periodic timed fun runs at Foster Park. These runs will help promote individual running improvement, promote club member interaction, and promote running in area parks.

- The onset of winter needn't bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.
- Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.
1. Wear clothing in layers—you can always remove a layer if you get too warm. Also, experiment with different materials—wool works best because it "breathes" (the sweat is taken away from your body, but the material still keeps you warm).
 2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
 3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
 4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also help keep this area warm and keep the skin from getting chapped and windburned.
 5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
 6. Wear dark clothes to contrast against snow, unless you are running at night when you would wear light colored clothing.
 7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
 8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow try to pick areas which will not hide uneven terrain.
 9. Let someone know where you are going and when you expect to return.
 10. Keep in mind the wind chill!

COLD WEATHER RUNNING

4. The F.W.T.C. will make efforts to initiate a youth running program to increase youth and family participation in running for fitness.
5. The F.W.T.C. will make efforts to provide 2 to 4 educational sessions to club and community runners.
6. The F.W.T.C. will make efforts to increase club social opportunities.
- NOTE - If you would like to help make any of these goals a reality please contact me by writing or calling. I especially would like to find 2 to 4 people interested in organizing the Foster Park timed runs.
- Our 1989 F.W.T.C. Banquet is coming soon. Mark your calendar for Saturday February 18th. It will be held at the Southwest Conservation Club on Bluffton Rd. We will have a pot-luck meal so you can share a favorite recipe. Before the banquet go to The Fanny Freezer 5km at Foster Park at 2:00 pm.
- Come run with us!
- Merry Fitness And Have A Winning New Year!!
- P.S. As a holiday gift to yourself, renew your F.W.T.C. membership!!
- P.S.S. For another holiday gift, buy a F.W.T.C. membership for a friend!!

Attendance: Meeting was called to order at Sports Tech, Glenbrook, at 5 p.m. with the following members present: Bob Pauley, Sharon Pauley, Michelle Elcock, Herman Bueno, John Treleaven, Clem Getty, Chuck Okorowski, David Lallow, Tom Loucks, Judy Tillapaugh, Don Lindley, and Melanie Eckert.

Minutes: Minutes of the previous meeting were approved.

Treasurer's Report: Beginning balance (Oct. 1)	\$2515.09
Received	359.69
Expenses	<u>652.52</u>
Balance (Oct. 31)	\$2222.26

Treasurer Don Lindley asked for volunteers to help with the 1989 budget. Anyone interested should contact him.

Newsletter: All Summit City 10K entrants and their times will be included in the next "Inside Track." It was noted that family memberships were not offered (by mistake) in the last issue. The next issue will be a Dec.-Jan. issue, after which future newsletters will be published monthly.

Membership: Invoices will be mailed the first week of Dec. A membership reminder will appear in the next "Inside Track." The Feb. "Inside Track" will be the final issue mailed to members who do not renew.

Publicity: Discussion centered on getting more publicity. A suggestion was made to design a card to send to all media indicating news of any event (even training runs.) Another suggestion concerned the importance of timeliness in releasing race results. Race directors should call the sports editors indicating when the results will be dropped off so these people know to expect them and therefore may be more likely to include them in the papers.

Race schedule: The following schedule was TENTATIVELY planned for 1989.

- Feb. 18, 2 p.m., 5 K Fanny Freezer
- Feb. 18, 6 p.m., FWTC Annual Banquet, Southwest Conservation Club (off Bluffton Rd.)
- Mar. 11, 2 p.m., 9th Annual Nutra Run (1 mile, 5 mile, and 20 K), Homestead H.S. area (start at Woodside Middle School)
- Apr., North American Van Lines 15 K
- May 26, Indianapolis 500 Mini-Marathon
- June 9-11, Roadrunners Club of America Convention, Colorado Springs, Colorado
- June 17, 6 p.m., Central Soya Community Classic
- June 24, White River Games 5 K
- July 4, Hamilton Lake 5 K
- July 7, 8, 9, White River Games finals
- July, Three Rivers Festival biathlon, 4 mile run, and Diet Pepsi 10 K (Suggestion was made to place all three of these events on the same entry blank to promote this Triple Crown event.)
- Aug., one-hour run serving as a culmination of summer training runs (see below at *)
- Aug. 4, 7:30 p.m., Midsummer's Night Run, Canterbury Green, (Fun run at 7 p.m.)
- Aug. 12, 7 a.m., Kent Davis 5 K and 1 mile run
- Aug. 26, Run in the Park (Foster), 2 and 5 mile (needs a race director)
- Sept. 17, Summit City 10 K
- Oct. 8, Don Lindley Prediction Run
- Oct. 21, IPFW Scholarship Fund Run (to be coordinated with college conference meet)
- Dec. 9, J. P. Jones 10 K (Foster Park)

* Suggestion was made to run races during weekly training runs, modeled after those in Carmel, IN. Participants would run any variety of events each time: quarters, a mile (three separate times), a 2 1/2 mile race (run 2 with a 10 min. rest in between), prediction run and a pee wee run. Events would be run at an area track. After suggesting this, Herman Bueno and Tom Loucks volunteered to set up the program (determine dates, the location, etc.)

"Spur-of-the-moment" races were encouraged. Anyone wishing to set up a race needs to contact Chuck Okrowski by the middle of the month to get the race in the newsletter which comes out the first of each month.

Concerning publicity, once race dates are confirmed, they should be sent to "Indiana Runner" with any additional dates mailed every 2-3 months.

Banquet: The meal will be a potluck. Suggestion was made to include fun videos for entertainment. Awards to point racers will be given. This brought up a discussion as to the point system. Tom Loucks questioned its continuance because of low participation. Suggestions were made to possibly increase the number of point races. The discussion ended by Tom saying that if it was up to him, point races should be discontinued but that he was willing to continue organizing them. Other ways to increase race participation were discussed. The special races incorporated into the training runs were again addressed. The need to increase female running participation was also noted.

Children's running program: In order to qualify for funds from the RCA, the club needs to submit a proposal by the end of January. Sharon Pauley requested volunteers to work on the proposal. The discussion then focused on increasing participation by child runners in the club.

Old/new business: Summit City 10 K certificates have been printed but are not yet mailed. Next year's race numbers will have a map of the race route on the back. There will be no membership meeting in Dec. Monday nights will be the membership meeting nights for the next year. Meetings will be held at a different restaurant each month. The next membership meeting will be Jan. 9, 6:30 p.m., at the Northcrest Pizza Hut.



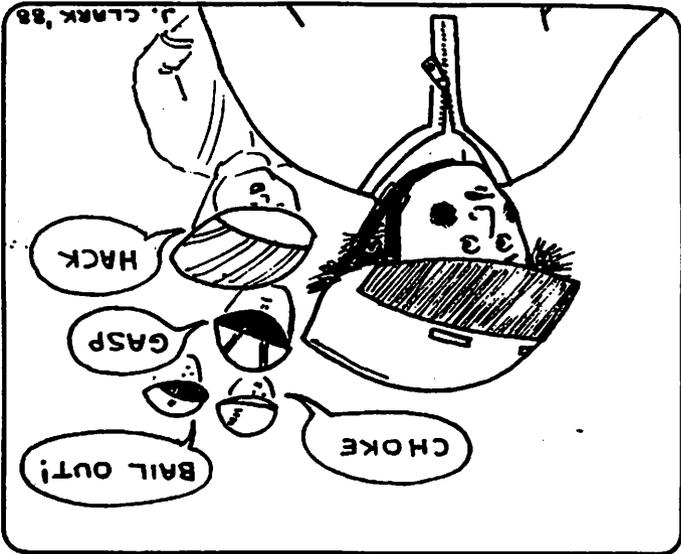
FINAL POINTS STANDINGS - 1988

Sports Tech/Spring Classic 15K
 Five & Dime 10 mile
 Central Soya 5 mile
 FWTC Park Run 5 mile
 Summit City 10K

		<u>Age Group</u>	<u>Open</u>
<u>WOMEN</u>			
19-under	none		
20-24	none		
25-29	none		
30-34	Mary Connelly	4	4
35-39	none		
40-44	Joyce Butler	6	
45-49	none		
50-over	Joyce Fuzy	6	
<u>MEN</u>			
19-under	Mike Fast	4	45
20-24	none		
25-29	1) Tom Loucks	4	4
	2) Paul Knott	9	25
	3) Phil Church	14	
30-34	1) Terry Filler	11	30
	2) Bob Schendel	12	33
	3) David Dorais	16	
	4) Mark Brattoli	21	
	5) Larry Ellis	26	
35-39	1) Dan Kaufman	6	14
	2) Mike Robbins	7	16
	3) Terry Coonan	18	41
	4) Steve Caswell	21	46
	5) Gary Dexheimer	22	42
	6) John Treleaven	24	51
	7) Gary Richner	32	
	8) Neil Tate	34	
	9) Gary Walker	38	
40-44	1) Tom Dendinger	4	
	2) Don Lindley	9	
	3) Ron Motycka	14	
	4) Steve Adkison	18	
	5) Phillip Littman	22	
45-49	1) Jerry Perkins	4	61
	2) Larry Averbeck	11	
	3) David Boylan	16	
	4) Tom Felger	23	
50-54	1) Leland Sibrel	4	
	2) Thomas Laird	11	
	3) Norman Whisler	12	
55-59	1) Mike Kast	5	
	2) John Hilker	6	
	3) Howard Bash	13	
	4) Terry Gautsch	15	
	5) King Sullivan	18	
60-over	1) Don Anderson	5	
	2) Paul Snyder	14	

FWTC ANNUAL POT LUCK BANQUET

 6:00 pm Saturday
 February 18, 1989
 SOUTHWEST CONSERVATION CLUB
 5703 Bluffton Road



**RIDING WITH THE TRI-CLUB, BURT IS
 ASKED TO GO TO THE FRONT TO BREAK
 WIND, BUT MISUNDERSTANDS.**

Age Group Points reflect performance against FWTC members in same Age Group.
 Open Points reflect performance against FWTC members in all Age Groups.
 When changing Age Groups points awarded according to performance in appropriate Age Group at time of race.

Example:

John Doe	40-44	3
John Doe	45-49	1
John Doe	45-49	1
John Doe	45-49	1
Total		4

Since John Doe has more races in 45-49 Age Group, that is where his final standings remain.

Decatur Callithumpian Canter 5K Results - October 30, 1988

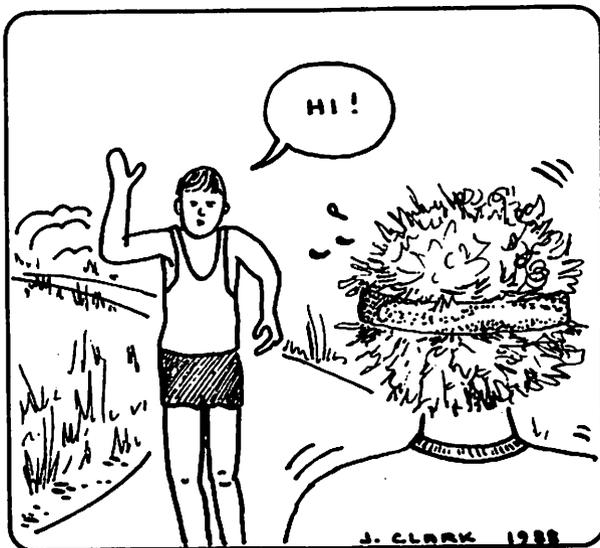
<u>Overall Place</u>	<u>Name</u>	<u>Division</u>	<u>Place in Division</u>	<u>Time</u>
1	Randy Hisner	M30-34	1	16:40.8
2	Jerry Williams Jr.	M25-29	1	16:47.8
3	Brent Munro	M25-29	2	17:09.9
4	Brian Shepherd	M20-24	1	17:15.5
5	Carl Risch	M30-34	2	17:16.0
6	David Mankey	M17-19	1	17:16.5
7	Tim Rayle	M20-24	2	17:51.3
8	Kevin Roegner	M14-16	1	17:58.1
9	Darren Hotmire	M20-24	3	18:11.9
10	Chris White	M14-16	2	18:16.6
11	Marlin Howe	M30-34	3	18:24.0
12	Douglas Underhill	M17-19	2	18:28.1
13	Kerry Hippensteel	M20-24	4	18:33.6
14	Brent McAfee	M14-16	3	18:38.0
15	Brandon Fast	M14-16	4	18:39.0
16	Scott Treida	M17-19	3	18:46.1
17	David Reinhart	M14-16	5	18:52.1
18	Gary Helmrich	M25-29	3	19:03.1
19	David White	M14-16	6	19:36.9
20	Anthony Forma	M13&un	1	19:51.8
21	Matt Likes	M14-16	7	20:06.3
22	Mark Chalk	M25-29	4	20:07.0
23	Jon Herman	M30-34	4	20:10.4
24	Kirk Griner	M14-16	8	20:33.2
25	Tom Titus	M14-16	9	20:38.3
26	Roy Stinson	M20-24	5	20:41.9
27	Cris Lilly	M14-16	10	20:57.0
28	Jeff Binkley	M14-16	11	21:13.3
29	Rob Tyler	M14-16	12	21:22.9
30	Joe Steensma	M14-16	13	21:31.6
31	Chuck Stechschulte	M25-29	5	21:33.7
32	Cless Fox	M25-29	6	21:35.6
33	Rodger Polivchak	M20-24	6	21:38.7
34	Doug Roller	M13&un	2	21:43.3
35	Tracy Ripple	F13&un (overall female 1)	1	21:52.0
36	Gordon Denny	M35-39	1	21:59.0
37	Julie Manger	F30-39	1	22:00.5
38	Randall Vetter	M30-34	5	22:09.8
39	James Klimkofski	M30-34	6	22:19.0
40	Bob Gensheimer	M50&up	1	22:20.6
41	Dixie Hook	F30-39	2	22:43.7
42	Travis Striggle	M13&un	3	22:49.8
43	Carrie Sheets	F14-19	1	22:49.9
44	Kevin Heller	M20-24	7	23:05.2
45	Tom Boyer	M30-34	7	23:07.4
46	John Stoner	M25-29	7	23:08.3
47	Amy Fenstermaker	F13&un	2	23:08.8
48	Tom Fuelling	M35-39	2	23:09.3
49	Teresa Arthur	F14-19	2	23:17.2
50	Jennifer Long	F14-19	3	23:21.1

1 Mile Fun Run Results

1 Male	Zach Raber	5:56.7
2 Male	Joel Creek	5:58.2
3 Male	Matt Tayler	6:13.0
4 Male	Mickey Koenemann	6:19.4
5 Male	Brandon Burns	6:25.0
6 Male	Patt Gensheimer	6:39.1
7 Male	Brian Milton	6:39.4
1 Female	Katie Egly	8:30.8
2 Female	Michelle Manger	9:55.8
3 Female	Marcia Yoder	9:56.3

<u>Overall Place</u>	<u>Name</u>	<u>Division</u>	<u>Place in Division</u>	<u>Time</u>
51	Ann Hartup	F13&un	3	23:23.8
52	Kent Merritt	M13&un	4	23:24.9
53	Dean Sharp	M40-49	1	23:44.2
54	Cliff Ditto	M50&up	2	23:59.0
55	Carl R. Swory	M40-49	2	24:16.3
56	Jason Clagg	M13&un	5	24:20.8
57	Lisa Ehle	F14-19	4	24:39.9
58	Michael Yoder	M40-49	3	24:42.2
59	Patty Engle	F13&un	4	25:10.0
60	Eugene Striggle	M50&up	3	25:10.4
61	Lisa Roller	F13&un	5	25:11.9
62	Tom Clagg	M404-49	4	25:21.9
63	Keith Egly	M13&un	6	25:22.0
64	Robert Loomis	M50&up	4	25:39.2
65	Dan Koenemann	M35-39	3	25:34.3
66	Scott Sheets	M20-24	8	25:53.4
67	Roger Zambarda	M35-39	4	26:15.9
68	Sharon Egly	F30-39	3	26:29.0
69	Gina Weldy	F13&un	6	26:59.7
70	Belinda Sharp	F30-39	4	27:36.6
71	June McClure	F30-39	5	28:17.4
72	Andrew Tyler	M13&un	7	29:16.5
73	Clifford M Clarke	M20-24	9	29:31.9
74	Rhonda Deathe	F20-29	1	
75	Aletta McAhren	F20-29	2	
76	Deb Wolfe	F20-29	3	43:00
77	Maurine Gensheimer	F40&up	1	43:01

ALTHOUGH HE HAD HEARD OTHERS TALKING ABOUT IT, IT WASN'T UNTIL LAST SEPTEMBER THAT BURT EXPERIENCED HIS FIRST RUNNER'S HI.





**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

November 26, 1988

Dear Fort Wayne Track Club Summit City 10km Volunteers,

On behalf of The Fort Wayne Track Club, St. Joseph Medical Center, and WAJI MAJIC 95.1 FM, I want to express my gratitude for all your help at the 1988 Summit City 10km event. Because of you it was successful. Truly it is the race volunteers that make or break an event.

I especially want to thank Race Director Mike Ducey for his excellent work at organizing the Summit City 10km. Mike put in much time to make it a satisfying time for all. It was due to his efforts that this year we had 5km walk and Pee Wee run in addition to the 10km run. Thank you again Mike for a fine event. We will all look forward to 1989's Summit City 10km.

Here is a list of some other F.W.T.C. members who showed their volunteer spirit (forgive me if I missed your name).

Jim Bushey
Laura Didion
Todd Eagan
Melanie Eckert
Clem Getty
Michelle Elcock
Ron Horan

Ann and Jay Jamison
J.P. Jones
Jim Lee
Mike Kast
Betty Hite Nelson
Chuck Okorowski
Denny Zech

Sincerely,

Judy Tillapaugh, President F.W.T.C.

COME RUN WITH US

ARE YOU BUDGET MINDED

Anyone interested in helping Treasurer Don Lindley with the '89 FWTC budget, please contact Don at 456-8739.

