



RUNNING WILD

IMPORTANT INFORMATION INSIDE

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

APRIL, '89

FORT WAYNE TRACK CLUB

the inside track

Fort Wayne Track Club 1989

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 Lallou -- 489 - 6921

Equipment Coordinator - Clem Getty -- 638 - 4890

Advertising Coordinator - Dr. Rob Wyatt -- 420 - 0370

Membership - Randy Lavine -- 493 - 2420

Runner's Week Director - Ann Jamison -- 627 - 5450

MEMBERSHIP MEETINGS

APRIL 11th 6:30pm T.J.PASTA'S NORTHCREST

MAY 9th 6:30pm PIZZA HUT NORTHCREST

DISPLAY ADVERTISING RATES

Full Page (4 1/2 x 7 3/4 inches)	\$50.00
Half Page (4 1/2 x 3 3/4 inches)	35.00
Quarter Page (2 1/4 x 3 3/4 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.

THE INSIDE TRACK

FORT WAYNE TRACK CLUB 1989 Area Race Schedule

- April 9, 1989 ARC Bank Climb
Fort Wayne National Bank, Berry St./ 10:00AM
Race Director: Sue Schmidt (219) 456-4534
- Annual Crime Prevention Run, Walk, Crawl
10K Run, 2 Mile Walk
McMillen Park, Fort Wayne/ 3:00PM
Race Director: Danette Norman (219) 422-3911
- April 17, 1989 IPFW Spring Classic 5K Cross Country Run/Walk
Indiana University/Purdue University at
Fort Wayne, Athletic Center/ 12:00 Noon
Race Director: Jerry Diehl (219) 481-6300
- April 22, 1989 Spring Classic 15K
North American Van Lines Headquarters,
Fort Wayne/ 9:00AM
Race Director: Terry Shipley (219) 429-2430
- May 6, 1989 American Cancer Society "We Are Winning" 5K
Canterbury Green Clubhouse, Fort Wayne/ 9:00AM
Race Director: Tom Wagner (219) 422-3911
- May 13, 1989 Ben Gay Active American Day Race 5 Mile,
5K Walk, Pee Wee Run
Foster Park, Fort Wayne/ 8:30AM
Race Director: Mike Ducy (219) 482-9606
- May 20, 1989 Z 10K
Zanesville, Indiana/ 9:00AM
Race Director: Karen Cahoon (219) 638-4224 or
638-4108
- June 17, 1989 Central Soya Community Classic 5 Mile, 1 Mile
Freimann Square, Downtown Fort Wayne/ 6:00PM
Race Director: Dennis Strayer (219) 485-2633
- June 25, 1989 White River Games 5 Mile
Foster Park, Fort Wayne/ 8:00AM
Race Director: Judy Tillapaugh (219) 424-6723
- August 4, 1989 Midsummers Night Run 5K
Canterbury Green Clubhouse, Fort Wayne/ 8:00PM
Race Director: Sue Schmidt (219) 456-4534
- September 9, 1989 Don Lindley's Prediction Run 13.1 Mile
Foster Park, Fort Wayne/ 8:00AM
Race Director: Don Lindley (219) 456-8739
- September 23, 1989 Parlor City Trot 13.1 Mile
Bluffton, Indiana/ 8:30AM
Race Director: Jeni Hirschy (219) 824-3808
- September 30, 1989 Hilly 4
Homestead High School, Fort Wayne/ 9:00AM
Race Director: John Treleaven (219) 432-5315
- October 21, 1989 Scholarship Fund Run 5K Cross Country
Indiana University/Purdue University at Fort
Wayne, Athletic Center/ 8:00AM
Race Director: Jerry Diehl (219) 481-6300

October 29, 1989

Summit City 10K
Grand Wayne Center, Fort Wayne/ 2:00PM
Race Director: Mike Ducey (219) 482-9606

December 9, 1989

Just Plain 10K
Foster Park, Fort Wayne/ 2:00PM
Race Director: J.P. Jones (219) 745-7339

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

Spring into shape!!

The cold winter months are history now. It's time to look forward to spring and summer events. There are plenty of outstanding running activities planned for the months ahead. Be sure to read over the 1989 Area Run Schedule plus Don Lindley's Run Schedule so you know what's happening. Also scout thru the Indiana Runner's 1989 Events Calender. They list more than Indiana events. You'll find runs in Ohio, Michigan, and Illinois. Get a pen or pencil and mark off which ones you'd like to go to. Try some new places.

Often we stay close to home for races. Which is fine. Our local events need our support plus they're always a good time. But it's a nice change of pace to travel out of town for a run. Within two to three hours of driving you could go to many well organized and enjoyable events. How about planning a weekend trip to Indianapolis, Chicago, or Toledo? Besides participating in a run you could go shopping, visit a zoo, watch a professional ball game, tour a museum, or dine at a famous restaurant (Spaghetti Factory?!) There are loads of possibilities.

Fort Wayne Track Club members Val and Roger Puckett are regular Midwest road race travelers. Ask them for advice if you'd like. Every time I see them they tell me about a new adventure. Joyce Butler, Barb Scrogam, Mary T. Connolly, Mike Callahan, and Dave Lallow are a few other frequent travelers.

Plan some trips for yourself this year. You could take your whole family, your running buddies, or just your wife/ husband/girl friend/ boy friend/ fiance (what ever situation fits). Don't limit your runs to Fort Wayne. Try a few new experiences this year.

Hot Off The Press!! The Road Runner's Club Of America just started distributing a new book - Children's Running, a guide to parents and kids. The authors are Don Kardong and Jim Ferstle. It only costs a dollar! Call RRCA for a copy - (703) 836-0558 or write them at 629 S. Washington Street, Alexandria, VA 22314. This is a perfect resource to have if you have children that run.