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)



HOLIDAY EATING TIPS

by Judy Newman
Registered Dietitian

Holiday eating can be devastating to some people's waistline and a dieter's nightmare. To avoid the Holiday bulge, be more intentional about what you eat. Consider what you had for breakfast, other meals or what you plan to have for snacks before making food choices during the cocktail hour. The following tips for your holiday eating at home or away may help you select healthier foods and still be able to enjoy every minute of the holidays. Happy Holidays and Happy Eating!!

HOLIDAYS AT HOME

- * Don't feel obligated to eat everything available. If relatives insist on you eating something special, take a small portion, but be sure to tell them how good it is! Select judiciously. Avoid the extra Calories and fat in sauces, gravy, etc.
- * If you must eat that special dessert, take a small portion you can cut off for yourself or take a bite of a friend's.
- * Think about what you're eating. Many Calories can be eaten without thinking.
- * When cooking holiday meals, think about the concentrated Calories in extra fats and sugars. Many low-fat substitutions may be worked into recipes without a change in the final results. Also, sugars can be cut in half. Think in terms of natural sweeteners such as fruits that make the dishes healthier as well as good tasting.

COCKTAIL PARTIES

- * Never arrive early! By the time you arrive, most of the people will be there and you will have something to do besides eat and drink.
- * Never arrive hungry! "Saving up" by skipping meals during the day for a splurge at night only leads to extra Calories due to increased hunger. Eat a mini-meal before you arrive, then the temptation will be lessened. Don't figure you can eat more because the food is your dinner. It is easy to piece eat 2000 to 3000 Calories.
- * Go to the buffet table last. Once most people have filled their plate, spend time reviewing the food, then select the items that you wish to have. If available, take a smaller plate such as a salad plate, it will look filled with less food. Cut down extra Calories by cutting down on the alcohol content of drinks. Try mineral water or a wine spritzer. It is easy to get as much as 500 Calories from one holiday drink.
- * Create appealing appetizers for your cocktail party by alternating pieces of fruit with cubes of low-fat cheese or seafood chunks for kabobs. Use red and green grapes for garnish. Also, try an assortment of raw vegetables with a low-fat cottage cheese or bean dip. Another option is to make your usual dip recipe by replacing the sour cream with low-fat plain yogurt. You'll find there will be an amazingly small taste difference and a great difference in Calorie and fat content. If you do serve a rich dessert, cut it into bite size pieces. Most people are satisfied with a taste or two and their waistline is certainly happier.

HANDLING HOLIDAY UPS AND DOWNS

- * Remember that holidays bring both happy and sad memories. If sadness comes, remember it will pass and help you appreciate brighter days. Enjoy being yourself with friends and relatives. Don't expect everyone to like you or all you do.
- * Take time to make each day an adventure. Don't let a minute pass that you can enjoy and savor the season with it's meaning, music, color, love and nostalgia. You don't need anything more than a willing spirit.
- * Do count your blessings. You'll find they are many. Don't isolate yourself, you have so much you can give to others.
- * Focus on people, not food!!

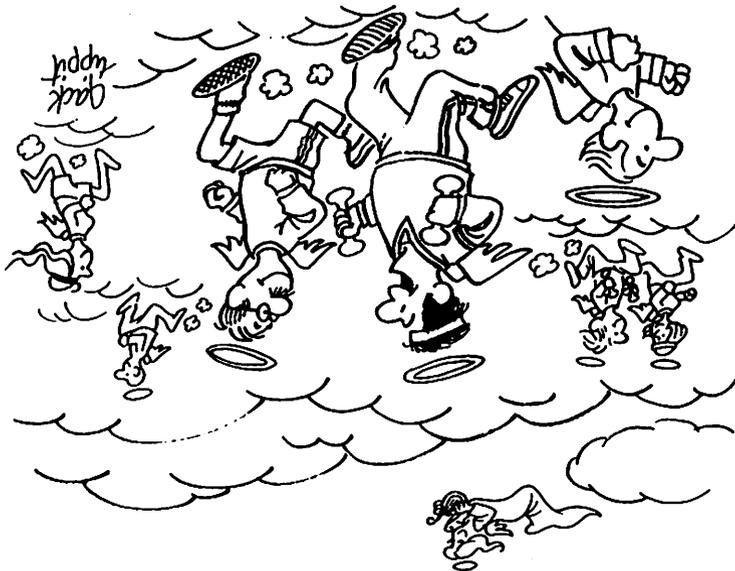
The following Pumpkin Bread recipe is everyone's favorite, low in saturated fat, loaded with Vitamin A, a good source of potassium and using whole wheat flour boosts the fiber content.

FESTIVE PUMPKIN BREAD

Ingredient	Measure	Method
Sugar	1 1/2 cups	1. Combine sugar, oil and egg whites or egg substitute, Add the rest of the ingredients, alternating liquids and dry. Stir only until well blended. Bake at 375 . Makes 30 - 36 muffins. Bake for 20 minutes. Makes 4 small or 2 (8"X4") loaves. Bake in highly, greased, floured pans for about one hour or until tester is clean. Cool slightly before removing from pans.
Egg whites or egg substitute	1 cup	
Cooking oil	1 cup	
Milk	29 oz.	
Whole wheat flour	2 3/4 cup	
Baking powder	3 cups	
Salt (optional)	1 cup	
Baking soda	2 tsp.	
Pumpkin pie spice	2 tsp.	
Nuts, chopped (optional)	1/2 cup	
Raisins (optional)	1/2 cup	

RACE DIRECTORS NEEDED

If you're interested in directing a race or just helping out, please contact Ron Horan at 447-6627. The 1989 FWTG race schedule still has openings for race directors, assistant race directors and volunteers to insure that quality, well organized events are produced for all runners. DO YOUR PART AS A TRACK CLUB MEMBER. WORK ONE RACE PER YEAR.



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



PURDUE WOMEN'S TRACK & FIELD

Mackey Arena - Room 44
Purdue University
West Lafayette, Indiana 47907
(317) 494-3209

PURDUE ALL-AMERICANS

November 4, 1988

CROSS COUNTRY

- 1979 Dasee Bussa
- 1981 Alanna McCarthy
- 1981 Andrea Marek
- 1982 Becky Costa

Judy Tillapaugh
1109 W. Wayne
Ft. Wayne, IN 46802

INDOOR TRACK

- 1982 Jymette Boniviver
- 1982 Pamy Jongleux
- 1982 Andrea Marek
- 1982 Alanna McCarthy
- 1982 Sybil Perry
- 1982 Nancy Sanford
- 1984 Jymette Boniviver
- 1984 Candy Cassell
- 1984 Becky Costa
- 1984 Jeanne Molobon
- 1985 Alana Bass
- 1985 Sybil Perry
- 1985 Yvonne Netherville
- 1986 Andrea Everett-Paolillo
- 1988 Angela Goodman
- 1988 Sally South

Dear Judy,

Wanted to drop you a line to say thank you for the opportunity to speak with your club and your hospitality while we were there. It's important to the running movement to have people like yourself organizing these types of activities to help promote the sports. My hat is off to you.

OUTDOOR TRACK

- 1978 Peach Payne
- 1982 Jymette Boniviver
- 1982 Becky Costa
- 1982 Heidi Hackel
- 1982 Andrea Marek
- 1982 Alanna McCarthy
- 1982 Jeanne Molobon
- 1982 Sybil Perry
- 1982 Lorra Russell
- 1982 Nancy Sanford
- 1982 Maria Williams
- 1982 Maggie Woods
- 1984 Yvonne Netherville
- 1985 Cathy Tyree
- 1986 Cathy Tyree
- 1986 Sybil Perry
- 1987 Andrea Everett-Paolillo
- 1987 Cathy Tyree

I was disappointed we were not able to come for the Summit City 10K as Andrea is still having trouble with her foot (stress fracture) and has not run a step since before the race. Donna Allen and Sally Smith both said they enjoyed it very much. I think the fact they both ran PR's helped but they were very impressed by the organization and friendliness of everyone.

Please say hello to Mike Ducey and all the people at the club for me.

Best in running,

Ben Paolillo
Assistant Track Coach

BP:mm

LADY FOOT LOCKER

at Glenbrook Mall (by Penny's)

offers a 10% discount to all FWTC members!

Use your FWTC ID or this newsletter for
identification.

Association of Road Racing Athletes



Sanctioned by -

MAJIC
95.1fm
WAIH

MEDICAL CENTER



St. Joseph

Sponsored by -

11th Annual
Summit City
70K



ST TIME	ST NAME	ST TIME	ST NAME
01	ANN ARBOR	01	ANN ARBOR
02	WELLBENT	02	WELLBENT
03	WELLBENT	03	WELLBENT
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57	WELLBENT	57	WELLBENT

7

ST TIME ST NAME ST TIME ST NAME

PL CLMS	RID	NAME	CITY	ST	TIME	RACE
58	6	MIKE ROBBINS	PORT WASHINGTON	OH	0:35:14.0	5:41
59	13	GREGORY DAVIS	WARSAW	IN	0:35:17.0	5:41
60	3	SALLY SMITH	W. LAFFAYETTE	IN	0:35:28.5	5:43
61	4	DONNA ALLEN	W. LAFFAYETTE	IN	0:35:30.4	5:44
62	6	VAUGHN SMITH	SOUTH BEND	IN	0:35:30.5	5:44
63	7	TERRY COONAN	FT WAYNE	IN	0:35:37.1	5:45
64	11	ROBERT SCHMIDT	WARSAW	IN	0:35:38.4	5:45
65	1	RUTH DORNAN	BLVD WASHINGTON	IN	0:35:38.9	5:45
66	18	DAVE ARENS	DEFIANCE	OH	0:35:40.7	5:45
67	3	BRIAN DUBDIN	KENDALLVILLE	IN	0:35:42.5	5:46
68	3	RICK VORICK	FT WAYNE	IN	0:35:43.4	5:47
69	4	KENT HARMAN	BONE CITY	IN	0:36:00.0	5:48
70	19	TIM MILLER	PIERCE TON	IN	0:36:00.3	5:48
71	5	RICHARD SILVA	HAMMOND	IN	0:36:02.0	5:49
72	20	GREG WEISSER	MILFORD	IN	0:36:02.7	5:49
73	5	MEG McELROY	TERRE HAUTE	IN	0:36:03.6	5:49
74	3	JOHN TRELEAVEN	PORT WAYNE	IN	0:36:04.9	5:49
75	14	MIKE FAST	HAVILAND	OH	0:36:08.9	5:50
76	15	ED FISHER	GOSHEN	IN	0:36:13.9	5:51
77	1	TOM BRAGIDDER	STAMA	OH	0:36:14.4	5:51
78	10	DONALD BASHOR	WARREN	OH	0:36:17.2	5:51
79	11	TOM YODER	PORT WAYNE	IN	0:36:20.1	5:52
80	2	JERRY PERKINS	HUDSON	IN	0:36:20.6	5:52
81	2	BOB HENSTEN	TOLEDO	OH	0:36:23.5	5:52
82	12	STEVEN CASWELL	ALBION	IN	0:36:40.8	5:55
83	21	DOUG CRAFFORD	MARKLE	IN	0:36:44.5	5:56
84	13	DAVID DONATIS	WARSAW	IN	0:36:45.3	5:56
85	15	MIGUEL MENDEZ	WARSAW	IN	0:36:56.6	5:58
86	16	RUSTY WAGEL	DEFIANCE	OH	0:36:58.5	5:58
87	6	KARLENE ERICKSON	PEOU	IN	0:36:59.3	5:58
88	13	CURTIS RAY	CONSTANTINE	MI	0:37:03.4	5:59
89	3	CHRIS COOPER	OSSIAN	IN	0:37:04.3	5:59
90	4	CAROL PITZER	INDIANAPOLIS	IN	0:37:06.3	5:59
91	14	DAVID SRETSCHELLIN	PORT WAYNE	IN	0:37:07.0	5:59
92	5	JACKIE DAVIS	MUNCIE	IN	0:37:07.7	5:59
93	17	PERNELL WAKEFIELD	TRAY	OH	0:37:10.1	6:00
94	6	SCOTT KESSSEL	PORT WAYNE	IN	0:37:16.7	6:01
95	7	ERIC BAKER	GARRETT	IN	0:37:18.0	6:01
96	15	GARY RICKNER	PORT WAYNE	IN	0:37:20.0	6:01
97	22	JOHN OLSZEWSKI	FT WAYNE	IN	0:37:20.7	6:01
98	18	JIM CLEMENS	PAULDING	OH	0:37:22.9	6:02
99	3	L. K. CHRISTENSEN	ELKHART	IN	0:37:31.8	6:03
100	7	TOM DEWINDENBER	WARSAW	IN	0:37:32.3	6:03
101	14	DOUG OSBORN	HARTFORD CITY	IN	0:37:33.0	6:03
102	15	KEVIN BAUR	ANN ARBOR	MI	0:37:34.6	6:04
103	16	DAVID SMILEY	INDIANAPOLIS	IN	0:37:35.3	6:04
104	17	NEIL TATE	MANCHESTER	IN	0:37:36.8	6:04
105	16	MARK BRATTOLI	PORT WAYNE	IN	0:37:39.9	6:04
106	3	MARY CONNOLLY	PORT WAYNE	IN	0:37:42.5	6:05
107	4	JANET YOUNG	PORT WAYNE	IN	0:37:45.2	6:05
108	23	PATRICK LEDER	PORT WAYNE	IN	0:37:51.5	6:06
109	17	JOHN MILLER	ANGOLA	IN	0:37:56.4	6:07
110	8	ANTHONY BAYFORD	ERIE	MI	0:37:58.5	6:07
111	24	DAMIEL HANSON	HUNTINGTON	IN	0:38:00.1	6:08
112	18	TOM RENZ	HUNTINGTON	IN	0:38:03.1	6:08
113	1	TERRY MAHR	OREGON	OH	0:38:09.1	6:09
114	1	BOB WELCH	HAVILAND	OH	0:38:09.8	6:09

OCTOBER 21, 1988
 ST. JOSEPH MEDICAL CENTER
 The End Result Company
 Overall Results



OCTOBER 23, 1988
ST. JOSEPH MEDICAL CENTER
The End Result Company

3.

SUMMIT CITY 10K
10K RUN
Overall Results

PL	CLAS	BIB	NAME	CITY	ST TIME	PAGE
115	3	704	RON WALLACE	45 M ANDERSON	IN 0:38:11.6	6:09
116	6	1159	RITA HEYDE	28 F MISHAWAKA	IN 0:38:11.7	6:10
117	19	811	NICHOLAS HODGEMAN	30 M FT. WAYNE	IN 0:38:16.7	6:10
118	25	55	BEN RETTIG	28 M FORT WAYNE	IN 0:38:17.4	6:11
119	4	311	RALPH BERKEYPYLE	45 M PLYMOUTH	IN 0:38:18.3	6:11
120	26	467	WILLIAM NICHOS	29 M FORT WAYNE	IN 0:38:19.3	6:11
121	18	255	JERRY DIEHL	37 M OSSIAN	IN 0:38:23.3	6:12
122	19	692	WINFORD JONES	39 M LAGRANGE	IN 0:38:29.4	6:12
123	27	1059	RON BORKOWSKI	26 M INDIANAPOLIS	IN 0:38:30.4	6:13
124	1	661	KERRY HIPPENSTEEL	28 C N MANCHESTER	IN 0:38:31.1	6:13
125	9	586	ROGER PUCKETT	44 M COLUMBIA CITY	IN 0:38:31.6	6:13
126	20	267	KARL WATTE	38 M VAN VERT	OH 0:38:35.0	6:13
127	28	606	RICK KAULZLICK	27 M ARCHBOLD	OH 0:38:37.0	6:14
128	19	300	DAVID MILNER	22 M ANCHORAGE	AL 0:38:37.8	6:14
129	7	283	KAREN DEVRIES	26 F VALPARAISO	IN 0:38:38.8	6:14
130	20	280	ROGER SMITH	30 M SPENCERVILLE	IN 0:38:39.7	6:14
131	21	290	GREGORY ROBERTSON	38 M FT WAYNE	IN 0:38:41.0	6:14
132	29	504	JOHN PEA	26 M FORT WAYNE	IN 0:38:42.4	6:15
133	30	1092	STEPHEN MAENHOUT	27 M SOUTH BEND	IN 0:38:45.3	6:15
134	5	24	LYNNE ROBBINS	34 F ANN ARBOR	MI 0:38:46.6	6:15
135	20	1075	MIKE SCHOUDER	20 M AUBURN	IN 0:38:49.3	6:16
136	31	614	MICHAEL NAGEL	26 M DEFIANCE	OH 0:38:50.9	6:16
137	22	945	THOMAS REHRER	37 M FORT WAYNE	IN 0:38:51.6	6:16
138	32	812	TODD WANLEY	27 M FT. WAYNE	IN 0:38:52.6	6:16
139	23	105	NICK WILDIN	37 M GREENWOOD	IN 0:38:53.2	6:16
140	24	660	ROBERT COURTRIGHT	37 M BLANCHARD	MI 0:38:53.8	6:16
141	25	489	GARY WALKER	35 M FORT WAYNE	IN 0:38:54.3	6:16
142	1	336	MYRON MEYER	61 M INDIANAPOLIS	IN 0:38:55.0	6:17
143	21	217	BERN EMLEY	33 M HUNTINGTON	IN 0:38:58.3	6:17
144	22	303	JAY PRICHARD	31 M VAN VERT	OH 0:39:02.8	6:18
145	33	910	GARY HELMTRICH	26 M FORT WAYNE	IN 0:39:03.3	6:18
146	5	293	PAUL LANSE	45 M FT WAYNE	IN 0:39:09.7	6:18
147	26	137	JIM GARNER	36 M LEESBURG	IN 0:39:12.7	6:18
148	6	1162	LARRY SOLYOM	45 M GOSHEN	IN 0:39:13.8	6:18
149	34	117	TIM THONS	26 M ROANOK	IN 0:39:15.0	6:20
150	6	622	CANDY WOJCIK	31 F INDIANAPOLIS	IN 0:39:17.4	6:20
151	27	406	DONALD FORD	38 M FORT WAYNE	IN 0:39:18.1	6:20
152	10	607	NORMAN HILER	42 M DEFIANCE	OH 0:39:18.8	6:20
153	23	162	MICHAEL ROST	33 M FORT WAYNE	IN 0:39:19.5	6:21
154	8197	1034	BRAD PRINS	47 ROCKFORD	MI 0:39:26.3	6:22
155	7	526	RANDY ROBERTS	46 M HUNTERTOWN	IN 0:39:27.6	6:22
156	24	391	LARRY ELLIS	33 M FORT WAYNE	IN 0:39:30.4	6:22
157	11	373	TED WALDA	40 M FORT WAYNE	IN 0:39:32.1	6:23
158	35	815	PETER GERKEN	28 M FT. WAYNE	IN 0:39:33.9	6:23
159	8	401	BERNIE BURGETTE	45 M FORT WAYNE	IN 0:39:35.6	6:23
160	12	134	DON LINDLEY	44 M FORT WAYNE	IN 0:39:41.1	6:24
161	4	445	LELAND SIBREL	51 M FORT WAYNE	IN 0:39:42.3	6:24
162	21	736	EVAN OSBORN	20 M INDIANAPOLIS	IN 0:39:46.3	6:25
163	9	566	FRED ROSS	47 M WARSAW	IN 0:39:48.7	6:25
164	25	693	MARC LAUDEMAN	32 M BREMEN	IN 0:39:50.0	6:25
165	5	1133	GIL GILMORE	50 M PERRYSBURG	OH 0:39:51.6	6:26
166	10	825	GARY MULLENDORE	48 M FT. WAYNE	IN 0:39:55.1	6:26
167	36	423	PAT BEUCHEL	29 M FORT WAYNE	IN 0:39:55.9	6:26
168	26	1112	TED TIERNON	34 M FORT WAYNE	IN 0:39:56.9	6:27
169	8	801	STEVE SORG	15 M FT. WAYNE	IN 0:39:58.5	6:27
170	27	1148	RICK GILBERT	31 M MONROEVILLE	IN 0:40:00.8	6:27
171	28	334	LEROY BELCHER	30 M INDIANAPOLIS	IN 0:40:01.3	6:27

OCTOBER 23, 1988
 ST. JOSEPH MEDICAL CENTER
 The End Result Company

(4)

SUMMIT CITY 10K
 10K RUN
 Overall Results

PL	CLAS	BIB NAME	CITY	ST TIME	PACE
172	7	1183 PENNY GRANDSTAFF	24 F NO. MANCHESTER	IN 0:40:02.2	6:27
173	2	577 KOLIN VAN DYKE	12 M WALKERTON	IN 0:40:02.8	6:28
174	28	688 MIKE DUBOIS	38 M ROCHESTER	IN 0:40:03.5	6:28
175	11	442 DAVID BOYLAN	46 M FORT WAYNE	IN 0:40:04.1	6:28
176	29	347 DERMIS CONNER	36 M HUNTINGTON	IN 0:40:05.3	6:28
177	2	405 MICHAEL KAST	50 M FORT WAYNE	IN 0:40:06.5	6:28
178	30	107 BRUCE GILLUM	36 M MUNCIE	IN 0:40:07.7	6:29
179	13	620 AL WELCH	40 M HAVILAND	OH 0:40:10.6	6:29
180	31	503 ROGER KINSBERY	39 M FORT WAYNE	IN 0:40:11.4	6:29
181	14	106 KENNY BUBP	43 M MUNCIE	IN 0:40:14.5	6:29
182	29	124 TONY GATTON	32 M FORT WAYNE	IN 0:40:18.7	6:30
183	9	1171 MARK HEVERLY	16 M DECATUR	IN 0:40:28.6	6:32
184	22	947 ROBERT MINNICH	21 M FORT WAYNE	IN 0:40:34.6	6:33
185	6	499 JACK MORRIS	51 M FORT WAYNE	IN 0:40:35.1	6:33
186	30	676 GARY SCHMUNK	33 M ANTWERP	OH 0:40:36.1	6:33
187	31	367 JERRY WITZKE	32 M FORT WAYNE	IN 0:40:38.5	6:33
188	32	129 ED WARD	34 M FORT WAYNE	IN 0:40:39.2	6:33
189	2	547 SANDRA TRIMBLE	41 F TERRE HAUTE	IN 0:40:40.1	6:34
190	33	135 DAVID LALLOW	33 M FORT WAYNE	IN 0:40:41.9	6:34
191	15	553 JIM BURK	42 M PORTLAND	IN 0:40:44.1	6:34
192	7	536 CRAIG MILLER	52 M DECATUR	IN 0:40:45.0	6:34
193	32	256 DAVID WINTERS	36 M HUNTINGTON	IN 0:40:45.8	6:34
194	53	621 DOUGLAS HOHENBERGER	39 M SHERWOOD	OH 0:40:46.0	6:35
195	10	272 RYAN SHOEMAKER	15 M N WEBSTER	IN 0:40:48.2	6:35
196	34	1:199 RANDY MINER	35 M ETNA GREEN	IN 0:40:48.9	6:35
197	34	337 KEVIN LOCHNER	32 M N MANCHESTER	IN 0:40:49.7	6:35
198	16	884 DAVE REICHVAREE	42 M FORT WAYNE	IN 0:40:50.6	6:35
199	17	171 MARC VONA	40 M FORT WAYNE	IN 0:40:55.9	6:36
200	35	534 DAVID McDONALD	35 M BRONSON	MI 0:40:56.7	6:36
201	37	101 DICK FURNISH	28 M AUBURN	IN 0:40:57.1	6:36
202	18	271 TED SHOEMAKE	40 M N WEBSTER	IN 0:40:58.8	6:37
203	12	758 DICK MILLER	49 M NO. MANCHESTER	IN 0:41:00.0	6:37
204	38	891 DAVID REINSCHIESEL	28 M FORT WAYNE	IN 0:41:00.6	6:37
205	35	460 GARY KUHN	32 M FORT WAYNE	IN 0:41:01.0	6:37
206	19	685 BOB CURRAN	41 M STURGIS	MI 0:41:01.5	6:37
207	8	737 RAY CONTRERAZ	50 M PAULDING	OH 0:41:02.3	6:37
208	13	139 GENE LIGHTNER	47 M LIGONIER	IN 0:41:05.5	6:38
209	14	253 DALE SULLIVAN	47 M LOGANSPORT	IN 0:41:06.3	6:38
210	36	458 BRUCE ENRICK	32 M FORT WAYNE	IN 0:41:08.3	6:38
211	7	338 PAN LOCHNER	30 F N MANCHESTER	IN 0:41:09.9	6:38
212	36	778 PHIL RIZZO	36 M FORT WAYNE	IN 0:41:10.3	6:38
213	23	826 CASEY MILLER	21 M GOSHEN	IN 0:41:11.8	6:39
214	2	659 JOHN PETERSON	43 C FORT WAYNE	IN 0:41:13.3	6:39
215	39	1040 ROBERT BARTL	26 M EAST DETROIT	MI 0:41:15.6	6:39
216	11	598 TERRY TWOREK	16 M WEST UNITY	OH 0:41:16.7	6:39
217	37	843 BRUCE ETZLER	39 M FORT WAYNE	IN 0:41:18.9	6:40
218	8	694 DIANE LAUDEMAN	31 F BREMEN	IN 0:41:20.0	6:40
219	20	753 ED OLIPHANT	42 M PERU	IN 0:41:22.0	6:40
220	38	151 PAT KELKER	36 M FORT WAYNE	IN 0:41:23.6	6:41
221	40	1099 DOUGLAS PIR	29 M FORT WAYNE	IN 0:41:30.2	6:42
222	3	716 TOM WUTH	26 C KENDALLVILLE	IN 0:41:30.6	6:42
223	9	583 JOE ZIEGLER	52 M NEW HAVEN	IN 0:41:31.7	6:42
224	4	308 LARRY VAUGHN	30 C WABASH	IN 0:41:33.0	6:42
225	37	1136 TIMOTHY PIERI	31 M FORT WAYNE	IN 0:41:33.9	6:42
226	41	361 DAVID FRY	27 M FORT WAYNE	IN 0:41:37.1	6:43
227	39	472 KEITH DEMERITT	37 M FORT WAYNE	IN 0:41:37.9	6:43
228	3	1055 ANTHONY FORMA	12 M AMBOY	IN 0:41:38.4	6:43

OCTOBER 23, 1968
 ST. JOSEPH MEDICAL CENTER
 The End Result Company

SUNSET CITY 10K
 5K RUN
 Overall Results

PL	CLAS	BIB NAME	CITY	ST TIME	PACE
229	42	524 JOE HOUCK	23 M INDIANAPOLIS	IN 0:41:39.2	6:43
230	38	470 KEVIN WARREN	31 M FORT WAYNE	IN 0:41:45.5	6:44
231	43	403 PHIL CHURCH	27 M FORT WAYNE	IN 0:41:47.7	6:44
232	40	765 DAN SELTENRIGHT	59 M SOSHEN	OH 0:41:48.7	6:45
233	39	170 GERALD HOFF	32 M FORT WAYNE	IN 0:41:50.1	6:45
234	44	395 GREG BORKOWSKI	25 M FORT WAYNE	IN 0:41:51.5	6:45
235	8	746 MICHELLE GAY	29 F ORCHARD LAKE	MI 0:41:52.8	6:45
236	40	177 DWIGHT BRAUTIGAN	31 M HUNTINGTON	IN 0:42:03.8	6:47
237	41	451 DENNIS ZECH	34 M FORT WAYNE	IN 0:42:06.3	6:47
238	5	571 JOHN KLEIN	45 M AUBURN	IN 0:42:07.0	6:48
239	24	760 CURTIS BEUGHER	23 M ROCKFORD	OH 0:42:07.9	6:48
240	21	1095 IVAN PAINTER	41 M FORT WAYNE	IN 0:42:08.7	6:48
241	5	637 RANDY SHELLABARGER	30 C ROCKFORD	OH 0:42:09.1	6:48
242	6	152 GENE BULLSHALLITT	36 C FORT WAYNE	IN 0:42:09.7	6:48
243	45	364 DENNIS SCHROEDER	29 M FORT WAYNE	IN 0:42:10.2	6:48
244	10	538 CLEM GETTY	53 M YODER	IN 0:42:14.2	6:49
245	41	1107 TERRY ANDERSON	35 M FORT WAYNE	IN 0:42:19.2	6:50
246	3	333 ANN JAMISON	44 F LED	IN 0:42:19.3	6:50
247	42	370 PAUL MILLER	34 M FORT WAYNE	IN 0:42:20.6	6:50
248	42	174 GARY BEAR	35 M PAULDING	OH 0:42:22.6	6:50
249	3	145 LINDA CONRAD	26 F FORT WAYNE	IN 0:42:25.0	6:50
250	22	717 AL HUTH	43 M KENDALLVILLE	IN 0:42:27.6	6:51
251	4	30 PAMELA HUNTER	41 F METAMORA	IN 0:42:28.0	6:51
252	12	850 CHRIS BRAND	16 M FORT WAYNE	IN 0:42:30.7	6:51
253	11	490 KEN CLARK	50 M FORT WAYNE	IN 0:42:31.7	6:52
254	43	518 DAVE GIBSON	32 M FORT WAYNE	IN 0:42:32.2	6:52
255	44	266 DANNY RICHER	32 M VAN VERT	OH 0:42:34.0	6:52
256	45	768 JOE KUHN	34 M PAYNE	OH 0:42:36.9	6:52
257	12	591 JAY WHELCHER	56 M TIPTON	IN 0:42:42.8	6:53
258	7	675 RANDALL SORDELET	37 C FT WAYNE	IN 0:42:43.6	6:53
259	46	307 LEN PIROPATO	34 M NEW HAVEN	IN 0:42:45.9	6:53
260	3	657 JOE HILGER	38 C FORT WAYNE	IN 0:42:49.2	6:54
261	46	1145 JOSE MENDEZ JR.	25 M FORT WAYNE	IN 0:42:49.8	6:54
262	3	1089 MELDY PERRIN	30 F FORT WAYNE	IN 0:42:50.6	6:54
263	9	110 ALAN OAKS	39 C FORT WAYNE	IN 0:42:51.1	6:55
264	8	711 SHAWN MILLER	23 F MUNCIE	IN 0:42:51.5	6:55
265	23	181 LEW GOODWIN	40 M CLAYPOOL	IN 0:42:52.4	6:55
266	10	56 SUSAN LAW	30 F FORT WAYNE	IN 0:42:55.9	6:55
267	24	185 MEL REGIER	41 M WARSAW	IN 0:42:57.2	6:56
268	47	154 KEVIN OLSZONY	33 M FORT WAYNE	IN 0:43:01.7	6:56
269	10	570 MICHAEL FURNISH	35 C SPEEDWAY	IN 0:43:05.0	6:57
270	4	1056 MIKE CHUMBLEY	13 M PERU	IN 0:43:10.5	6:58
271	48	196 W.G. FUNK	30 M HAMILTON	IN 0:43:11.8	6:58
272	43	844 STEVE BROWN	37 M FORT WAYNE	IN 0:43:16.2	6:59
273	13	1031 HANS MONNIG	19 M VAN VERT	OH 0:43:18.3	6:59
274	25	564 WAYNE SLEGEL	43 M WARSAW	IN 0:43:19.3	6:59
275	49	1093 GEORGE ROWLEY	30 M DEARBORN	MI 0:43:20.2	6:59
276	16	304 TED SCHEALL	46 M FLORENCE	KY 0:43:23.4	7:00
277	17	371 DONALD ASHTON	47 M FORT WAYNE	IN 0:43:23.9	7:00
278	44	127 STEVEN SHERBURNE	37 M FORT WAYNE	IN 0:43:24.9	7:00
279	50	942 JONATHAN SCHLATTER	32 M FORT WAYNE	IN 0:43:26.7	7:00
280	18	823 BARRIE PETERSON	46 M FT. WAYNE	IN 0:43:27.3	7:01
281	1	440 PHYLLIS SUELZER	35 F FORT WAYNE	IN 0:43:29.1	7:01
282	45	133 MICHAEL CALLAHAN	35 M FORT WAYNE	IN 0:43:30.9	7:01
283	51	478 MIKE FETCHO	32 M FORT WAYNE	IN 0:43:32.3	7:01
284	46	417 WILLIAM BRIDGES	37 M FORT WAYNE	IN 0:43:35.6	7:02
285	19	612 MICHAEL SULLIVAN	47 M ARCHBOLD	OH 0:43:36.7	7:02

342 59 705 MIKE MORLING
 341 58 421 DAVID TRIMBLEIN
 340 1 212 DAVE BLAKE
 339 14 104 JO WILDIN
 338 35 410 RONALD HOSLILLI
 337 50 179 DUANE KILTY
 336 59 161 JERHARD DICKEY
 335 34 397 STEVE GOLDFHARITE
 334 13 207 JULIE MAMBER
 333 33 314 JOEL SCHWARTZER
 332 32 856 CHARLIE BACKOFEN
 331 14 1101 DAVID MEELY
 330 32 1179 GEORGIA ALLEN
 329 22 1176 KENNETH HOODY
 328 13 665 RICHIE SKAGGS
 327 5 252 TIM DAVIS
 326 602 ROBERT BRIDGES
 325 12 650 CHRISTOPHER NIXON MD
 324 8 328 JOYCE BUTLER
 323 7 752 BETTY ANN OLIPHANT
 322 56 529 PAUL WALKER
 321 31 390 DANIEL FARMHOUND
 320 21 51 BRAD DEEL
 319 30 455 JIM KNISHER
 318 55 567 JIM HOFFER
 317 15 533 J B HOY
 316 50 1153 KEN BATT
 315 54 949 BILL TOMSENDO
 314 35 230 ANTHONY GREGORY
 313 50 496 JIM BERRY
 312 52 320 BILL BOLANDER
 311 57 1105 JIM BUCHANAN
 310 56 322 ALAN FULTON
 309 17 425 BETH BATTLE
 308 51 689 ROD KOZI
 307 49 832 BRENT BVALL
 306 13 456 BOB GEMSHETER
 305 46 329 J D COLLINS
 304 29 591 PHILIP LUTTMAN
 303 50 219 JOSEPH VELASQUEZ
 302 47 528 GABRY CARL
 301 6 1184 MERID HONZAK
 300 55 303 GREGORY LANUCILLI
 299 11 117 THOMAS ZACHA
 298 28 380 MICHAEL PUSKER
 297 27 332 RONALD MOTYCKA
 296 49 114 JOE REPNSS
 295 5 750 JANEI HANCOCK
 294 26 297 JACK SELBEL
 293 54 123 JAMES BEESON
 292 11 1110 SUE CLEVELAND
 291 10 53 JUDY MICKLEY
 290 53 194 JOHN STEINBACH
 289 20 282 RICHARD ZINK
 288 48 604 CRAIG SHELLABARGER
 287 52 319 MARC ZIEM
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 34 F GREENWOOD
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 30 M HUNTINGTON
 33 M OSSLIN
 40 M FORT WAYNE
 34 F KENDALLVILLE
 41 M ELKHART
 43 M FORT WAYNE
 23 C FORT WAYNE
 49 F ANDERSON
 45 M WINCHESTER
 14 C DECATUR
 14 M DECATUR
 35 M DURBIN
 32 C FORT WAYNE
 41 F FORT WAYNE
 41 F PERU
 35 M NEW CASTLE
 40 M FORT WAYNE
 49 M PAULDING
 40 M FORT WAYNE
 37 M WARSAW
 27 M HOHOKA
 32 M FORT WAYNE
 37 M FORT WAYNE
 37 M FORT WAYNE
 26 M FORT WAYNE
 37 M KNIGHTSTOWN
 32 M FORT WAYNE
 34 M ROCHESTER
 36 F FORT WAYNE
 36 M BUTLER
 25 M COLUMBIA
 32 M FORT WAYNE
 35 M HARTFORD CITY
 41 M KENDALLVILLE
 38 M HUNTINGTON
 27 M SYRACUSE
 40 F DAYTON
 32 M FT. WAYNE
 34 C FORT WAYNE
 44 M FORT WAYNE
 43 M WINDOM LAKE
 35 M FORT WAYNE
 40 F FOWLER
 43 M FT WAYNE
 33 M FORT WAYNE
 30 F BLOOMINGTON
 29 F ANDERSON
 30 M FORT WAYNE
 46 M NEW HAVEN
 37 M CELINA
 30 M FORT WAYNE
 38 M STRYKER
 CITY
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PL CLAS
 BIB NAME
 37. JOSEPH MEDICAL CENTER
 THE END RESULT COMPANY
 SPECIAL RESULTS
 100 300
 SUMMIT CITY 100