Note the change for April's Downtowners gathering. On April 14th We'll meet at "Across The Border" at 6:00pm. This is in the Time Corners area. Come join the group.

One of our most popular events is coming soon. On April 22th the Spring Classic 15 KM run will be held. There's an application for it in the middle of this newsletter. If you register by 4/7/89 you will save \$3.00! T-shirts will given to all finishers.

The Fort Wayne Track Club officers always welcome your comments and help. We're a volunteer club designed to meet runners needs and dreams. Feel free to share your thoughts and volunteer spirit with us.
Good Running!

THANKS FOR YOUR HELP!

VOLUNTEERS FOR THE 1989 NUTRA RUNS:

Mike Kast - Ass. Race Director
Jerry Diehl
Todd Eagan
Marvin Finkelstein
Barb and John Treleaven
Roseann and Don Lindley
John Gray
J. P. Jones
Pam Hall
Sue Ward
Mary T. Connolly
Mark Brattoli
Julie Hargarten R.D.
John North R.D.
Bud Stiffler from Anderson and his friend Monica
Paul Phillips and his REACT team

EVENT SUCCESS IS DUE TO A DEDICATED VOLUNTEER TEAM!!!

RECIPE OF THE MONTH

Tofu Cracker Or Sandwich Spread

Ingredients:

1 10 oz. box soft tofu
1/2 tsp. salt, optional
1/4 cup mayonnaise or salad dressing mayonnaise type
dash pepper
1 can (6 1/2 oz.) tuna or salmon, drained
2 Tbsp. finely chopped celery
2 Tbsp. pickle relish, drained
2 Tbsp. minced onion

Method:

Drain tofu, mix in blender on low with salt and mayonnaise. Mix until it's smooth. Add all the remaining ingredients and blend well. Refrigerate for 2 hours to blend flavors. Serve with your favorite crackers or whole grain bread. Enjoy it as an appetizer or as part of a meal.

Recipe is from Julie Hargarten R.D.

Moving?

CHANGE OF ADDRESS

Put the **INSIDE TRACK** on your list of publications to notify when you move. We don't want you to miss any exciting issues. The Post Office **DOES NOT** forward third class mail. Send your change of address to:

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

Fort Wayne Track Club Meeting - March 14, 1989

Attendance: President Judy Tillapaugh called the meeting to order at T. J. Pasta's, at 6:30 P.M. with the following members present:

Minutes: Minutes of the previous meeting were approved.

Treasurer's Report:

Beginning Balance (Feb. 1)	\$4910.14
Received	973.00
Expenses	1494.74
Balance (Feb. 28)	4388.40

Treasurer Don Lindley noted that we have a total of 374 members. Our biggest expense in March was the newsletter.

Publicity: Publicity coordinator David Lallow has called several radio stations for PSA's with no response. Dave is trying hard, but with little or no recognition from our newspapers either. Don Lindley asked Dave to check with USA Today to see if we could be mentioned in their state-by-state section. A suggestion was also made to approach the outlining smaller town newspapers as another media contact. Do we have any members with any contacts that might help Dave with his efforts?

Newsletter: Newsletter coordinator Chuck Okorowski needs anything you may want in the April newsletter by Friday, March 17, 1989. Has anyone ever ask you about who to contact in order to join the FWTC? The newsletter always has our P.O. Box number in it and any contact via a note to that address (P.O. Box 11703) will ensure any inquiry getting an immediate response.

Equipment: The print timer did not operate during the Nutri Run. Our super volunteers did a terrific job of manually recording everyone's time. We think the print timer is simply in need of a new battery.

Race Schedule: Race schedule chairman Ron Horan announced an April 17th 5K Cross Country Run-Walk at IPFW. Jerry Deal hopes to draw out more student runners by having this event at 12 noon.

RRCA 1989 National Convention: Colorado Springs is the host for the 32nd RRCA Convention. This national, well organized convention begins June 8 and continues through Sunday, June 11. You may wish to contact Allen Travel to see if they can assist you with your flight reservations. RRCA is the best resource for all other accommodations and convention details. Several members are planning to attend, but everyone will schedule their own itinerary. American Airlines is the official airline carrier for the convention. Their number is 1-800-433-1790.

IPFW Relaxation, Stress Management and Running Workshop: Judy Tillapaugh and Joan Roscoe would like to have a stress management workshop for the track club. They are still in the planning stages, but stay tuned for more information in the near future.

Foster Park Prediction Runs: Various types of prediction runs were discussed. One idea was to have a prediction run during the week (Wednesday) at least two times a month. Don Lindley would like to have a 5 mile poker run. Everyone picks up a card at each mile and at the end of the race the person with the best hand wins. Sounds like fun! Don says we should look forward to having this race but due to his tight schedule, weather conditions, etc. there may not be a lot of prior notice.

New Business: New York Marathon - Runner's Week Director Ann Jamison will help you with your arrangements for this race. Make a check for \$3.00 payable to N. Y. Marathon; include a stamped envelope addressed to Marathon Entries, P.O. Box 11388 GPO, N.Y., N.Y. 10116, plus a stamped envelope addressed to yourself. Put the foregoing in a third envelope and get to Ann Jamison by May 1. Any questions call Ann 627-5450. Ann is also arranging a sleeper bus leaving Ft. Wayne Friday evening and arriving in New York City around noon Saturday. This method almost guarantees your application being accepted for this Sunday marathon.

FWTC Bank Account: Don Lindley would like to change the bank account from the Home Loan Bank to Lincoln Bank and add Judy Tillapaugh's name to the signature card. Permission ~~granted~~. Don will check on Lincoln Bank's service charges before changing the account.

The meeting was adjourned at 9:00 P.M. The next membership meeting will be held Tuesday, April 11, 6:30 P.M. at T.J.PASTA'S NORTHCREST.

<h1>Azar's Food and Lodging Family</h1>	
<p>Ft. Wayne Marriott HOTELS • RESORTS</p> <p><i>Peaches</i></p> <p>CHARADES</p> <p>Captain Alexander's MOONRAKER®</p> <p>BACK 40 JUNCTION</p>	<p> Family Restaurants</p> <p>Charky's Restaurants</p> <p>Captain Alexander's WHARF <i>...everyday</i></p>
<p>A part of Fort Wayne's families since 1954.</p>	

NUTRITION IN QUESTION

BY JUDY TILLAPPAUGH

PASS IT ON!

Have you tried a delightful new recipe lately? Is there a chicken dish, a vegetable dip, or breakfast muffin recipe you know others would enjoy. PASS IT ON TO US!! Let's share our good food ideas.

Send your recipes to me so they can be put in the Inside Track Newsletter. New recipes can add meal appeal.

Address:
Judy Tillapaugh
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, Indiana 46860

Monday The Diet Starts! by Judy Newman, R.D.

Weight is an American past time. How many times have we all voiced the above statement on Friday night, New Years Day etc... only to find good intentions fail? Those who have actually lost 10,20, or even 30 pounds knows the frustration of finding that weight returns at a higher level after resuming old eating patterns. You are not alone in this struggle, there are 34 million Americans overweight and a large number of healthy reasonable weight persons who want to lose the "extra ten pounds" that they gained with their last pregnancy (women) or when they quit smoking.

University of Toronto psychologists Janet Polirey, PhD and C. Peter Herman, PhD. have studied chronic dieters. They state the rigidity of restrained eating causes these people to lose control and eat more than they want or need to satisfy hunger. When the dieter breaks the rules and eats a "forbidden" food, they feel they've "blown it" and reckless abandonment occurs. Chronic dieters loose touch with internal mechanisms that normally prompt people to eat when hungry and stop when they're full.

To gain control of the dieting rollercoaster is to return to "normal eating". Our working definition for normal eating is where food intake does not vary except for feelings of physical hunger and satiety. For those caught up in the diet versus non-diet syndrome, this will not be easy. It means getting rid of the label "good" versus "bad" foods and making all foods legal. The person who states they'll "never eat chocolate cake again" or "I just can't handle peanut butter" is setting themselves up to fail.

The following are some techniques to get you off the diet merry-go-round.

- * Don't gear your food intake by a daily reading of the scales.
The scales are an external cue that is sensitive to fluid fluctuations. It takes 3500 extra calories beyond what's needed to gain a pound of tissue. Instead, use daily the natural internal cue of hunger and satiety. Weigh only weekly.
- * Don't skip meals unless truly not hungry. Do allow yourself to eat when hungry even when it may not be meal time.
- * Rearrange your food environment as well as the way you think about food.
Keep food stored out of sight so that your signal to eat is from within. Avoid entering a difficult eating situation without preparing yourself mentally and physically. Make intentional food choices.

- * Rethink daily routines that involve food. Are they adding to calories eaten when not hungry? Can a healthier routine be established?
- * Keep a food diary. Self-examination of a detailed diary may reveal much about habits, choices and bring new awareness that you can act on.
- * Allow a planned snack or dessert. The feeling of deprivation has sabotaged many good intentions. It is all right to enjoy a normal serving of a special treat. The normal serving will even be fulfilling when meals are complete and regular. Treats get out of control when they are "forbidden" foods or when you're starved when you start eating them.
- * Make realistic action - oriented goals. Decide on what you will do not what you'll try. Also, take small steps that will get you to your goal rather than change all at once. Today can be the first successful day not just another Monday.
- * Balance your meals with food groups. Eat 2 to 4 ounce portions of lean meats, poultry, fish or low fat cheese twice daily. Have one cup of low fat yogurt or milk twice daily. Have a minimum of two (1/2 cups) of fruit and two (1/2 cups) of vegetables daily. More of these are nutritious fillers. Have a minimum of 4 servings of enriched whole grains or starches (1/2 cup) daily. Eat less fat or fatty foods; perhaps limit to one additional fat or fat-food preparation per meal.

Muscle, Nerve & Hypnotherapy

Multi-Therapeutic Clinic
Joan Null College
3414 South Calhoun
Fort Wayne, IN 46807

Joan Null R.M.T.