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OCTOBER 23, 1988
 ST. JOSEPH MEDICAL CENTER
 The End Result Company

(7)

SUMMIT CITY 10K
 10K RUN
 Overall Results

PL	CLAS	BIB	NAME	CITY	ST	TIME	PACE
343.	25	776	CHRIS RUCKMAN	23 M	FORT WAYNE	IN 0:45:08.8	7:17
344	52	222	CHRIS GARDLE	25 M	PEIRCECTON	IN 0:45:09.4	7:17
345	23	1035	JIM TROKITA	45 M	PERRYSBURG	OH 0:45:10.5	7:17
346	53	100	DAVID CARPER	25 M	AUBURN	IN 0:45:11.4	7:17
347	36	317	BRUCE BORDMER	42 M	WAKARUSA	IN 0:45:12.7	7:18
348	37	935	DEAN CUTSHALL	44 M	FORT WAYNE	IN 0:45:13.5	7:18
349	6	846	GREG WARD	14 M	FORT WAYNE	IN 0:45:14.4	7:18
350	61	839	BRUCE DAUGHERTY	34 M	SYRACUSE	IN 0:45:15.1	7:18
351	60	182	GREGORY CHRISTIAN	37 M	BOURBON	IN 0:45:15.9	7:18
352	61	770	GEORGE KIRBY	39 M	ANGOLA	IN 0:45:16.6	7:18
353	15	1088	JERRY WAHRWOLD	30 C	FORT WAYNE	IN 0:45:20.5	7:19
354	2	827	HAROLD HOCHMUTH	58 M	PAW PAW	MI 0:45:23.8	7:19
355	62	429	JOHN POWELL	31 M	FORT WAYNE	IN 0:45:34.3	7:21
356	11	927	BETTY JACKSON	29 F	HAUKEE	OH 0:45:35.9	7:21
357	54	1053	KIRK HURI	27 M	FORT WAYNE	IN 0:45:36.6	7:21
358	38	721	STUART MUTCHLER	41 M	ROCHESTER	IN 0:45:38.9	7:22
359	7	868	NATHAN HEBEL	14 M	FORT WAYNE	IN 0:45:39.5	7:22
360	15	1087	LYN HANDLIN	32 F	FORT WAYNE	IN 0:45:40.2	7:22
361	39	728	PERRY YOUNG	41 M	AUBURN	IN 0:45:41.0	7:22
362	24	460	RON HEILMAN	45 M	FORT WAYNE	IN 0:45:42.2	7:22
363	26	830	LEE BYALL	22 M	MUNCIE	IN 0:45:43.1	7:22
364	3	447	JOHN HILKER	59 M	FORT WAYNE	IN 0:45:43.7	7:23
365	55	199	LARRY CICOTTE	27 M	FORT WAYNE	IN 0:45:45.7	7:23
366	62	160	RODNEY GAY	35 M	FORT WAYNE	IN 0:45:50.6	7:24
367	8	1194	CHAD WELER	14 M	FORT WAYNE	IN 0:45:51.3	7:24
368	63	769	MARK HURD	35 M	BRYAN	OH 0:45:51.9	7:24
369	63	1077	TERRY SPOO	33 M	ANDERSON	IN 0:45:53.0	7:24
370	1	511	JACQUELINE HOEYER	19 F	FORT WAYNE	IN 0:45:53.8	7:24
371	2	685	PEGGY CURRAN	39 F	STURGIS	MI 0:45:55.0	7:24
372	14	888	THOMAS KING	52 M	FORT WAYNE	IN 0:45:55.7	7:24
373	1	1131	DEWIS ELVER	36 M	DELPHOS	OH 0:45:57.0	7:25
374	9	838	JUSTIN DAUGHERTY	11 M	SYRACUSE	IN 0:45:58.1	7:25
375	2	640	ROSS ELWOOD	28 M	HARTFORD CITY	IN 0:45:59.3	7:25
376	56	120	MARK CHALK	29 M	FORT WAYNE	IN 0:46:02.7	7:26
377	15	828	GARY MILLER	51 M	MUNCIE	IN 0:46:03.5	7:26
378	16	669	L. DUANE VOIRDL	47 C	ST JOE	IN 0:46:04.2	7:26
379	57	112	ALFRED STALLWORTH	27 M	FORT WAYNE	IN 0:46:04.9	7:26
380	58	113	ANTHONY BEASLEY	28 M	FORT WAYNE	IN 0:46:05.6	7:26
381	25	1172	FRANK SCHRULTZ	47 M	INDPLS	IN 0:46:06.0	7:26
382	17	166	NICK MATHEUS	36 C	FORT WAYNE	IN 0:46:06.5	7:26
383	40	1164	JOHN BLOOM	42 M	FORT WAYNE	IN 0:46:13.3	7:27
384	16	1174	WESLEY LOVE	54 M	HARVEY	IL 0:46:14.1	7:27
385	41	200	DEX SURFACE	40 M	FORT WAYNE	IN 0:46:14.5	7:27
386	26	847	THOMAS HATHURST	46 M	FORT WAYNE	IN 0:46:15.1	7:28
387	5	346	DAVID SCROGMAN	42 F	FORT WAYNE	IN 0:46:16.1	7:28
388	64	854	AL HEIKEL	38 M	FORT WAYNE	IN 0:46:18.1	7:28
389	64	324	KENTON FRANKLIN	32 M	GREENWOOD	IN 0:46:18.9	7:28
390	3	1180	DAVID KNOPP	31 H	KENDALLVILLE	IN 0:46:20.4	7:28
391	27	208	PAUL KENNEL	24 M	FORT WAYNE	IN 0:46:21.1	7:29
392	65	354	RICK TRANEL	34 M	FORT WAYNE	IN 0:46:21.9	7:29
393	28	1090	TRAMBY EDGERTON	28 M	FORT WAYNE	IN 0:46:22.9	7:29
394	66	1111	JOHN MORSE	37 M	GOSHEN	IN 0:46:24.0	7:29
395	3	814	DON ANDERSON	61 M	FT. WAYNE	IN 0:46:24.9	7:29
396	18	644	ALAN BRADLEY	36 C	NEW HAVEN	IN 0:46:25.6	7:29
397	59	444	JAMES THOMPSON	29 M	FORT WAYNE	IN 0:46:26.1	7:29
398	66	1104	MARK PANTELLO	34 M	FORT WAYNE	IN 0:46:26.7	7:29
399	67	1192	LARRY DELEON	33 M	FORT WAYNE	IN 0:46:27.7	7:30

PL CLASS	BIB NAME	CITY	ST TIME	PAGE
400	917 GERALD THOMPSON	41 F FT. WAYNE	IN 0:46:29.6	7:30
401	916 KAREN SPATZ	24 F FT. WAYNE	IN 0:46:30.0	7:30
402	1147 MARK WAGES	50 M SHEWOOD	IN 0:46:30.7	7:30
403	1147 MARK WAGES	34 M MUNCIE	IN 0:46:31.2	7:30
404	782 ELISABETH RICKNER	40 F FORT WAYNE	IN 0:46:32.4	7:30
405	898 CHARLEY KNEPPE	40 M FORT WAYNE	IN 0:46:32.9	7:30
406	1545 JOHN GARY	52 F FREMONT	IN 0:46:33.6	7:31
407	668 RICHARD BEEMER	38 M HUNTINGTON	IN 0:46:36.3	7:31
407	288 JOHN PHAGAN	49 M ANDERSON	IN 0:46:36.3	7:31
409	454 NORMAN WHISLER	55 M FORT WAYNE	IN 0:46:37.2	7:31
410	714 GREG FAHL	36 M COLUMBIA CITY	IN 0:46:37.7	7:31
411	835 MARIE GAMER	13 F LEESBURG	IN 0:46:39.0	7:31
412	126 RICHARD PANNING	39 F FORT WAYNE	IN 0:46:39.6	7:32
413	522 DANIEL FISHER	30 M HUNTINGTON	IN 0:46:40.4	7:32
414	1146 DARRYL PATTON	40 M FORT WAYNE	IN 0:46:44.0	7:32
415	638 JOHN GREENOUGH	35 M INDIANAPOLIS	IN 0:46:48.6	7:33
416	741 FLOYD LOBSTEER	48 M BLUFFTON	IN 0:46:49.1	7:33
417	273 MATTHEW SHOEMAKER	11 M WEBSTER	IN 0:46:49.6	7:33
418	108 ERICK THOM	36 M ROANOKE	IN 0:46:50.4	7:33
419	1185 GORDON DENNY	35 M FORT WAYNE	IN 0:46:53.9	7:34
420	883 JIM CAVAYE	29 M FORT WAYNE	IN 0:46:57.0	7:34
421	180 JERRY DAVIS	33 M HUNTINGTON	IN 0:46:57.5	7:34
422	452 HOWARD BASH	55 M FORT WAYNE	IN 0:47:00.6	7:35
423	479 KAREN WACHON	23 F FORT WAYNE	IN 0:47:01.1	7:35
424	681 AMY SZOKE	13 F TROY	OH 0:47:01.6	7:35
425	862 JACK REINKING	40 M FORT WAYNE	IN 0:47:02.7	7:35
426	484 RICHARD DUGAN	49 M FORT WAYNE	IN 0:47:05.4	7:36
427	767 GLEN JOLDEMAN	31 M GOSHEN	OH 0:47:07.0	7:36
428	634 RICHARD JOHNSON	52 M INDIANAPOLIS	IN 0:47:09.8	7:36
429	936 JOHN MEHLERHOFF	62 M FORT WAYNE	IN 0:47:10.4	7:37
430	1052 DARRYL GORDAN	40 M MEY	OH 0:47:12.5	7:37
431	1088 BENJAMIN HUBBELL	15 M FORT WAYNE	IN 0:47:13.2	7:37
432	449 LORRAINE FOX	27 F FORT WAYNE	IN 0:47:14.1	7:37
433	618 DEB STARK	25 F EDGERTON	OH 0:47:14.7	7:37
434	274 JAMES KLIME	51 M HUNTINGTON	IN 0:47:17.0	7:38
435	718 TIM GALE	34 M KENDALLVILLE	IN 0:47:17.6	7:38
436	678 LARRY SMITH	35 M BRYAN	OH 0:47:18.3	7:38
437	263 ED BECKNER	43 M HUNTINGTON	IN 0:47:22.2	7:38
438	540 LARRY DAVISSON	38 M WOLCOTTVILLE	IN 0:47:27.4	7:39
439	222 TERRY WITCHLER	41 F ROCHESTER	IN 0:47:27.9	7:39
440	1189 CLIFF DITTO	55 M MONROEVILLE	IN 0:47:33.5	7:40
441	1156 ROD TLER	15 M DECATUR	IN 0:47:34.3	7:40
442	589 JAMES PEPPER	54 M COLUMBIA CITY	IN 0:47:34.9	7:40
443	726 TOM ARCHBOLD	38 M OSSIAN	IN 0:47:35.5	7:41
444	454 LISA SNOUFFER	29 F FORT WAYNE	IN 0:47:36.1	7:41
445	551 BOB WASSON	42 M PLAINFIELD	IN 0:47:36.2	7:41
446	644 DARRYL DOUGLAS	40 C AUBURN	IN 0:47:38.2	7:41
447	319 ANTHONY MEMENEMATT	52 M WINCHESTER	IN 0:47:37.7	7:41
448	546 TERRY GAUTSCH	55 M ROANOKE	IN 0:47:38.6	7:41
449	913 CHARLES UNSPELL	39 M FORT WAYNE	IN 0:47:40.2	7:41
450	456 BETH BEAM	26 F FORT WAYNE	IN 0:47:41.6	7:42
451	713 RICHARD REIMER	29 C FORT WAYNE	IN 0:47:44.6	7:42
452	845 MARK POWSER	19 M FORT WAYNE	IN 0:47:45.3	7:42
453	1188 TIM BEAM	29 M FORT WAYNE	IN 0:47:46.3	7:42
454	824 MARAZA KAMIN	30 M FT. WAYNE	IN 0:47:47.0	7:42
455	908 TIMOTHY MOSSBURG	34 M FORT WAYNE	IN 0:47:47.7	7:43
456	350 ERIC BEERS	43 M FORT WAYNE	IN 0:47:48.5	7:43

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 ST JOSEPH MEDICAL CENTER
 The End Result Company
 Overall Results
 SUMMIT CITY 10X
 10X RUN



OCTOBER 23, 1988
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The End Result Company

(9)
SUMMIT CITY 10K
10K RUN
Overall Results

PL	CLAS	BIB	NAME	CITY	ST TIME	PACE
457	22	560	DAVID DALE	50 M BLOFFTON	IN 0:47:49.0	7:43
458	30	1091	KELLY HABAYEB	45 M WABASH	IN 0:47:49.7	7:43
459	75	351	THOMAS FUELLING	38 M FORT WAYNE	IN 0:47:52.3	7:43
460	75	809	MICHAEL RICHARDVILLE	34 M FT. WAYNE	IN 0:47:52.9	7:43
461	3	861	ALICIA MCELROY	14 F FORT WAYNE	IN 0:47:53.9	7:44
462	21	897	DENNIS STONEBRAKER	37 C FORT WAYNE	IN 0:47:54.4	7:44
463	76	183	BILL OVERTON	30 M VARSAW	IN 0:47:55.2	7:44
464	16	789	AMY HOLLENBERG	26 F FORT WAYNE	IN 0:47:55.9	7:44
465	23	708	ARTHUR D. ANDERSON	53 M DEARBORN	MI 0:47:57.0	7:44
466	77	951	CRAIG HARTMAN	34 M FORT WAYNE	IN 0:48:00.1	7:45
467	62	1659	MICHAEL HARMEYER	25 M FORT WAYNE	IN 0:48:03.8	7:45
468	76	474	JACK MARRISSEY	37 M FORT WAYNE	IN 0:48:04.7	7:45
469	77	837	DAVID CLOUSE	35 M KENDALLVILLE	IN 0:48:06.3	7:45
470	50	544	MAURI BORDNER	40 M PIERCETON	IN 0:48:06.9	7:45
471	51	1037	STEVE HERTZ	42 M ADA	OH 0:48:07.5	7:45
472	11	1098	CHRISTINE ALVAREZ	21 F FORT WAYNE	IN 0:48:08.3	7:45
473	78	330	GREGORY CHILES	30 M CARNEL	IN 0:48:09.6	7:46
474	63	842	HARR EARNEST	27 M FORT WAYNE	IN 0:48:10.3	7:46
475	78	435	HARVIN SMITH	37 M FORT WAYNE	IN 0:48:10.8	7:46
476	17	623	LAURA KROH	26 F INDIANAPOLIS	IN 0:48:14.3	7:47
477	16	535	DIXIE HOOK	34 F DECATUR	IN 0:48:14.9	7:47
478	24	226	RON HOLLE	50 M HOAGLAND	IN 0:48:17.5	7:47
479	79	501	MIKE REITH	34 M FORT WAYNE	IN 0:48:19.0	7:48
480	22	645	CHUCK HILLS	42 C NEW HAVEN	IN 0:48:19.9	7:48
481	23	119	TOM VACHON	25 C FORT WAYNE	IN 0:48:20.5	7:48
482	52	438	WILLIAM CAMPBELL	42 M FORT WAYNE	IN 0:48:21.9	7:48
483	24	563	DONALD PAYNE	50 C VARSAW	IN 0:48:22.6	7:48
484	79	1173	BARRY KUHOBERAC	38 M INDPLS	IN 0:48:25.0	7:49
485	64	453	SCOTT FRICK	26 M FORT WAYNE	IN 0:48:26.0	7:49
486	53	159	LARRY HATFLICH	44 M FORT WAYNE	IN 0:48:29.5	7:49
487	31	937	BILL HECKLEY	45 M FORT WAYNE	IN 0:48:32.1	7:50
488	29	867	ANDREW BREHM	22 M FORT WAYNE	IN 0:48:32.9	7:50
489	65	831	JOHN STONER	29 M MONTPELIER	IN 0:48:33.6	7:50
490	8	603	HAL LEVIS	55 M BRYAN	OH 0:48:34.3	7:50
491	3	310	BELINDA SLOFFER	36 F HUNTERTOWN	IN 0:48:36.7	7:50
492	54	1106	DEAN SHARP	41 M HARLAN	IN 0:48:38.1	7:51
493	80	1003	USH JAACKS	30 M HUNTINGTON	IN 0:48:39.0	7:51
494	81	555	RONALD KLOPFENSTEIN	33 M GRABILL	IN 0:48:39.9	7:51
495	32	730	GENE LINK	47 M AUBURN	IN 0:48:40.4	7:51
496	80	355	PAUL SABRACK	36 M FORT WAYNE	IN 0:48:41.3	7:51
497	11	709	SCOTT DEE	13 M PLYMOUTH	IN 0:48:43.2	7:51
498	12	254	PHILIP THOMPSON	14 M DECATUR	IN 0:48:43.9	7:52
499	17	697	ANDY MCBRIDE	19 M WINOMALAKE	IN 0:48:44.9	7:52
500	66	227	THOMAS BLAUVELT	27 M MONROEVILLE	IN 0:48:46.5	7:52
501	33	1002	MELVIN HOCHSTETLER	40 M COLUMBIA CITY	IN 0:48:47.7	7:52
502	67	412	ROBERT HITCHELL	28 M FORT WAYNE	IN 0:48:48.9	7:52
503	56	492	ROBERT YUROSKO	43 M FORT WAYNE	IN 0:48:49.9	7:53
504	18	871	SUSAN SCHURM	29 F FORT WAYNE	IN 0:48:52.5	7:53
505	17	1039	PATTY PANTELLO	31 F FORT WAYNE	IN 0:48:56.1	7:54
506	56	435	ROBERT BECHING	43 M FORT WAYNE	IN 0:48:56.8	7:54
507	34	305	BILL MACK	47 M DEFIANCE	OH 0:48:58.0	7:54
508	82	211	KEVIN JEHL	32 M FT WAYNE	IN 0:49:06.1	7:55
509	81	1165	ERICK SODERQUIST	37 M WARREN	IN 0:49:06.7	7:55
510	12	588	VALERIE PUCKETT	43 F COLUMBIA CITY	IN 0:49:08.0	7:55
511	83	849	DAN DUYALL	31 M FORT WAYNE	IN 0:49:09.1	7:56
512	57	944	MIKE LYKINS	43 M FORT WAYNE	IN 0:49:11.5	7:56
513	18	296	PO POWELL	31 F FT WAYNE	IN 0:49:12.1	7:56