Sports Massage

219/456-6525

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

DCN LINDLEY'S RACE SCHEDULE

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

Apr 8	SAT	*I.U. - KCKCMC STUDENT ACTIVITIES, 5K, Kokomo, In 2200 S. Washington St., Kokomo, IN 46902 317-453-2000	9:00am
Apr 8	SAT	*HALL OF FRAME 8K, Indpls., IN. Eagle Creek Health & Fitness, 6355 Westhaven Dr. Indpls., IN 46254 317-876-1871	10:00am
Apr 9	SUN	*2nd ANNUAL ARC BANK CLIMB, Ft Wayne, IN See March INSIDE TRACK for application	10:00am
Apr 9	SUN	*2nd ANNUAL FT WAYNE POLICE DEPT VICTIM ASSIST 10K, 2M See March INSIDE TRACK for application	3:00pm
Apr 9	SUN	*WOLFPACK 50 MILE, 4685 Arthur Place, Columbus, OH 43220 John White 614-459-2547	7:00am
Apr 9	SUN	TRRC 5K CLUB CHAMPIONSHIP, Swan Creek Metro Park, Toledo Pete Buehler, 472-C164, Cne mile fun run	2:00pm
Apr 15	SAT	*MASSANUTTEN MOUNTAIN MASSACRE IV 50 MILES, DETRICK, VA Anstr Davidson, 1601 N. Potomac St., Arlington, VA 22205, 703- 532-8820, 95% on the rocky trails of Geo.Washington Natl Pk.	6:00am
Apr 15	SAT	*FIT FAMILIES 5K, CARMEL, IN St Vincent Wellness Ctr, 622 S. Pangeline Rd, Carmel, IN 46032	9:00am
Apr 15	SAT	*Brown County State Park, AUL 8K Series	10:00am
Apr 15	SAT	*KISS A PIG 3K WALK/ 8K RUN, Sylvania, OH Olander Park, 882-5850	9:00am
Apr 16	SUN	COOKIE CLASSIC 10K PREDICTION, Pearson Park, Toledo Pam Graver, 691-6054, \$1 entry or one dozen cookies	10:00am
Apr 16	SUN	*TIGER TROT 5 MILER, ALEXANDRIA, IN	2:00pm
Apr 22	SAT	*SPORTS TECH/NAVL, 15,000 METER SPRING CLASSIC See application in INSIDE TRACK	9:00am
Apr 22	SAT	*THE LITTLE 10K, Indiana University Student Foundation, 1606 North Fee Lane, Bloomington, IN 47405 812-855-9152	8:00am
Apr 22	SAT	*11TH ANNUAL NORTON SHORES FOUNDER'S DAY 5K & 10K City of Norton Shores, P.O. Pox 1179, Norton Shores, MI 49443	10:00am
Apr 22	SAT	*GIFT OF LIFE RUN 10K,5K, Indpls., IN 1-800-382-9971	9:00am
Apr 29	SAT	*THE PACESETTER 8K, KOKCMO HealthMAP, 109 Southway Blvd, Kokomo, IN 46902	9:00am
Apr 30	SUN	*CATHOLIC CLUB 5K, Downtown Toledo, Bill Sanford, 243-7255	9:00am
Apr 30	SUN	*MICHIGAN TRAIL MARATHON & HALF MARATHON, Ann Arbor, MI 200 E. Washington, Ann Arbor, MI 48104 313-769-5016	8:30am
Apr 30	SUN	*NEW JERSEY WATERFPONT MARATHON, Harborside Financial Center, Plaza III, 8th Floor, Jersey City, N.J. 07311-3899	10:00am
May 3	WED	*7th ANNUAL SENI-STRIDER 10 KM RUN, Sylvania, OH John Bergener 472-4336 (This race is only for those that who have not broken 40 minutes for the distance)	6:30pm

May 6 SAT *SAVE THE CHILDREN RELAY, FORT WAYNE, IN. 8 am to 8 pm
 John Eakin, race director, 744-2480 or 744-6573

May 6 SAT FWTC 13.1 PREDICTION RUN, FOSTER PARK 8:00am
 Don Lindley, race director, 219-456-8739
 Race Day entry, No fee. (To be run in conjunction with SAVE
 THE CHILDREN RELAY.

May 6 SAT *RUN FOR LIFE, 10K, TRIPLE CROWN SERIES, Anderson, IN 4:30pm
 Community Hospital, 1515 N. Madison, Anderson, IN 46012
 Keith Trent 646-5102

May 6 SAT *SCOUTSWEST YMCA WOPLD SERVICE 5K RUN, Swan Creek Metro Park,
 Toledo, OH, Rick Clegg 866-9622 9:00am

May 6 SAT *STROLLING JIM 40, WARTRACE, TENNESSEE 37183, GARY CANTRELL,
 RT 1, BOX 166D, 615-389-6870 7:00am

May 7 SUN *CAMELBACK 10K, 5K WALK & YOUTH 2K, Sandusky County Courthouse
 Fremont, OH, Bob Serer 419-332-4244 1:00pm

May 13 SAT *12TH ANNUAL OLD KENT RIVER BANK RUN, 25K, 9:00AM
 P.O. Box 2194, Grand Rapids, MI 49501

May 13 SAT *10TH ANNUAL GOOD SAMARITAN 10K CHALLENGE, Dayton, OH 9:30am
 Good Samaritan Hospital and Health Center,
 2222 Philadelphia Dr, Dayton OH 45406-1891

May 13 SAT *THE TOSHIBA CAPITAL 10K, Ontario, Canada 7:00pm

May 14 SUN *THE TOSHIBA CAPITAL MARATHON, Box 426, Stn. A Ottawa 9:00am
 Ontario, Canada K1N 8V5, 613-234-2221

May 14 SUN *KENDALLVILLE MOTHER'S DAY RUN & WALK, 5K, 3M, 1M 2:00pm
 Kendallville Park & Recreation Dept., P.O. Box 516
 Kendallville, IN 46755 Tori Patz 219-347-1064

May 14 SUN *8th ANNUAL BEDFORD SPRING RUN, 4 Mile & 7 Mile 10:00am
 Keith Holmes, 10289 Stark, Temperance, MI 48182 (313) 856-4886

May 20 SAT *Mounds State Park 8K Series 10:00am

May 20 SAT *CLEAN WATER CLASSIC 5 MILE RUN 9:00am
 Carol Benner, 1016 S. St. Rt. 19, Oak Harbor, OH 43449
 (419) 898-1595

May 20 SAT *ICE AGE TRAIL 50 MILE RUN, Southern Kettle Moraine State
 Forest, 25 miles west of Milwaukee, WI. 6:00am
 Padgerland Striders, Don Ayer, Box 474, Waukesha, WI 53187

May 29 MON 9TH ANNUAL THE GREAT RACE 10K & HALF MARATHON 7:00am
 Ron Schmanske, P.O.Box 487 Elkhart, IN 46515 219-294-1661

JUN 3 SAT *HARMONIE STATE PARK 8K Series 9:00am

JUN 10 SAT *15TH ANNUAL POTTER COUNTY "GOD'S COUNTRY" MARATHON 8:00am
 Potter County Recreation, Inc., P.O. Box 245
 Coudersport, PA 16915

JUN 8 - 11 *32ND ANNUAL ROAD RUNNERS CLUB OF AMERICA NATIONAL CONVENTION
 See Footnotes for additional information

JUN 11 SUN GARDEN OF THE GODS 10 MILE & 3 MILE WALK, 7:00am
 Triple Crown of Punning, Colorado Springs, Colorado

JUN 11 SUN *MASKI-COUTRONS 20KM, 15TH INTERNATIONAL EVENT, 10:00am
 23, Forget, Repentigny, Quebec, Canada J6A 4M4, 514-581-0319

JUN 18 SUN 25TH ANNUAL MICHIGAN CITY 15KM RUN PLUS 5KM
 DUNES PUNNING CLUB, Box 42, Michigan City, IN 46360

JUN 24 SAT CORNBELT RUNNING CLUB 24 HOUR RUN, ELDRIDGE, IA
 Karl Ungurean, 203 E. Denison, Davenport, IA 52803
 319-324-2250 or 319-322-3502

* Contact Don Lindley for applications.

9TH ANNUAL NUTRA RUNS

MARCH 11, 1989

FORT WAYNE, INDIANA

It was one fine day for a run! Sunny skies, moderate to light wind, and warm temperatures helped to make the 1989 Nutra Runs enjoyable. It's been several years since we have had pleasant Nutra Run conditions. How nice a change!

Under spring like weather, 175 runners took off at the start to follow either the 5 mile or 20/k (12.4 miles) event arrows. The 5 milers followed the same course as the 20/k runners until the 2 1/2 mile point. After a 360 degree turn the 5 milers headed back to Woodside Middle School.

Tough is the best word to describe the 5 mile path. It has many quality hills. Luckily, down hills came after the upward rises. All who finished deserve a completion ribbon.

Our 5 mile winner was Carl Risch of Fort Wayne. He covered the course in 29 minutes, 16 seconds. About one minute behind Carl was the 2nd finisher Bob Milton from Bluffton, IN. Less than 35 seconds behind Bob was L. K. Christenson. L. K. finished with a time of 30:51.

Our leader in the women's division finished in the top 10. Fort Wayne's Mary T. Connolly was 7th overall and the 1st female five mile finisher. Her time was 32:15! Behind Carol was Ellen Cargo. Ellen's time was 37:14. Both these ladies are from Fort Wayne.

In the 20/k run a course record was set! Steve O'Connell from Chicopee, MA. cleared the course with a time of 67:55 (previous record was 71:13) pretty swift! Just one week ago he finished 2nd at the Sam Costa 1/2 marathon in Carmel, IN. He's got a fine performance record started. Steve currently is working for the U.S. Army in Indiana.

Jerry Gerig was the 2nd 20/k finisher. He ran a very respectable time - 71:55. Taylor University in Upland, IN is his home base. A couple minutes behind Jerry was Hal Pearson from Albion, IN. His time was 73:14.

Penny Grandstaff from North Manchester took the top honors for the 20/k women's division. She complete the route in 85:14. A fine performance. Not far behind Penny was Kris McCain from Angola, IN. Kris's 2nd place time was 88:21. Our 3rd place lady was Becky Kreps from North Manchester. She strided over the course with a time of 89:39.

Behind all the leaders were several other dedicated runners. 113 runners completed the 20/k course. 62 runners finished the 5 miler. Do they do it for health reasons, competition, fun, or/+ for the heck of it? Each runner has their own personal running reasons. As the quote states "everyone is a winner" no matter how far or fast they run.

All the Nutra Run winners had a chance to reward themselves with a post run refreshment. Popcorn, fruit muffins, and nutritic cookies were a few of the good munchies to eat. Thanks everyone, for bringing such fine food for enjoyment.

Good Running!

Judy Tillapaugh R.D., Nutra Run Race Director

P.S. Make the decision to choose good nutrition daily!

NUTRA RUN RESULTS
5 MILE

5M TOP 3 MEN

	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Carl Risch	31	1.	29:16
Bob Milton	43	2.	30:18
L.K. Christensen	51	3.	30:51

5M TOP 3 WOMEN

Mary Theresa Connolly	32	7.	32:15
Carol Herndon	24	12.	33:51
Ellen Crago	19	21.	37:14

5M WOMEN 19 AND UNDER

Andrea Slegel	14	32.	40:12
---------------	----	-----	-------

5M WOMEN 20 TO 29

Lisa Snouffer	29	31.	40:09
Michelle Bartkowiak	24	37.	41:12
Willow Rilla	28	50.	46:20
Diane Reuther	28	53.	47:44

5M WOMEN 30 TO 39

Po Powell	31	23.	37:42
Lyn Handlin	32	34.	40:18
Belinda Sloffer	37	39.	41:30
Bernice King	31	42.	42:13
Vicki Jacobs	39	53.	47:44
Velma Bradley	37	54.	47:45
Sue Zimmerman	31	56.	48:01
Nancy Zink	39	62.	59:39

5M WOMEN 40 TO 49

Val Puckett	43	43.	42:18
Carenn Lowe	47	52.	47:12
Marjorie Crago	48	57.	49:43
Marilyn Mitts	42	60.	55:10