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SUMMIT CITY 10K
10K RUN
Overall Results

PL	CLAS	BIB	NAME	CITY	ST TIME	PACE
514	35	279	BOB CLAY	45 M GRABILL	IN 0:49:12.3	7:56
515	58	363	JOHN CARMAGHI	43 M FORT WAYNE	IN 0:49:13.7	7:56
516	13	748	DAVID SMITH	13 M HARTFORD CITY	IN 0:49:14.5	7:57
517	4	834	LESLIE BARNER	11 F LEESBURG	IN 0:49:17.0	7:57
518	68	1178	WILLIAM LAUPAM	28 M FORT WAYNE	IN 0:49:17.6	7:57
519	25	667	JIM MASON	38 C ANDERSON	IN 0:49:18.4	7:57
520	59	683	MIKE KAUFMAN	40 M BRYAN	OH 0:49:19.2	7:57
521	60	420	JOHN SULLIVAN	41 M FORT WAYNE	IN 0:49:23.6	7:58
522	84	690	CHUCK DOWE	34 M ANGOLA	IN 0:49:24.7	7:58
523	61	432	LARRY GODAIR	42 M FORT WAYNE	IN 0:49:25.4	7:58
524	32	378	TIMOTHY SHANBAUGH	39 M FORT WAYNE	IN 0:49:26.1	7:58
525	69	221	TIM SMITH	29 M PEIRCECTON	IN 0:49:31.4	7:59
526	26	1154	TOM ELLIOTT	45 C BLUFFTON	IN 0:49:32.5	8:00
527	62	488	MIKE YATES	40 M FORT WAYNE	IN 0:49:33.7	8:00
528	27	673	MARK HUGG	27 C FT WAYNE	IN 0:49:40.2	8:01
529	83	1083	CRAIG ANDERSON	39 M DECATUR	IN 0:49:41.0	8:01
530	70	131	STEPHEN BORKOWSKI	27 M FORT WAYNE	IN 0:49:41.7	8:01
531	36	1032	PAUL WRAY	46 M PORT CLINTON	OH 0:49:42.2	8:01
532	37	851	CHARLES CHAMBERS	45 M FORT WAYNE	IN 0:49:42.7	8:01
533	84	610	ROBERT CREIGHTON	37 M LIMA	OH 0:49:43.2	8:01
534	95	379	MICHAEL PRESSLER	36 M FORT WAYNE	IN 0:49:43.7	8:01
535	85	911	JIM SHOVLIN	30 M FORT WAYNE	IN 0:49:44.4	8:01
536	38	411	STEVEN CLENNER	47 M FORT WAYNE	IN 0:49:44.8	8:01
537	12	463	MICHELLE BRANSTETTER	22 F FORT WAYNE	IN 0:49:48.0	8:02
538	71	333	STEVE WINEY	26 M WINDOM LAKE	IN 0:49:48.4	8:02
539	86	327	STEVE POPEMFOOSE	34 M VARSAW	IN 0:49:51.3	8:02
540	25	1149	LEON YOUNGPETER	53 M FORT WAYNE	IN 0:49:51.8	8:03
541	86	510	TIM TWISS	38 M FORT WAYNE	IN 0:49:52.2	8:03
542	19	915	CINDIE ROSSWURM	31 F FORT WAYNE	IN 0:49:52.6	8:03
543	2	281	FRAN VAN WAGNER	53 F ANGOLA	IN 0:49:53.0	8:03
544	87	787	BREGRY THEURER	38 M FORT WAYNE	IN 0:49:53.7	8:03
545	2	377	MIRIAM WELER	18 F FORT WAYNE	IN 0:49:54.6	8:03
546	87	184	TROY COZAD	34 M FORT WAYNE	IN 0:49:56.0	8:03
547	3	1138	BARBARA ONEIL	50 F FORT WAYNE	IN 0:49:58.4	8:04
548	26	848	DICK SIVE	53 M FORT WAYNE	IN 0:49:59.4	8:04
549	88	863	NICHAEL DAWSON	35 M FORT WAYNE	IN 0:49:59.9	8:04
550	89	132	MIKE DORLAN	39 M FORT WAYNE	IN 0:50:00.5	8:04
551	30	1181	DAVE DONAS	21 M FORT WAYNE	IN 0:50:03.5	8:04
552	20	698	LINDA NYLIN	70 F CARNEL	IN 0:50:08.0	8:05
553	63	1103	GREG PURCELL	40 M FORT WAYNE	IN 0:50:09.7	8:05
554	90	699	STEVE BEGHEL	38 M HUNTINGTON	IN 0:50:10.5	8:06
555	88	343	THOMAS JOHNSON	34 M COLUMBIA CITY	IN 0:50:12.2	8:06
556	4	1054	SUE WENDELL	35 F FARMLAND	IN 0:50:15.6	8:06
557	31	530	MARK ALDRIDGE	21 M ROYAL CENTER	IN 0:50:18.3	8:07
558	91	292	TORRY EVANS	36 M FT WAYNE	IN 0:50:20.6	8:07
559	18	1080	TOOD CAFFEE	17 M FORT WAYNE	IN 0:50:21.2	8:07
560	92	521	RICHARD HOCHSTETLER	37 M GOSHEN	IN 0:50:24.6	8:08
561	5	210	JUDY DAVIS	36 F AUBURN	IN 0:50:27.4	8:08
561	5	1062	WALT OSTERNEVER	60 M FORT WAYNE	IN 0:50:27.4	8:08
563	28	209	MIKE HEY	43 C FORT WAYNE	IN 0:50:28.2	8:08
564	93	948	GARY PETERSON	35 M FORT WAYNE	IN 0:50:28.8	8:09
565	29	233	TOM McDONALD	31 C HUNTINGTON	IN 0:50:29.4	8:09
566	64	886	RICHARD ANDRE	41 M FORT WAYNE	IN 0:50:30.4	8:09
567	21	433	SUSAN SIPES	32 F FORT WAYNE	IN 0:50:31.0	8:09
569	30	165	JEFFREY WALTON	35 C FORT WAYNE	IN 0:50:31.8	8:09
569	22	386	ANN LINSON	31 F FORT WAYNE	IN 0:50:32.4	8:09
570	89	263	PETE RAMS	30 M INDIANAPOLIS	IN 0:50:33.1	8:09

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 The End Result Company

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SUMMIT CITY 10K
 10K RUN
 Overall Results

PL	CLAS	BIB NAME	CITY	ST TIME	PRCE
571	19	215 JEANNETTE MCLEAN	27 F GARRETT	IN 0:50:34.0	8:09
572	27	121 VAUGH ROBERTS	53 M FORT WAYNE	IN 0:50:34.9	8:09
573	94	434 PHILIP KEMMERK	38 M FORT WAYNE	IN 0:50:37.2	8:10
574	90	306 DAVID THOMPSON	33 M VAN VERT	OH 0:50:37.7	8:10
575	72	554 STEVE MITCHELL	25 M OSSIAN	IN 0:50:38.6	8:10
576	95	950 GRENDEL BURRELL	37 M FORT WAYNE	IN 0:50:40.2	8:10
577	73	941 SARUEL BIDDLE	26 M FORT WAYNE	IN 0:50:42.4	8:11
578	6	513 NORMAN FORTRESS	64 M FORT WAYNE	IN 0:50:44.1	8:11
579	5	649 CHARLIE DAVIS	44 M FORT WAYNE	IN 0:50:48.8	8:12
580	96	707 CHARLES MASON	35 M FINDLAY	OH 0:50:51.2	8:12
581	65	228 DENNIS DEMERITT	42 N LEO	IN 0:50:51.7	8:12
582	91	295 MICHAEL GIRAQUE	34 M FT WAYNE	IN 0:50:58.0	8:13
583	66	922 WILLIE BELL	44 M FORT WAYNE	IN 0:50:58.9	8:13
584	92	103 REAPITO MONTOYA	33 M GARETT	IN 0:51:02.7	8:14
585	31	1160 RONALD SABINS	45 C WEST UNITY	OH 0:51:03.3	8:14
586	6	197 JOAN WELER	38 F FORT WAYNE	IN 0:51:05.7	8:14
587	32	852 CHARLES DUYER	45 C FORT WAYNE	IN 0:51:06.5	8:15
588	93	881 JOHN LORZ	33 M FORT WAYNE	IN 0:51:10.6	8:15
589	74	153 BRIAN UHLMAN	28 M FORT WAYNE	IN 0:51:11.2	8:15
590	7	1137 JACK ONEIL	63 M FORT WAYNE	IN 0:51:11.9	8:15
591	75	1094 STEVE MCRAHON	25 M FORT WAYNE	IN 0:51:12.6	8:16
592	39	376 WILLIAM FISH	45 M FORT WAYNE	IN 0:51:16.0	8:16
593	28	313 ALLEN SHARKEY	52 M BOURBON	IN 0:51:17.7	8:16
594	29	1201 KARL DIETSCH	50 M FORT WAYNE	IN 0:51:18.5	8:17
595	67	596 BILL STANCZYK	40 M NILES	MI 0:51:19.7	8:17
596	97	229 BRUCE CATTALL	37 M FORT WAYNE	IN 0:51:20.2	8:17
597	68	790 SKIP LESH	43 M FORT WAYNE	IN 0:51:20.8	8:17
598	14	592 ADAM LUTTMAN	9 M KENDALLVILLE	IN 0:51:23.0	8:17
599	13	682 LISA KIRKEY	20 F CONVOY	OH 0:51:24.3	8:17
600	94	164 MICHAEL SLADE	33 M FORT WAYNE	IN 0:51:25.9	8:15
601	98	261 BILL MCGEE	38 M VENEDOCIA	OH 0:51:27.6	8:16
602	7	58 SHERRY YODER	38 F FORT WAYNE	IN 0:51:30.0	8:16
603	99	710 WILLIAM DEE	38 M PLYMOUTH	IN 0:51:31.3	8:15
604	100	705 RUDY BERG	36 M LIMA	IN 0:51:32.2	8:15
605	33	125 MICHAEL HOSTETLER	34 C FORT WAYNE	IN 0:51:32.8	8:19
606	69	506 RICHARD GIESE	44 M FORT WAYNE	IN 0:51:33.9	8:19
607	70	1036 DWAYNE GARRETT	44 M FORT WAYNE	IN 0:51:34.6	8:19
608	40	497 ART MCCOY	45 M FORT WAYNE	IN 0:51:37.7	8:20
609	41	312 ART NEWELL	46 M LOSANSPOORT	IN 0:51:45.3	8:21
610	71	744 VICTOR LEWANDOWSKI	44 M NEW HAVEN	IN 0:51:47.2	8:21
611	32	224 MARK HOWELL	22 M VABASH	IN 0:51:48.7	8:21
612	95	800 MIKE MCCARTY	32 M FT. WAYNE	IN 0:51:49.5	8:22
613	8	696 SUZIE MILLER	35 F MUNCIE	IN 0:51:52.3	8:22
614	101	232 THOMAS WISNIEWSKI	39 M FORT WAYNE	IN 0:51:53.0	8:22
615	6	734 RON SEXTON	22 H INDIANAPOLIS	IN 0:51:53.8	8:22
616	72	118 DON SHARY	42 M GRADILL	IN 0:51:54.4	8:22
617	76	946 CLAY HOUSHOLDER	29 M FORT WAYNE	IN 0:51:55.4	8:22
618	42	601 DICK ROTH	45 M VAN VERT	OH 0:51:55.8	8:23
619	30	301 DON HEMMAN	51 M NEW CARLISLE	OH 0:51:56.4	8:23
620	34	858 THOMAS STAAK	42 C FORT WAYNE	IN 0:51:57.6	8:23
621	33	450 TIMOTHY KENT	24 M FORT WAYNE	IN 0:52:00.7	8:23
622	43	315 STEPHEN WHITE	48 M ANGOLA	IN 0:52:02.1	8:24
623	44	1081 JAMES MCGOWIN	46 M FORT WAYNE	IN 0:52:08.0	8:25
624	102	220 RICHARD YARGER	37 M HUNTINGTON	IN 0:52:12.6	8:25
625	73	859 DALE THOMPSON	40 M FORT WAYNE	IN 0:52:14.5	8:26
626	9	702 LESLIE WHITE	37 F NORTH LIBERTY	IN 0:52:17.6	8:26
627	96	1082 MARK ROBERT	32 M PIQUA	OH 0:52:19.5	8:26

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SUMMIT CITY 10K
10K RUN
Overall Results

PL	CLAS	BIB NAME	CITY	ST	TIME	PACE
628	97	600 RICK, SEALSCOTT	34 M VAN WERT	OH	0:52:29.7	8:28
629	5	1067 ARY YODER	10 F KENDALLVILLE	IN	0:52:30.6	8:28
630	15	459 CHAD HELLMAN	14 M FORT WAYNE	IN	0:52:31.3	8:28
631	74	389 THOMAS AGNESS	42 M FORT WAYNE	IN	0:52:31.9	8:28
632	19	1072 JERRY STROWHATT	16 M AVILLA	IN	0:52:33.4	8:29
633	35	1108 TERRY LAUCKS	40 C ANGOLA	IN	0:52:34.1	8:29
634	75	877 THOMAS ESSIG	41 M FORT WAYNE	IN	0:52:34.3	8:29
635	76	749 KEN HENDRICKS	41 M HUNTERTOWN	IN	0:52:34.4	8:29
636	98	725 GARY HIMES	33 M VARSAW	IN	0:52:34.7	8:29
637	31	387 WILLIAM CLARK	52 M FORT WAYNE	IN	0:52:34.9	8:29
638	99	561 BRYAN HOLDERMAN	30 M VARSAW	IN	0:52:35.6	8:29
639	36	1132 JIM COPLEM	27 C VARSAW	IN	0:52:36.7	8:29
640	77	1102 KEVIN MCCORMICK	26 M LAGRANGE	IN	0:52:38.2	8:29
641	16	684 MATT CURRAN	11 M STURGIS	MI	0:52:40.9	8:30
642	45	1141 RONALD MILLER	48 M DANVILLE	IL	0:52:41.9	8:30
643	23	628 ANN COMPARET	31 F INDIANAPOLIS	IN	0:52:42.3	8:30
644	3	1097 HOLLIE YAGER	15 F FORT WAYNE	IN	0:52:42.9	8:30
645	7	122 JOHN MCCOMB	40 H FORT WAYNE	IN	0:52:44.3	8:30
646	103	194 REG JOHNSON	39 M CLAYPOOL	IN	0:52:50.4	8:31
647	104	456 RON HORAN	36 M FORT WAYNE	IN	0:52:55.0	8:32
648	46	359 RUSSELL SPOOK	49 M FORT WAYNE	IN	0:52:55.4	8:32
649	100	173 ROBERT SMILEY	33 M FORT WAYNE	IN	0:52:55.9	8:32
650	10	619 CAROLE KROUTH	35 F EDGERTON	OH	0:52:57.7	8:33
651	14	763 DIANA SHENEFIELD	24 F HUNTINGTON	IN	0:53:03.8	8:34
652	78	762 GARY SHENEFIELD	26 M HUNTINGTON	IN	0:53:11.0	8:35
653	32	341 KARLTON HOLLE	52 M NEW HAVEN	IN	0:53:12.5	8:35
654	77	517 THOMAS HUNDBRECHT	43 M FORT WAYNE	IN	0:53:28.1	8:37
655	4	258 STACY BALL	18 F PORTAGE	IN	0:53:28.8	8:38
656	9	615 ED BLOEDOW	56 M TOLEDO	OH	0:53:29.2	8:38
657	79	880 M. KYLE CHEN	28 M FORT WAYNE	IN	0:53:30.0	8:38
658	37	647 JIM HINDLE	39 C FORT WAYNE	IN	0:53:33.2	8:38
659	11	550 SALLY BORK	35 F SPENCERVILLE	IN	0:53:37.0	8:39
660	38	638 PAUL MACDONALD	52 C ADRIAN	MI	0:53:40.5	8:39
661	47	1182 JIM DUMAS	49 M FORT WAYNE	IN	0:53:41.2	8:40
662	78	679 JOSEPH SZOKE	41 M TROY	OH	0:53:42.3	8:40
663	79	302 GREG JENNINGS	41 M EDGERTON	OH	0:53:43.2	8:40
664	10	328 KING SULLIVAN	57 M FORT WAYNE	IN	0:53:43.8	8:40
665	17	804 JEFFERY RUPPERLE	9 M FT. WAYNE	IN	0:53:44.5	8:40
666	101	805 GARY RUPPERLE	34 M FT. WAYNE	IN	0:53:48.0	8:41
667	80	771 JOHN SHUMACHER	29 M FORT WAYNE	IN	0:53:48.8	8:41
668	48	1109 JIM MARTIN	45 M FORT WAYNE	IN	0:53:49.3	8:41
669	105	1063 SCOTT MYERS	37 M COLDWATER	MI	0:53:54.8	8:42
670	12	1130 KIMBERLY NETHERLAND	35 F INDIANAPOLIS	IN	0:53:58.2	8:42
671	13	727 SALLY THOMAS	35 F OSSIAN	IN	0:53:59.0	8:42
672	8	636 GARY HOENBERGER	30 H TOLEDO	OH	0:54:03.7	8:43
673	80	772 LAWRENCE LEE	43 M FORT WAYNE	IN	0:54:04.8	8:43
674	39	720 ALTON MYERS	53 C ALBION	IN	0:54:05.9	8:44
675	40	652 DAN RICKERT	37 C FORT WAYNE	IN	0:54:07.1	8:44
676	9	150 KEN MURPHY	36 H FORT WAYNE	IN	0:54:09.8	8:44
677	41	161 MARK HERDA	25 C FORT WAYNE	IN	0:54:13.1	8:45
678	106	157 MARK BURNETT	37 M FORT WAYNE	IN	0:54:21.5	8:46
679	81	147 RAMON BROWN	41 M FORT WAYNE	IN	0:54:28.9	8:47
680	2	548 JANET WARDER	45 F PERU	IN	0:54:33.4	8:48
681	8	1070 RODIE CONE	65 M TOLEDO	OH	0:54:49.5	8:51
682	107	487 PAT ASHTON	38 M FORT WAYNE	IN	0:54:50.0	8:51
683	20	581 DIANE REUTHER	27 F NEW HAVEN	IN	0:54:53.6	8:51
684	49	366 JAMES WIDMEYER	46 M FORT WAYNE	IN	0:54:54.1	8:51