5M WOMEN 50 +

Barbara O'Neil	50	45.	43:23
Bev Christensen	51	48.	45:35
Polly Jacobs	62	58.	53:10

5M MEN 14 AND UNDER

Nick Sloffer	10	30.	39:20
--------------	----	-----	-------

5M MEN 15 TO 19

Tyler Oden	15	20.	36:58
------------	----	-----	-------

5M MEN 20 TO 24

Mike Schoude1	21	6.	31:52
---------------	----	----	-------

<u>5M MEN 25 TO 29</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
John Pea	27	5.	31:48
Bret Brewer	28	11.	33:19

<u>5M MEN 30 TO 34</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Rick Gilbert	32	4.	31:22
Carl Hansen	32	10.	33:10
Mark Chalk	30	13.	34:29
Thom Dill	33	19.	36:15

<u>5M MEN 35 TO 39</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Joe Patterson	35	14.	34:38
Alan Oaks	39	17.	35:38
Pat Hermann	38	26.	38:13
Gary Klepfer	37	29.	39:13
Ron Horan	37	33.	40:13
Harry Quandt	35	36.	41:07
Steven Cline	37	38.	41:26
Bruce Hamilton	36	44.	43:22

<u>5M MEN 40 TO 44</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Jerry Warner	40	8.	32:15
Jack Seigel	44	16.	35:19
Wayne Slegel	44	24.	37:57
Chuck Okorowski	44	27.	38:57
Jim Cron	43	28.	39:10

<u>5M MEN 45 TO 49</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Dave Wolf	45	15.	34:42
Vern Senk	46	25.	38:09
Jim Heymann	45	46.	44:20

<u>5M MEN 50 TO 54</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Joe Ziegler	53	9.	32:52
Bob Gensheimer	52	18.	35:47
Jim Kline	52	22.	37:44

<u>5M MEN 55 TO 59</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Rudf Florreich	55	35.	40:56
Robert Loomis	56	40.	41:52
Dan Daniel	59	51.	46:41
Alfred Moore	59	59.	54:40
John Jedlnak	55	61.	56:13

<u>5M MEN 60 +</u>	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Vern Chovan	61	41.	42:02
Jack O'Neil	63	47.	45:24

NUTRA RUN RESULTS
20 KM RUN

20K TOP 3 MEN

Steve O'Connell	30	1.	67:55*
Jerry Gerig	22	2.	71:55
Hal Pearson	34	3.	73:14

* New course record
Old Record - Doug Sundling 71:13

20K TOP 3 WOMEN

Penny Grandstaff	25	32.	85:14
Kris McCain	30	37.	88:21
Becky Kreps	22	44.	89:39

20K WOMEN 20 TO 29

Joanie Andrews	26	48.	90:14
Becky White	26	50.	90:41
Lorraine Fox	28	79.	100:31

20K WOMEN 30 TO 39

Joyce Destefano	34	102.	112:48
Sherry Yoder	35	109.	121:27
Beth Battell	34	110.	121:27
Annie Fremion	35	112.	121:27

20K WOMEN 40 TO 49

	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Joyce Butler	41	65.	95:46
Barb Scrogam	42	67.	96:59
Donna Moody	41	95.	109:29
Ann Mize	43	111.	121:27
Sarah Kleinknigh	45	115.	134:57

20K WOMAN 50 +

Joan Gary	52	98.	110:35
Joyce Fuzy	51	114.	130:40

20K MEN 15 TO 19

Mike Fruchey	19	5.	75:37
Matt Garnett	19	22.	83:13

20K MEN 25 TO 29

Ben Rettig	28	26.	84:34
Patrick Leber	29	42.	89:12
Peter Gerken	29	45.	89:47
Don Branstetter	27	80.	100:34
John Stoner	29	90.	105:21
Martin Walker	26	97.	110:00

20K MEN 30 TO 34

Bob Schendel	33	4.	74:58
Terry Diller	31	6.	75:50
Christopher Farrell	31	8.	76:23
David Brooks	33	9.	77:41
Jim Ellert	31	14.	79:28
Calvin King	32	16.	80:54
David Lallow	34	20.	82:01
Mark Brattoli	33	24.	83:45
Larry Ellis	33	28.	84:50
Nick Hodgman	30	30.	85:01
Brad Middleton	31	31.	85:07
Roger Smith	30	35.	86:32
Michael Rost	34	40.	88:49
Kevin Warren	31	51.	90:51
Jerry Witzke	32	56.	93:03
Len Piropato	34	61.	94:26
Keith Caudill	32	62.	94:47
Kevin Lockner	33	71.	97:41
Gary Kuhn	32	77.	100:02
Denny Zech	34	82.	101:31
Mark Lese	34	92.	106:41
Dave Judkins	34	104.	107:09
Rev. Michael Maurer	31	105.	107:56

20K MEN 35 TO 39

	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Doug Fekete	37	7.	76:07
Tom Yoder	36	10.	78:03
John Treleaven	36	12.	79:27
Rick Vorick	38	13.	79:27
Art Blaser	35	18.	81:19
Jed Pearson	37	19	81:31
Neil Tate	37	21.	82:54
Phil Rizzo	36	27.	84:34
Norm Spitzig	39	33.	86:07
Don Ford	38	41.	89:01
Dennis Conner	36	46.	90:05
Terry Coonan	37	47.	90:12
Bruce J. Tisdale	38	52.	91:00
Ed Ward	35	54.	92:28
Joe Hilger	39	68.	97:15
Rod Gay	36	73.	97:52
Michael Callahan	36	75.	99:22
Larry Davisson	39	84.	102:18
Michael G. Yann	36	86.	103:41
David Montgomery	39	88.	104:24
Alan Bradley	37	89.	104:48
Bill Townsend	37	91.	105:37

20K MEN 40 TO 44

Ed Scrivnon	41	11.	78:20
Gary Rickner	40	15.	80:08
Bernie Fekete	40	25.	84:17
James Miller	41	34.	86:30
John Peterson	43	53.	92:00
Gerry Cox	44	55.	92:41
Jerry Vorick	41	58.	93:20
Ivan Painker	41	59.	93:46
Atef Iskander	42	60.	94:16
Steven Goldthwaite	40	63.	94:58
Charlie Backofen	43	64.	95:38
Phil Wisniewski	41	76.	99:55
Jeff Raff	41	85.	103:31
Chuck Mills	42	96.	109:29
Gary Oden	42	101.	

20K MEN 45 TO 49

	<u>AGE</u>	<u>PLACE</u>	<u>TIME</u>
Brad Yoder	47	17.	81:16
Bob Crawford	48	23.	83:28
Rodger Puckett	45	36.	87:35
Don Lindley	45	38.	88:22
Keith D. Ingle	45	43.	89:27
David Brown	46	57.	93:11
Don Ashton	48	72.	97:44
Richard Zink	47	74.	98:30
Tom Felger	49	81.	101:04
Duane Veirel	48	93.	107:21
Lawrence Randell	46	100.	111:59
Dick Dugan	49	107.	109:42
Jim Martin	46	108.	120:00

20K MEN 50 TO 54

Ray Sibrel	51	29.	84:53
Ray Contreraz	50	49.	90:15
Ken Clark	50	69.	97:16
Tom Laird	52	70.	97:40
Karl Dietsch	51	94.	107:33

20K MEN 60 +

Jack Hilker	60	66.	96:14
Don Anderson	61	78.	100:11
Phil Burns	66	113.	128:00

1 MILE RUN WOMEN

Umber Pedue	11	1.	7:36
Liz Muter	12	2.	7:44
Megan Keever	6	3.	8:24
Amy Gilbert	12	4.	8:43
Sarah Dill	7	5.	8:48
Emily Dill	5	6.	10:49
Stacie Muter	19	7.	10:51
Michelle Lowe	13	8.	10:52
Christy Griffith	13	9.	10:53
Cara Keever	3	3 Laps	13:40
Nicole Paine	3	2 Laps	14:10

1 MILE RUN MEN

Ted Tiernan	34	1.	5:22
Jason Kimmel	14	2.	5:23
Gene Ward	14	3.	5:48
Chris Kennedy	12	4.	6:10
Michael Lindley	11	5.	6:19
Mark Dwyer	13	6.	6:32
Ryan Schecter	13	7.	6:49
Jeff Orr	13	8.	7:42
Levi Dill	10	9.	
Nate Dill	8	10.	8:20
Ryan Yann	8	11.	8:23
Robert Lee Paine	5	12.	10:01
Robert Dill	4	13.	12:27
Clint Paine	2	2 Laps	14:10

3rd ANNUAL FANNY FREEZER RESULTS

1.	Jerry Gerig	15:51.3	M
2.	John Treleaven	16:51.9	M
3.	Tim Gorrell	16:53.3	M
4.	Greg Robertson	16:55.4	M
5.	Chuck Clendenan	17:03.0	M
6.	Greg Weisser	17:04.6	M
7.	Richard Vorick	17:21.1	M
8.	Paul Knott	17:33.7	M
9.	Conrad Peterson	17:36.3	M
10.	Mike Fast	17:50.1	M
11.	Jed Pearson	17:56.5	M
12.	Tim Wehnert	18:01.3	M
13.	Jerry Warner	18:11.2	M
14.	Nick Hodgman	18:14.9	M
15.	Rick Gilbert	18:15.6	M
16.	Dave Meyer	18:18.0	M
17.	Jay Prichard	18:22.2	M
18.	James Miller	18:23.6	M
19.	Lynn Armstrong	18:24.6	M
20.	Tom Welch	18:28.4	M
21.	Gary Walker	18:36.6	M
22.	Kevin Lochner	18:41.3	M
23.	Rodger Puckett	18:43.9	M
24.	Mary Theresa Connolly	18:46.6	F
25.	Terry Coonan	18:47.4	M
26.	J. Morris	18:53.0	M
27.	Ray Sibrel	18:57.9	M
28.	Bob Fisher	19:03.5	M
29.	Joe Ziegler	19:05.5	M
30.	Tony Gatton	19:06.4	M
31.	Jamie Gorrell	19:07.4	F
32.	Kevin Warren	19:07.8	M
33.	Mark Chalk	19:08.0	M
34.	Scott Chrisman	19:08.6	M
35.	Bernie Burgette	19:09.9	M
36.	John Pea	19:12.5	M
37.	Dennis Conner	19:13.0	M
38.	Ed Ward	19:14.6	M
39.	Corena Winters	19:17.7	F
40.	Jerry Witzke	19:21.0	M
41.	Rock Kirchner	19:22.1	M
42.	Dennis Marks	19:34.3	M
43.	Chuck Putterbaugh	19:46.8	M
44.	Brad Thomas	19:47.2	M
45.	Marty Walker	19:51.6	M
46.	Dave Winters	20:01.0	M
47.	Len Piropato	20:04.5	M
48.	Don Ford	20:05.2	M
49.	Jack Seigel	20:09.8	M
50.	Joe Hilger	20:16.3	M
51.	Betty McDade-Moylan	20:19.1	F
52.	Michael Callahan	20:29.1	M
53.	Bob Gensheimer	20:36.5	M
54.	Chris Adang	20:38.1	M
55.	Mel Hochstetler	20:46.3	M
56.	Phil Luttmann	20:52.0	M
57.	Wayne Slegel	20:52.8	M
58.	David Montgomery	21:04.8	M
59.	Alex Dieda	21:09.4	M
60.	Steve Adkison	21:16.8	M
61.	Kevin Truelove	21:20.0	M
62.	Lorraine Fox	21:21.7	F
63.	Thom Dill	21:25.8	M
64.	Andrea Slegel	21:26.9	F
65.	A. Oaks	21:27.8	M
66.	Joyce Butler	21:28.7	F
67.	Joe McKinnis	21:31.0	M
68.	Alan Bradley	21:31.7	M
69.	Don Anderson	21:32.1	M