PL	CLAS	BID	NAME	CITY	ST	TIME	PAGE
685	81	1108	CHRISTOPHER FRAZIER	27	M	KALAMAZOO	8:53
686	33	386	CLIFFORD DIETRICH	53	M	FORT WAYNE	8:53
687	108	480	DAVID RIPLEE	35	M	FORT WAYNE	8:53
688	9	821	ROBERT HOCKENSMITH	50	M	FT. WAYNE	8:53
689	20	231	ROBERT LOOMIS	55	M	MONROEVILLE	8:53
690	20	836	DAVID TERPPE	15	M	CAIRVILLE	8:54
691	14	286	PATTI MARSH	36	F	ETHA GREEN	8:54
692	4	733	BEZ CHRISTENSEN	51	F	ELKHART	8:54
693	102	873	GLEN BECKER	31	M	FORT WAYNE	8:56
694	6	584	JILL PEARSON	11	F	COLUMBIA CITY	8:56
695	42	674	LARRY WAGNER	36	C	FT WAYNE	8:56
696	34	1050	HON BONAR	50	M	FORT WAYNE	8:56
697	12	486	ROBERT HABIS	55	M	FORT WAYNE	8:56
698	85	213	LAURA SZYMORSKI	42	M	FORT WAYNE	8:56
699	15	395	DANNY NUSBAUM	42	M	FORT WAYNE	8:56
700	3	569	JEANETTE KLEIN	46	F	AUBURN	8:57
701	102	1085	TIM SULLIVAN	35	M	ABOITTE	8:57
702	192	1084	STEVE BEIER	25	M	FORT WAYNE	8:57
703	83	1135	GREG WALDEN	40	M	RENSSELAER	8:58
704	13	899	CURTIS NOLD	57	M	FORT WAYNE	8:58
705	173	507	ROSEANN SIMMONS	43	F	FORT WAYNE	8:59
706	94	1065	BILL BARE	41	M	FORT WAYNE	8:59
707	103	262	DOUBLAS HART	33	M	ANDERSON	9:01
708	24	384	ANNKE FREMION	33	F	FORT WAYNE	9:01
709	85	1076	JACK BICKEL	59	M	MUNCIE	9:02
710	95	1068	MICHAEL YODER	41	M	KENDALLVILLE	9:03
711	16	144	KATHY KNOTT	24	F	FORT WAYNE	9:03
712	104	276	BOB STELLER	40	M	FORT WAYNE	9:03
713	104	276	BOB STELLER	32	M	AUBURN	9:03
714	25	931	KATHY MCCRABY	31	F	FORT WAYNE	9:03
715	15	1044	RITA HAYES	12	F	NEW HAVEN	9:04
716	15	1044	RITA HAYES	37	F	FORT WAYNE	9:04
717	21	1150	MICHAEL QUACKENBUSH	16	M	FORT WAYNE	9:04
718	87	491	JACK SCHMIDT	43	M	FORT WAYNE	9:04
719	5	459	JOYCE FUZY	51	F	FORT WAYNE	9:04
720	17	374	JENNIFER CARTMEL	24	F	FORT WAYNE	9:04
721	103	439	JIM MCCRABY	33	M	FORT WAYNE	9:04
722	143	143	MICHAEL BOUVERMAN	32	Q	FORT WAYNE	9:05
723	10	558	JOHN EDNIS	61	M	BLUFFTON	9:05
724	144	158	KEAL NEWTON	25	C	FORT WAYNE	9:05
725	520	121	TIM TERNON	31	M	FORT WAYNE	9:05
726	110	473	MICHAEL HENDRICKS	38	M	FORT WAYNE	9:06
727	107	292	KARIN WALLENSTEIN	33	M	WATERLOO	9:06
728	21	502	KARIN WALLENSTEIN	29	F	FORT WAYNE	9:07
729	83	321	SHABDIA KARIM	27	M	FORT WAYNE	9:09
730	10	747	ALLAN SMITH	41	M	HARRIORD CITY	9:10
731	1	925	JAN WSLINSKI	49	F	DYER	9:10
732	108	448	GLENN ABELS	31	M	FORT WAYNE	9:11
733	26	315	CLAUDE KELLER	60	M	FORT WAYNE	9:11
734	26	344	MARGARET NORTH	33	F	COLUMBIA CITY	9:11
735	11	653	MICHAEL SUMMERS	34	M	FORT WAYNE	9:11
736	18	285	KARIN MILLER	24	F	PLAUCH	9:12
737	48	872	DON WOTTINGHAM	40	C	FORT WAYNE	9:12
738	16	701	JULIE MASSAMEN	36	F	CHURCHBURSCO	9:12
739	6	715	DON WAGNER	38	C	KENDALLVILLE	9:12
740	6	900	GLORIA NOLD	53	F	FORT WAYNE	9:13
741	34	214	PAUL DECHAMT	23	M	FT WAYNE	9:13

Overall Results

Sum of City 300

Sum of City 300

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11, JOSEPH MEDICAL CENTER
The End Result Company
OCTOBER 23, 1988

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SUMMIT CITY 10K
10K RUN
Overall Results

OCTOBER 23, 1988
ST. JOSEPH MEDICAL CENTER
The End Result Company

PL	CLASS	BIB	NAME	CITY	ST	TIME	PAGE
742		47	642 JACK TOPE	43 C ELKHART	IN	0:57:07.6	9:13
743		35	735 JAMES STREETER	22 N INDIANAPOLIS	IN	0:57:11.7	9:13
744		35	1142 PAUL KRAS	21 F FORT WAYNE	IN	0:57:14.1	9:14
745		109	1066 BRADLEY GIBSON	31 M FORT WAYNE	IN	0:57:15.0	9:14
746		13	648 DON SCIFERS	31 H FORT WAYNE	IN	0:57:16.8	9:14
747		12	654 THOMAS HARLEY	39 H FORT WAYNE	IN	0:57:23.3	9:15
748		50	414 JAMES HEYMAN	45 M FORT WAYNE	IN	0:57:25.8	9:16
749		17	552 WANDA MYERS	37 F WARSAW	IN	0:57:27.0	9:16
750		111	523 BILL WALKER	36 M HUNTINGTON	IN	0:57:36.5	9:17
751		88	796 JOY ANDRE	39 F FT. WAYNE	IN	0:57:37.1	9:18
752		88	876 RON HUBER	40 M FORT WAYNE	IN	0:57:41.2	9:18
753		110	587 BILL DUFFY	33 M COLUMBIA CITY	IN	0:57:51.3	9:20
754		1	287 BETH WIMMER	62 F ETNA GREEN	IN	0:57:52.0	9:20
755		84	807 FRANK MARTINEZ	26 F FT. WAYNE	IN	0:58:07.7	9:23
756		35	141 DON RHODES	54 M COLUMBIA CITY	IN	0:58:09.7	9:23
757		42	639 DAN DANIEL	59 C COLUMBIA CITY	IN	0:58:15.3	9:24
758		18	345 EDGAR STRUBSE	61 M COLUMBIA CITY	IN	0:58:23.2	9:25
759		15	300 ROBERT MISLER	56 M FORT WAYNE	IN	0:58:28.2	9:26
760		111	1073 MICHAEL PAGE	33 M ANDERSON	IN	0:58:36.6	9:27
761		27	1048 JUDITH KILGORE	33 F FORT WAYNE	IN	0:58:37.4	9:27
762		22	402 ANGELA MEYERS	27 F FORT WAYNE	IN	0:58:39.2	9:28
763		14	629 SHARON PATTERSON	41 F INDIANAPOLIS	IN	0:58:46.9	9:29
764		5	557 SARAH KLEINMIGHT	45 F BLUFFTON	IN	0:58:50.3	9:29
765		112	1190 DOUGLAS TAYLOR	32 M WOODBURN	IN	0:58:56.6	9:30
766		49	1001 MARK WHITE	32 C FORT WAYNE	IN	0:58:59.2	9:31
767		15	1144 ANNE TURBIE	42 F MARION	IN	0:59:00.0	9:31
768		17	855 SHIRLEY PIERCY	42 F FORT WAYNE	IN	0:59:03.2	9:31
769		17	745 JANE LEVANDOVSKA	44 F NEW HAVEN	IN	0:59:05.0	9:32
770		6	635 CARMEN LOVE	47 F GAS CITY	IN	0:59:07.0	9:32
771		89	1152 BILL SHERMAN	40 M FORT WAYNE	IN	0:59:10.8	9:33
772		112	388 PATRICK MARSHALL	35 M FORT WAYNE	IN	0:59:27.7	9:35
773		7	866 DORONDA CAMPBELL	49 F FORT WAYNE	IN	0:59:42.7	9:38
774		18	441 MANCIE RICE	44 F FORT WAYNE	IN	0:59:51.4	9:39
775		50	651 DENNIS MISER	37 C FORT WAYNE	IN	1:00:03.6	9:41
776		51	646 MARK HARFEY	37 C FORT WAYNE	IN	1:00:08.5	9:42
777		113	791 RANDY LAVINE	36 M FORT WAYNE	IN	1:00:09.8	9:42
778		28	875 SUE ZIMMERMAN	31 F FORT WAYNE	IN	1:00:21.5	9:44
779		13	356 CHET FLEETWOOD	69 M FORT WAYNE	IN	1:00:24.2	9:45
780		90	1042 RICK KELTSCH	42 M FORT WAYNE	IN	1:00:25.0	9:45
781		91	136 ROBERT POWELL	40 M SYRACUSE	IN	1:00:26.8	9:45
782		29	462 KAN HARDER	34 F FORT WAYNE	IN	1:00:27.6	9:45
783		113	168 SAM HARDER	34 M FORT WAYNE	IN	1:00:31.2	9:46
784		30	713 MARYLENE STUBBART	34 F MUNCIE	IN	1:00:34.8	9:46
785		53	799 BILL COOK	39 C FT. WAYNE	IN	1:00:35.4	9:46
786		19	427 WICKI JACOBS	39 F FORT WAYNE	IN	1:00:42.1	9:47
787		92	878 GEORGE GILES	49 M FORT WAYNE	IN	1:00:59.5	9:50
788		114	109 WATT THOMAS	32 M OSSIAN	IN	1:01:01.3	9:51
789		20	582 VELMA BRADLEY	36 F NEW HAVEN	IN	1:01:07.3	9:51
790		115	1170 CLYDE TEAGUE	33 M DECATUR	IN	1:01:40.0	9:57
791		59	130 MARVIN FINKELSTEIN	25 C FORT WAYNE	IN	1:01:49.8	9:58
792		19	1195 SCOTT KAMSTROM	14 M FORT WAYNE	IN	1:01:53.9	9:59
793		19	906 JACOB HIFFEMANN	10 M FORT WAYNE	IN	1:02:39.9	10:06
794		8	926 TAMARA HOMZAK	13 F TROY	OH	1:02:40.7	10:07
795		20	1043 BRONW HATES	9 M FORT WAYNE	IN	1:02:41.3	10:07
796		21	1060 LINDA MCCOY	35 F FORT WAYNE	IN	1:02:47.0	10:08
797		23	680 ELIZABETH SZORE	26 F TROY	OH	1:02:57.2	10:09
798		7	742 MARGARET WHITSEL	50 F BLUFFTON	IN	1:02:59.0	10:10

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PL	CLAS	BIB NAME	CITY	ST TIME	PACE
799	24	415 CYNTHIA MILLER	29 F FORT WAYNE	IN 1:03:18.5	10:13
800	22	404 MELANIE ECKERT	39 F FORT WAYNE	IN 1:03:19.0	10:13
801	93	399 KEN IVAN	43 M FORT WAYNE	IN 1:03:28.6	10:14
802	19	905 WANDA HIFFERMAN	43 F FORT WAYNE	IN 1:03:35.4	10:15
803	23	597 BONNIE STANCZYK	38 F MILES	IN 1:03:40.5	10:16
804	24	617 MARY SIMES	36 F HEBRON	IL 1:03:41.0	10:16
805	5	616 RACHEL SELKING	18 F HEBRON	IL 1:04:22.8	10:23
806	8	576 SHIRLEY PAUL	53 F WABASH	IN 1:04:35.2	10:25
807	8	780 DIANE DETVILIER-ZAPP	47 F FORT WAYNE	IN 1:04:49.4	10:27
808	2	426 POLLY JACOBS	62 F FORT WAYNE	IN 1:05:16.2	10:32
809	31	599 DEBBIE ROBERT	31 F Piqua	OH 1:05:29.1	10:34
810	1	893 JEAN LONGSWORTH	59 F FORT WAYNE	IN 1:05:52.4	10:37
811	32	375 KARON ANGELOFF	31 F FORT WAYNE	IN 1:05:57.9	10:38
812	116	952 CARL JOHNSON	33 M FORT WAYNE	IN 1:05:58.6	10:39
813	14	471 ROGER PHILLIPS	60 M FORT WAYNE	IN 1:05:59.5	10:39
814	117	223 NICK CIMDRICH	32 M WARSAW	IN 1:07:12.7	10:50
815	54	655 CHUCK GOLLNICK	37 C FORT WAYNE	IN 1:08:59.4	11:08
816	16	476 CHARLES FLECK	56 M FORT WAYNE	IN 1:09:36.4	11:14
817	14	1169 HARRY BOBERGER	67 H FORT WAYNE	IN 1:11:25.0	11:31
818	2	894 DORIS SNYDER	55 F FORT WAYNE	IN 1:19:00.0	12:45
819	45	895 PAUL SNYDER	60 M FORT WAYNE	IN 1:19:00.0	12:45

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TEAM
 D

SUMMIT CITY 198
 OK RUN
 Team Results

CITY ST TIME PAGE

24	M FT WAYNE	IN 0:32:30.7	5:15
26	M FT WAYNE	IN 0:33:31.0	5:24
37	M FT WAYNE	IN 0:35:37.1	5:45
32	M AUBURN	IN 0:35:38.4	5:45
35	M ALBION	IN 0:36:40.8	5:55
29	M FT WAYNE	IN 0:37:20.7	6:01
29	M FT WAYNE	IN 0:46:02.7	7:26
25	C FORT WAYNE	IN 0:48:20.5	7:48
53	M FORT WAYNE	IN 0:50:34.9	8:09
42	M GRADILL	IN 0:51:54.4	8:22
27	M HELMER	IN 0:52:15.6	5:12
34	M ALBION	IN 0:54:03.5	5:30
35	M LEBENBURG	IN 0:59:12.7	6:19
47	M LISBONIER	IN 0:41:05.5	6:38
3	KAK TMS Total Time: 2:32:37.3		
4	BENDIE Total Time: 2:37:43.3		
21	DOUG CRAWFORD	IN 0:35:44.5	5:56
28	M MARLE	IN 0:38:00.1	6:08
29	M HUNTINGTON	IN 0:38:58.3	6:17
33	M HUNTINGTON	IN 0:44:50.1	7:06
37	M HUNTINGTON	IN 0:52:12.6	8:25
36	M FORT WAYNE	IN 0:36:04.9	5:49
32	M FORT WAYNE	IN 0:40:18.7	5:51
34	M FORT WAYNE	IN 0:40:39.2	6:01
37	M FORT WAYNE	IN 0:43:24.9	7:01
33	M FORT WAYNE	IN 0:43:48.9	7:04
39	M FORT WAYNE	IN 0:46:39.6	7:33
34	C FORT WAYNE	IN 0:51:32.8	8:13
39	M FORT WAYNE	IN 0:51:50.0	8:22
40	M FORT WAYNE	IN 0:52:44.1	8:30
6	IN BELL Total Time: 2:44:13.3		
139	23	105	NICK WILDIN
178	30	107	BRUCE GILLUM
181	14	106	KENNY BUBB
339	14	104	JO WILDIN
7	GM Total Time: 2:44:28.1		
153	23	162	MICHAEL ROST
171	17	171	MARC ROMA
233	39	170	GERALD HOFF
248	42	174	GARY BEAR
268	47	154	KEVIN OLSTOBY
299	11	172	THOMAS ZAUCHA
366	62	160	RODNEY GAY
382	17	166	NICK MATHEWS
486	53	159	LARRY HAFLICH
493	80	1000	USH JACKS
555	29	233	TOM WOODWARD
568	30	165	JEFFREY WALTON
589	74	150	BRIAN WHELAN
600	94	164	MICHAEL SLADE

OCTOBER 23, 1988
 ST. JOSEPH MEDICAL CENTER
 The End Result Company

TEAM
 (2)

SUMMIT CITY 10K
 10K RUN
 Team Results

PL	CLAS	BIB	NAME	CITY	ST TIME	PAGE
649	100	173	ROBERT SMILEY	33 M FORT WAYNE	IN 0:52:55.9	8:32
677	41	161	MARK HEDDA	25 C FORT WAYNE	IN 0:54:13.1	8:45
678	106	157	MARK BURNETT	37 M FORT WAYNE	IN 0:54:21.5	8:46
724	44	158	NEAL NEWTON	25 C FORT WAYNE	IN 0:56:19.3	9:05
793	113	168	SAN HARDER	34 M FORT WAYNE	IN 1:00:31.2	9:46
*****	8	ZIMMER	Total Time: 2:44:58.4			
33	14	188	BRIAN ZELLNER	25 M VARSAN	IN 0:33:52.9	5:28
265	23	181	LEV GOODWIN	40 M CLAYPOOL	IN 0:42:52.4	6:55
267	24	185	NEL REGIER	41 M VARSAN	IN 0:42:57.2	6:56
351	60	182	GREGORY CHRISTIAN	37 M BOURBON	IN 0:45:15.9	7:18
463	76	183	BILL OVERTON	30 M VARSAN	IN 0:47:55.2	7:44
546	87	184	TROY COZAD	31 M FORT WAYNE	IN 0:49:56.0	8:03
646	103	194	REG JOHNSON	39 M CLAYPOOL	IN 0:52:50.4	8:31
*****	9	HUNT COL	Total Time: 2:48:39.3			
49	8	178	PAUL SMITH	34 M HUNTINGTON	IN 0:34:41.7	5:36
236	40	177	DWIGHT BRAUTIGAM	31 M HUNTINGTON	IN 0:42:03.8	6:47
337	60	179	DURANE KILTY	30 M HUNTINGTON	IN 0:44:56.3	7:15
421	70	180	JERRY DAVIS	33 M HUNTINGTON	IN 0:46:57.5	7:34
*****	10	DGM	Total Time: 2:53:35.6			
160	12	134	DGM LINDLEY	44 M FORT WAYNE	IN 0:39:41.1	6:24
190	33	135	DAVID LALLOW	33 M FORT WAYNE	IN 0:40:41.9	6:34
282	45	133	MICHAEL CALLAHAN	35 M FORT WAYNE	IN 0:43:30.9	7:01
530	70	131	STEPHEN BORKOWSKI	27 M FORT WAYNE	IN 0:49:41.7	8:01
550	89	132	MIKE DONLAN	39 M FORT WAYNE	IN 0:50:00.5	8:04
781	91	136	ROBERT POWELL	40 M SYRACUSE	IN 1:00:26.8	9:45
791	53	130	HARVIN FINKELSTEIN	25 C FORT WAYNE	IN 1:01:49.8	9:58
*****	11	REEVES	Total Time: 2:54:07.8			
85	13	102	RIGUEL MENDEZ	35 M AUBURN	IN 0:36:56.6	5:58
201	37	101	DICK FURNISH	28 M AUBURN	IN 0:40:57.1	6:36
346	53	100	DAVID CARPER	25 M AUBURN	IN 0:45:11.4	7:17
584	92	103	REAPITO MONTOYA	33 M GARETT	IN 0:51:02.7	8:14
*****	12	US POST	Total Time: 2:54:50.1			
91	14	148	DAVID RUETSCHILLIM	38 M FORT WAYNE	IN 0:37:07.0	5:55
220	38	151	PAT KELKER	36 M FORT WAYNE	IN 0:41:23.6	6:41
242	6	152	GENE BULLSHALLITT	36 C FORT WAYNE	IN 0:42:09.7	6:48
676	9	150	KEN MURPHY	36 H FORT WAYNE	IN 0:54:09.8	8:44
679	81	147	RAMON BROWN	41 M FORT WAYNE	IN 0:54:28.9	8:47
*****	13	K & T	Total Time: 3:01:52.0			
263	9	110	ALAN OAKS	39 C FORT WAYNE	IN 0:42:51.1	6:55
379	57	112	ALFRED STALLWORTH	27 M FORT WAYNE	IN 0:46:04.9	7:26
380	58	113	ANTHONY BEASLEY	28 M FORT WAYNE	IN 0:46:05.6	7:26
418	69	108	ERICK THORN	36 M ROANOKE	IN 0:46:50.4	7:33
788	114	109	HATT THOMAS	32 M OSSIAN	IN 1:01:01.3	9:51
*****	14	LEO LION	Total Time: 3:10:43.8			
334	13	207	JULIE HANGER	34 F KENDALLVILLE	IN 0:44:49.2	7:14
391	27	208	PAUL KEMKELL	24 M FORT WAYNE	IN 0:46:21.1	7:29
508	82	211	KEVIN JEHL	32 M FT WAYNE	IN 0:49:06.1	7:55
561	5	210	JUDY DAVIS	36 F AUBURN	IN 0:50:27.4	8:08
563	28	209	MIKE HEY	43 C FORT WAYNE	IN 0:50:28.2	8:08
*****	15	REA WIRE	Total Time: 3:12:20.2			
314	53	230	ARTHUR GREGORY	37 M FORT WAYNE	IN 0:44:24.5	7:10
478	24	226	RON HOLLE	50 M HOBGLAND	IN 0:48:17.5	7:47
500	66	227	THOMAS BLAUVELT	27 M MONROEVILLE	IN 0:48:46.5	7:52
581	65	228	DENNIS DENKERITT	42 M LEO	IN 0:50:51.7	8:12
596	97	229	BRUCE CATTELL	37 M FORT WAYNE	IN 0:51:20.2	8:17
689	11	231	ROBERT LOONIS	55 M MONROEVILLE	IN 0:55:06.6	8:53
*****	16	CT (EE)	Total Time: 3:28:10.1			

PL CLMS	BIB NAME	CITY	ST TIME	RACE
16	7	DOA KEITH HORTON	IN 01:22:30.7	5:15
28	10	DOUG GREGG OSBORN	IN 01:23:01.0	5:14
63	7	DOUG TERRY COONAN	IN 01:25:37.1	5:15
64	11	ROBERT SCHENDEL	IN 01:25:38.4	5:15
82	10	STEVEN CASWELL	IN 01:26:10.8	5:15
97	22	JOHN DUSZEWSKI	IN 01:27:10.7	5:10
376	56	MARK CHALK	IN 01:46:10.2	7:05
481	20	TIM VADON	IN 01:48:20.5	7:18
572	27	WAUGH ROBERTS	IN 01:50:34.9	8:09
616	22	DON SWAMY	IN 01:51:54.1	8:12
*****	2	NOBLE TOTAL POINTS: 406		
15	6	BRIAN SHEPHERD	IN 01:32:15.6	5:12
86	2	HAL PERSON	IN 01:24:10.5	5:10
147	26	JIM BARNER	IN 01:29:12.7	6:19
208	13	BENIE LIGHTNER	IN 01:41:05.5	6:38
*****	3	KAK INS TOTAL POINTS: 547		
44	4	DAN KUFORMAN	IN 01:24:15.2	5:21
58	6	MIKE HOBBLING	IN 01:25:14.0	5:41
149	34	TIM THOMAS	IN 01:29:15.0	6:10
296	49	JOE REFRSS	IN 01:43:53.1	7:05
*****	4	EMOIXI TOTAL POINTS: 640		
21	216	DOUG CAMPFORD	IN 01:26:14.4	5:16
111	24	DANIEL HANSON	IN 01:28:10.1	6:08
143	21	BERN EMLER	IN 01:28:58.3	6:17
303	50	JOSEPH VELASQUEZ	IN 01:44:10.0	7:06
*****	5	WAL TOTAL POINTS: 722		
74	9	JOHN TRELEAVEN	IN 01:26:10.9	6:14
182	29	TONY GATTON	IN 01:40:18.7	6:19
183	32	ED WARD	IN 01:40:39.2	6:23
278	44	STEVEN SHERBURNE	IN 01:43:14.9	7:00
412	54	JAMES BESSON	IN 01:43:14.9	7:04
579	126	RICHARD PHANNING	IN 01:46:39.6	7:12
585	128	MICHAEL HOSTETLER	IN 01:45:12.8	6:19
614	101	THOMAS WISNIEWSKI	IN 01:51:59.0	8:12
645	7	JOHN MCCOMB	IN 01:52:14.3	8:10
*****	6	EM TOTAL POINTS: 303		
153	262	MICHAEL HOST	IN 01:39:19.5	6:11
199	17	WARD YONA	IN 01:40:55.9	6:36
203	39	GERALD HOFF	IN 01:41:50.1	6:45
249	42	GARY BEAM	IN 01:42:22.6	6:50

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645	7	JOHN MCCOMB	IN 01:52:14.3	8:10
*****	6	EM TOTAL POINTS: 303		
153	262	MICHAEL HOST	IN 01:39:19.5	6:11
199	17	WARD YONA	IN 01:40:55.9	6:36
203	39	GERALD HOFF	IN 01:41:50.1	6:45
249	42	GARY BEAM	IN 01:42:22.6	6:50

OCTOBER 22, 1988
 ST. JOSEPH MEDICAL CENTER
 THE END RESULT COMPANY
 TEAM RESULTS
 SUMMIT CITY JUN

TEAM POINTS

OCTOBER 22, 1988
 ST. JOSEPH MEDICAL CENTER
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 SUMMIT CITY JUN

TEAM POINTS

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10th Annual SEAGATE ULTRA MARATHON

On Saturday, November 26, Don Lindley, Rodger Puckett and I trekked to the Toledo Road Runners Club annual ultramarathon. The TRRC always run a first-class ultra and this year was no exception. Three races are run concurrently on the same 5km loop of rolling hills in beautiful Ottawa Park: 60km (37.3 miles), 50 mile and 100km (62 miles) races all began at 7:00 am.

The three of us had decided to run the 60km as we were all suffering from various complications. Rodger was recovering from a painful bout with kidney stones, Don had lost his Dad the day before, and I had developed an inflamed Achilles tendon. We were not the three most logical FWTC members to be running an ultra that day. But we lined up with about 80 other runners from all over the U.S. and Canada, and got caught up in the excitement of the race.

Running tends to relieve problems, ease aches and pains, and somehow make our world more enjoyable ---- at least it did for Don, Rodger and me that day.

We were happy to finish and felt much better for our accomplishments. Running an ultra in good physical and mental condition is important, and we all realized that. Running with the handicaps the three of us carried that day, only made finishing even sweeter. It was far from a PR for any of us, but an enjoyable day nevertheless.

Running, as we all know, is good for the body and the soul.

Chuck Okorowski

5 KM LAPS	1	2	3	4	5	6	7	8	9	10	11	12
DON LINDLEY	23:05	46:15	1:10:28	1:35:30	2:01:24	2:28:11	2:57:41	3:27:33	4:00:58	4:33:23	5:08:56	5:41:30
RODGER PUCKETT	23:05	46:14	1:10:28	1:35:23	2:01:24	2:28:12	2:57:41	3:28:37	4:00:57	4:40:03	5:14:36	5:52:15
CHUCK OKOROWSKI	25:16	51:45	1:21:30	1:50:44	2:21:01	2:49:54	3:24:16	3:57:06	4:30:08	5:03:52	5:36:25	6:05:42



Professor, Marathoner Passes Away

By Yarko Kuk

Collegian Assistant Life Editor

He ran in races for the last third of his life, always getting the better of many competitors. Earlier this week, however, one foe, a blood disease, got the better of him.

Thlan K. "Sy" Mah, a long-time marathon runner and popular assistant professor of exercise science and physical education, died Monday in St. Vincent Medical Center.

According to Dr. John Drowatzky, chairman of the department of health promotion and human performance, Mah was admitted to the hospital during the second week of this quarter, when he became ill after running in a marathon in Mexico.

Drowatzky said Mah was in the hospital ever since, and died of a combination of hepatitis and lymphoma cancer.

The 62-year-old Mah was a member of the UT faculty since 1970, when he received his master of education degree from UT. Born of Chinese parents, Mah was a native of Edmonton, Alberta, and was a marathon runner the last 20 years.

He is cited in the Guinness Book of World Records for running in more marathons than any other man. Mah ran in 524 marathons. His 500th was this April's world-famous Boston Marathon.

He ran in 20 Boston Marathons during his life.

In a 1980 interview, Mah said he started running to reduce hypertension. He had been an avid tennis player for many years, but that sport fostered his hypertension condition.

He started with short distances, and as his blood pressure improved and hypertension condition decreased, he increased the distances he ran.

Mah traveled extensively throughout North America, competing in dozens of marathons a year. He was also a familiar figure at local marathons, running many times in The Blade's 10-K run.

During his tenure at UT, he started classes in physical and aerobic fitness, received an Outstanding Teacher Award in 1973 founded and trained of the UT Cross Country Ski Team, and served as the president of the Faculty Jog-



Sy Mah was world renowned for his marathon running.

ging Club and advisor to the Student Jogging Club.

He was a member of the American College of Sports Medicine, American Heart Association, Amateur Athletic Union, Lake Erie Cardiac Rehabilitation Programs, and Midwest Psychological Association.

Mah founded the Cardiovascular Health Maintenance Programs, a rehabilitation program for heart-

disease patients; the Glass City Marathon, and Heartwatcher's Marathon.

He received a citation from the President's Council on Physical Fitness in 1977, and a Merit Award from the American Heart Association in 1975.

In 1988, Toledo Mayor Donna Owens proclaimed the week of July 19 "Sy Mah Week."

INDIANA UNIVERSITY - PURDUE UNIVERSITY

AT FORT WAYNE
2101 COLISEUM BOULEVARD EAST
FORT WAYNE, INDIANA 46805

OFFICE OF ATHLETICS

October 28, 1988

Ms. Judy Tillapaugh, President
Fort Wayne Track Club

Dear Judy and Members of
the Fort Wayne Track Club:

As some of you may know, this is my last year as head coach of the IPFW Cross Country Team. It is time for me to move on to other endeavors. Jerry Diehl has been appointed head coach for 1989 and, thus the continuity of our program will be uninterrupted.

I want to thank the Track Club for the very special support it has given to our program over the years. Not only have you been generous in the scholarship contributions, but also in providing support for our cross country races and potential prospects for our Cross Country Team. Without the aid of the Fort Wayne Track Club, our program would not be as viable and successful as it has been.

I want to especially thank you, Judy, Don Lindley, Clem Getty, Bob and Sharon Pauley, Mark Bratolli, Gary Kuhn, Todd Eagan, and many others who have been personally supportive.

I feel certain that, with Jerry Diehl as head coach, the Fort Wayne Track Club may continue to use the IPFW facilities for its Tuesday, Thursday and Saturday runs, and that the close relationship between the IPFW Cross Country program and the Fort Wayne Track Club will continue for many years.

Again, thank you to each of you (and especially to you Judy) for being such supportive friends

Keep running,



Michael H. Kast
IPFW Cross Country Coach

MHK/ks

FWTC MEMBERS

Don't let your Track Club membership expire. Renew your membership for 1989 today! The February issue of the INSIDE TRACK will be the last issue you receive if you don't renew your 1989 membership soon.

Twenty-five miles into our race we past John Ryder who was walking. John was hurting a little and he was still recovering from 50 miles of the Leadville 100. It was nice to have officials to record our marathon times. We ran a 3:17 marathon but we still had five miles to go. Roger & I settled down to a 9:30 pace with three miles to go. We combined walking and running to catch Don Janz who was struggling because he didn't have enough recovery time from a marathon in Canada. We all finished. Don Jack and Barb finished in 4:22:20. Tom Felger finished in 3:32:10, we were 33 minutes behind them in a time of 4:09:19. This was an average of 7:53 per mile. But Barney Klecker, inventor of running shoes from Minnesota was the winner in 3:01:47. He broke the course record at an amazing 5:51 per mile pace.

Since we were running approximately a 3:12 marathon time, we decided to slow down. We knew we were going to catch a lot of marathoners but we had no idea who. Valarie Puckett was running the marathon and we spotted her at 15 miles, while we were 20 miles in our race. She was running a super race, we thought for sure she would be further back. Roger quietly ran up to her and scarced the living daylight out of her. I could see that this was going to be an exciting race. We eventually caught Barb and Jack O'Neil while they were running together. They couldn't understand why we were behind them when we started out in front of them. They finally realized we were 5 miles ahead of them.

The temperature at race time was around 50 and cloudy. At one time the sun did come out for awhile. It was an excellent day for running. At the start it was a pleasure to meet Barney Klecker. He is the world record holder at 50 miles. He started beside me, my hope of winning just went down the drain. When the gun was fired I stayed closed behind him and when I reached the first mile mark in 6:38. He was already one minute ahead of me at that time. So I decided to hold back and run with John Ryder from Michigan City, IN, the 1986 winner. Roger Puckett caught us at 3 miles and decided to run with us. We passed the 10 mile mark in 69:48. John decided to surge ahead and Roger and I let him go. When we turned at the 15 mile mark, we ran into Barney Klecker, naturally in the other direction, he was three miles ahead of us. Roger and I felt real good it was nice of you do get hungry sometimes. One thing about running ultras

and run with the marathoners. It is pleasing to be able to go to a race that you know that it is going to be a well organized and directed. I had no intentions of running a good time. I just wanted to finished in about 4 1/2 hours. Don Janz, Tom Felger and I traveled together to Nuncie but they were running the marathon. You had several races to choose and the unique thing about this race was that the ultramarathon and the marathon started together and finished together except the ultramarathoners turn at 15 miles into another direction and go out and back 2 1/2 miles. It always great to come back

FESTIVAL OF RUNNING 50 KM
OCTOBER 15, 1988
MUNCIE, IN
BY: DON LINDLEY



FORT WAYNE TRACK CLUB
HILLY 4 (4 MILE RUN)
Saturday, November 12th, 9:00 am

PLACE	NAME	AGE	TIME
1	Tom Loucks	29	21:36
2	Mike Robbins	40	22:49
3	Paul E. Knotts	25	22:51
4	David Schmidt	38	23:30
5	Jerry Perkins	48	23:37
6	Mike Fast	20	23:49
7	Gary Rickner	39	23:56
8	Mary Theresa Connolly	33	24:49
9	Mark Brattoli	33	24:51
10	Tony Gattton	32	25:14
11	Ray Sibrel	51	25:52
12	Joe Ziegler	52	26:12
13	Michael Rost	33	26:41
14	Mark Chalk	29	27:15
15	Clem Getty	53	27:22
16	Dick Harnly	51	27:47
17	Phil Luttmann	41	27:53
18	Jack Selgel	43	28:16
19	David Montgomery	39	28:36
20	Bob Gensheimer	52	28:47
21	Marv Smith	37	29:25
22	Terry Gautsch	55	29:49
23	Murtaza Karim	34	29:55
24	Ellen Schwartz	43	29:56
25	Don Lindley	44	29:58
26	Cindy Hirschy	17	31:29
27	Tim Twiss	38	31:42
28	Fran Van Wagner	53	31:45
29	Eugene Striggle	57	32:20
30	Jim Martin	46	32:24
31	Matthew VanDevender	10	33:01
32	Luke Barnett	9	33:35
33	Adam Luttmann	9	33:38
34	Sanja Shane	24	33:51
35	Mel Hartman	47	34:03
36	Bruce Hamilton	36	35:12

Moving?

CHANGE OF ADDRESS

Put the **INSIDE TRACK** on your list of publications to notify us of your new address. We do not want you to miss any issues. The post office does not forward third class mail. Send us your old address along with the changes to:

FORT WAYNE TRACK CLUB % Don Lindley
P.O. BOX 11703, Fort Wayne, IN 46860

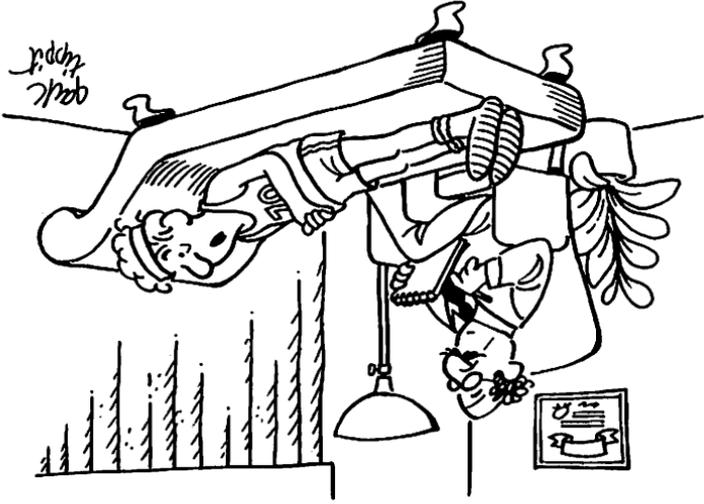
October 21, 1988

Mr. Don Lindley, Treasurer
Fort Wayne Track Club
Post Office Box 11703
Fort Wayne, Indiana 46860
Dear Mr. Lindley:

On behalf of the Indiana-Purdue Foundation at Fort Wayne, I acknowledge with gratitude the recent gift from the Fort Wayne Track Club of \$400.00 to the IPFW Athletic Club. IPFW aims to field a quality athletic program to enrich the lives of our students and to be of benefit to the community. Your investment helps to assure that this goal is met. Enclosed as a small token of my appreciation is an IPFW memo magnet which serves as a reminder of the important role higher education fills in individual development and regional quality.

Sincerely,

Joanne B. Lantz
Joanne B. Lantz
Interim Chancellor



"DOCTOR, I'VE WORN REEBOK RUNNING SHOES, INTERWOVEN SOCKS, ADIDAS HEADBANDS, PROFILE WARMUP SUITS, PUMA SHIRTS AND NIKE SHORTS FOR FIVE YEARS, AND I STILL HAVEN'T FINISHED A MARATHON."



H·U·N·T·I·N·G·T·O·N
PARK AND RECREATION DEPARTMENT

10K FALL RUN RACE RESULTS

Paul E. Knott	25	Ft. Wayne	38:17.0
Trent Boyd	16	Huntington	38:20.8
Brent Munro	28	Ft. Wayne	38:53.9
Gary Williams	27	Monroeville	39:36.3
Jerry Williams	28	Ft. Wayne	39:41.3
Todd Wanley	27	Ft. Wayne	40:02.4
Bern Emley	33	Huntington	41:04.6
Matt Pursifull	19	Huntington	42:05.2
Keith Caudill	31	Ft. Wayne	42:09.7
Dennis Conner	36	Huntington	42:14.9
Keith DeMeritt	37	Ft. Wayne	44:36.6
Bob Minnich	21	Ft. Wayne	45:00.7
Richard Beemer	38	Huntington	46:49.9
Steve Beghtel	38	Huntington	47:40.7
Duane Kilty	30	Huntington	47:55.0
James Kline	52	Huntington	48:02.0
Mel Hochstetler	48	Columbia City	48:57.0
Marvin Proffit	50	Huntington	49:50.6
Bob Trout	52	Huntington	50:20.3
Rick Yarger	38	Huntington	50:24.2
Dick Sive	53	Ft. Wayne	51:22.7
Ken Disler	65		51:40.6
Eugene Striggle	57	Cherubusco	54:45.0
Carmen Lowe	47	Gas City	1:01:07.0

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ROAD RUNNERS CLUB of AMERICA



The ROAD RUNNERS CLUB of AMERICA advocates physical fitness through running. It sponsors the PERSONAL FITNESS PROGRAM as a means of encouraging and motivating the beginning runner. The program is also intended to provide a challenge for those already in a regular running program.

To participate in the PERSONAL FITNESS PROGRAM, register before the end of the third month of a 6-month period (January-June or July-December). You will receive a Running Diary for recording your mileage throughout the 6-month period. A form will be sent to you for your final mileage report. You need not be a RRCA member to participate.

Everyone is a winner. All program participants receive an attractive embroidered emblem and a certificate suitable for framing. To recognize individuals according to the total miles they run, (1) each participant receives an emblem for the mileage category they complete during the 6-month period (see NOTE below), (2) each participant receives a certificate which includes their name and total miles completed during the 6-month period.

Use the registration form below to enter the program.

NAME _____ AGE _____ SEX _____

STREET/BOX ADDRESS _____

CITY _____ STATE _____ ZIP _____

SIX-MONTH MILEAGE CATEGORIES

(Check only one)

- Under 250 Miles
- 250 Miles (10 Miles per Week)
- 500 Miles (19 Miles per Week)
- 750 Miles (29 Miles per Week)
- 1000 Miles (38 Miles per Week)
- 1500 Miles (58 Miles per Week)
- 2000 Miles (77 Miles per Week)

CLUB _____

- Member of the RRCA
- Not yet a member of the RRCA
- Send me information on the RRCA

Please register me for the following 6-month period: (Check only one)

- JAN 1 through JUN 30 (Register by MAR 31)
- JUL 1 through DEC 31 (Register by SEP 30)

Registration Fee: \$5.00 for RRCA Members
\$6.00 for non-members

Make check payable to: RRCA Personal Fitness

Mail form and fee to:

PAUL HRONJAK, DIRECTOR
RRCA PERSONAL FITNESS PROGRAM
111 BARNSBURY DRIVE
LIMA, OHIO 45804

(419) 227-3844

NOTE: You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.

"Drink, Drink, Drink" by Keith B. Wheeler, PhD & Angeline M. Cameron

Most of the human body consists of water, and water is critical to the proper functioning of all body systems. Thus, water must be considered a critical nutrient for runners. Problems associated with glycogen depletion are minor compared to those associated with dehydration.

A healthy, 154-lb man loses approximately 2 1/2 quarts of water per day, assuming the air temperature and relative humidity are moderate and the man is relatively inactive. Water losses rise dramatically during exercise. The same man can lose 3 or more quarts of water per hour while exercising intensely in a warm environment. A moderate perspiration rate of 2 quarts per hour can result in fluid losses exceeding 4% of body weight. Body water losses of 2% of body weight will result in some decrease in performance, with 5% losses causing a substantial reduction in performance. Losses above 5% can lead to life-threatening problems such as heatstroke.

It is crucial to your health and performance that you hydrate during training as well as during a race. Set up a regular hydration schedule for your practice runs—drink 8 ounces of fluid every 15 to 20 minutes, *whether you are thirsty or not*. Athletes often rely on thirst to let them know how much fluid they need to replace. However, thirst is not an accurate indicator of fluid needs during and immediately after exercise. Thirst will be satisfied before you drink enough fluid to ensure a hydrated body. Studies have shown that men who exercise in high temperatures usually drink at a rate of about 1/2 to 2/3 the rate of their water loss. Fluid intake must be practiced—protect yourself by drinking fluids regularly during practice and competition, even if you aren't thirsty.

Hyperhydration can help in preventing dehydration and can be accomplished in a number of ways. Drink 13 to 20 ounces of cold water 10 to 20 minutes before exercise. During normal exercise, drink 8 ounces of water or fluid replacement and energy drink every 15 to 20 minutes; cold drinks empty from the stomach most quickly. After exercising, drink fluid until your post-exercise weight equals your pre-exercise weight. Remember the old rule of thumb that it takes a pint of fluid to equal 1 pound of body weight. A good indicator of hydration is the color of urine—almost clear urine indicates adequate fluid in the body.

The type of fluid athletes drink is also important. Water, the traditional fluid replacement drink for athletes, has one drawback—it only replaces water. While replacing the water lost in sweat is critical, replacing glucose, the muscles' fuel, is important to performance. Fluid replacement and energy drinks with carbohydrate in the form of glucose polymers (up to a 10% solution), have a gastric emptying rate comparable to that of water. In addition, since glucose is the form of carbohydrate used

by the body as fuel, energy is available to the muscles rapidly. Thus, athletes receive adequate energy and hydration.

Remember, proper hydration must be practiced every day, not just before a race. Set up a regular hydration schedule for your practice runs—drink 8 ounces of water or a fluid replacement and energy drink every 15 to 20 minutes whether you are thirsty or not. The price for not practicing good hydration is reduced performance. Maximize your performance by practicing fluid management as hard as you practice running.

—Dr. Wheeler is the Manager of Research and Education for Exceed Sports Nutritionals at Ross Laboratories. Ms. Cameron is the Sports Nutrition Editor/Writer at Ross Laboratories.

MERRY FITNESS AND A HEALTHY NEW YEAR!



A partridge in
a pear tree ...



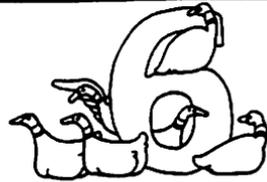
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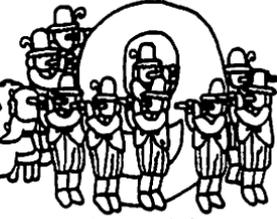
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pipers piping ...



drummers drumming ...



lords-a-leaping ...



ladies dancing ...

"The Road to Recovery" by Bob McAtee

The body builds strength and endurance while recovering from exercise, not during exercise. In order to gain benefit from exercise, workouts need to stress the cardiovascular and musculoskeletal systems. Rest between workouts allows these systems to respond to the stress of exercise by getting stronger. When workouts follow each other too closely without adequate time for recovery, the benefits of exercise level off and result in a condition known as overtraining. Obvious signs of overtraining include a feeling of being "stale" and a loss of interest in exercise. Additional symptoms that may result are a loss of appetite, a higher resting heart rate and general fatigue. Chronic or recurring injuries are not uncommon.

Rest as part of your training program does not mean turning into a couch potato. It may mean alternating light and heavy workout days, taking one day off per week, or incorporating some cross training into your fitness program. It is critical to know when to back off in your training so that you can remain fresh and prevent minor aches and pains from turning into full blown injuries.

One of the best ways to enhance recovery and to prevent overuse injuries is through regular sports massage. Massage helps muscles to recover by promoting improved circulation and by preventing or eliminating painful adhesions, trigger points and the by-products of exercise that can keep muscles tight and sore. Massage separates and stretches muscle fibers that tend to stay contracted following exercise. A long, relaxed muscle is more flexible, more efficient and less prone to injury than a short tight one. Regular use of sports massage allows you to train harder because you recover more completely during your rest phase.

John Harris, founder of the Massage Training Institute and a leading authority in the field of sports massage, explains, "Massage allows a muscle to be in its best possible state so that it reaps benefits from training and rest in a way it normally can't if shortened and fatigued by constant use."

Incorporating massage as a regular part of training can help you become aware of your particular problem areas. British marathoner, Priscilla Welch, winner of the 1987 New York City Marathon, relates, ". . .massage is absolutely crucial for a good performance. It is too late when you go to a massage therapist when you are hurt, or for treatment." Welch advocates massage once, even twice a week in order to prevent injuries and to keep you 'ticking all over all the time'.

The benefits of massage are cumulative. Even though you feel great after your first massage, it takes four to six sessions to start seeing the benefits of massage in keeping you fresh and injury free.

It is best to receive at least one massage for each 70 miles of running. In the case of massage, more is better. In the Soviet Union, many Olympic athletes receive 300 massages a year, sometimes two per day. Most athletes, from the elite level to the weekend jogger, will not experience this number of massages in any given year. But, keep in mind that when you extend the time frame between massages, you will wind up playing catch up with the accumulation of stress and you will lose some of the recovery benefits that sports massage can provide.

If you have considered massage but do not know a qualified therapist, check with other athletes for their recommendations. It is best, as an athlete, to seek out a sports massage therapist rather than a traditional relaxation massage therapist. In most cases, a sports massage therapist has a greater understanding of functional anatomy than a relaxation therapist as well as more practical experience in the special techniques necessary for working with athletes.

Follow these simple guidelines in your training program and you will be well on the road to enhanced recovery and stronger, more productive workouts. See you at the races!

—Bob McAtee is a sport massage therapist and instructor with over seven years experience in the field. He and his partner Joan Johnson work on Olympic athletes and weekend warriors in Colorado Springs. Feel free to contact Bob for more information on sports massage at (719) 685-9051.



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Personal Best

Runner's book finds humor in running for fun

By JILL L. ALLREAD

Assistant Sports Editor

Never mind that Harry "Hal" Lewis is retired. He is still on the run. He even wrote a book while on the run—a book about running.

No, it's not a book with advice on how to cross the finish line first or tips on training for a marathon. It's a light-hearted look at how much fun it is to kick back and enjoy running even though you are in the middle of the pack.

Lewis' perspective not only inspired the name of his 135-page paperback, *From the Middle of the Pack*, but it gave him the idea for his satirical look at runners who strive not for awards but for personal rewards.

"I've never seen a book written from this perspective. Most running books are textbook types," said Lewis, a retired English and literature teacher at Bryan Junior High School. "The book is from the perspective of the average runner."

"It's not a 'how to run' book, it's a 'how I run' book."

Lewis, 55, didn't tie on a pair of jogging shoes until he was 40. He was, he admits, a real couch potato.

"I started running to get into shape. When I began, I couldn't run around a small city block," he said.

It wasn't long before Lewis conquered city blocks, then 10-kilometer runs, then marathons.

His running portfolio lists 115 races, including 10 marathons and his proudest running experience—competing in the Boston Marathon.

Lewis qualified for the 1987 Boston Marathon after placing second in his age group in the Fort Wayne marathon.

"The experience is tremendous," he said. "Being a part of all the tradition is wonderful, and people in Boston are so encouraging. I didn't want to stop."

Although he competes often, Lewis admits he runs the majority of his races in the middle of the pack.

"In most groups of runners, about 50 percent are middle-of-the-pack runners. We're not talented, otherwise we'd be in the front, but we like to run. That's who this book appeals to," he said.

From the *Middle of the Pack* draws from Lewis' humorous experiences and observations from 15 years of semi-serious competition.

For example, in the chapter on race strategy, he suggests selecting smaller races because the fewer the competitors, the greater the chances of winning a prize.

He also recommends runners arrive to register early, before the line for the portable toilets gets too long, and to rub on large amounts of sports cream so you at least smell like an athlete even if you don't run like one.

"I never thought I had a book in me, but I love writing and I just drew on my experiences," said Lewis, whose wife, Nadene, does not share his enthusiasm for running.

Nadene Lewis, a teacher and free-lance writer, would rather pilot an airplane than jog, but she has helped her husband promote his book at area races.

With his book on the market about a month, Lewis is pleased with the response, particularly from non-runners.

"With 20 to 30 million joggers around, I knew there would be a potential audience, but I've been receiving a lot of encouragement from people who never ran a step in their lives," said Lewis, who coaches the Bryan Junior High cross country team.

"When I run, I think, and I write while I'm on the run," he said. "I don't push myself, and that's why I'm back in the middle (of the pack), but I run for the pleasure."

Lewis' book, illustrated by Bryan art teacher Gary Beers, retails for \$5 and is available at Reader's World bookstores, Sports Tech in Glenbrook Square and Book Country in Bryan, Ohio.



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It's a time to meet new people, celebrate the end of the week, and, since it's inauguration day, even propose a toast to George and Dan.

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