70.	Charley Knepple	21:33.4	M
71.	Pat Hermann	21:50.4	M
72.	Barb Scrogham	21:51.3	F
73.	Jimmy Oaks	21:52.7	M
74.	Aaron Kohlun	21:55.8	M
75.	Art McCoy	22:07.6	M
76.	Tom Boyer	22:18.8	M
77.	Clifton Gorrell	22:21.1	M
78.	John Stoner	22:30.8	M
79.	Tom Felger	22:36.4	M
80.	Wayne Unsell	22:54.1	M
81.	Ron Horon	23:03.4	M
82.	Harry Quandt	23:05.1	M
83.	Sam Biddle	23:06.1	M
84.	P. Brown	23:09.7	M
85.	Lisa Snouffer	23:23.0	F
86.	Eugene Striggle	23:27.9	M
87.	Randy Webster	23:28.8	M
88.	Michael Satterthwaite	23:29.7	M
89.	Val Puckett	23:36.4	F
90.	Mickie Gorrell	23:44.8	F
91.	Vern Chovan	23:52.1	M
92.	Wes Beamon	23:55.5	M
93.	Sara Holl	23:58.8	F
94.	Joan Gary	24:05.5	F
95.	Fran Van Wagner	24:09.5	F
96.	Michael Ducy	24:15.5	M
97.	Willow Rilla	24:20.9	F
98.	Mark L. Mettert	24:26.2	M
99.	Jim Martin	24:28.5	M
100.	Adam Luttmann	24:30.1	M
101.	Michelle Bartkowiak	24:48.1	F
102.	Chris Habagger	25:08.8	F
103.	Jim Heymann	25:10.5	M
104.		25:15.2	
105.	Robert Loomis	25:36.5	M
106.	Jett McCann	26:00.4	M
107.	Phil Burns	26:06.7	M
108.	Todd Burgette	26:56.3	M
109.	Velma Bradley	27:02.7	F
110.	Sarah Kleinknight	27:04.9	F
111.	Sue Zimmerman	27:08.4	F
112.	Peggy Seigel	27:56.4	F
113.	Vicki Jacobs	27:59.2	F
114.	Ross Moyer	28:02.9	M
115.	John Eakin	29:22.0	M
116.	J.P. Jones	29:26.7	M
117.	John Jedinak	30:21.4	M
118.	Teresa Knoblauch	30:22.4	F
119.	Alfred Moore	30:27.5	M
120.	Jean Longsworth	30:42.0	F
121.	Polly Jacobs	30:43.8	F
122.	Sharon Pauley	31:23.4	F
123.	Bob Pauley	31:44.0	M



Don't Keep Us In The Dark!

send us your ideas,
comments, or anything
that will help us give
you more of the
magazine you want!

*When the tough gets goin',
the tough gets goin'.*

—Leon Spinks

Footnotes from Florida
by Sharon Pauley

It's a good thing Bobby and I went to Florida to visit dear friends instead of for an improvement in the weather. Otherwise, we would have had a miserable trip. As we left Fort Wayne on Feb. 22, the temperature was in the 30's with snow flurries. Hour after hour as we drove southward it did not warm up one iota. About five miles from the Florida border, Georgians were standing outside the mall watching it snow because it hadn't snowed there since 1964. While we were in Florida, there were freezing temperatures as far south as Fort Myers.

Fortunately for us, there are several warm and wonderful members of the FWTC in Florida to offset all the chilliness. In keeping with our usual slowness, we arrived a week too late to see John Schwarze win the master's division of the Citrus Classic 10K in Winter Haven on Feb. 18. All we got to do was touch his 3 ft. high trophy, hear about his 38:53 time and his winning a 1 yr. spa membership, Chinese dinner, and \$25 gift certificate. The next week at the Strawberry Festival 10K in Plant City, John was coming down with Bobby's cold, but Jim placed second in the 13 and under age group with a time of 44:57.

We were very surprised to run into Ken Deshler at the Strawberry Festival. He told us that the week before Myron Meyer had won his age group and broken 19 minutes in a 5K in Fort Myers. The man's incredible!

Since we visited John and Carolyn Schwarze two years ago, they have remodeled their garage into an exercise room. One whole wall about 8 ft. high and 25 ft. long consists of shelves for their trophies and the thing is so packed they had to put up a card table for John's Citrus Classic trophy. I guess that's what comes of having 4 great runners in a family. Since John Jr. graduated from Lake Wales High School last year, he's been working two jobs and not running much. However, Jennifer is still plugging away in spite of working 30 hours a week at McDonald's and doing well as a Junior at Lake Wales H.S. Jim is on the Cross Country team at Frostproof Junior/ Senior High school. Because of the school set up and Florida rules, he can compete against the high school students. We got to go to one of his meets and see him do a heck of a job running two miles against guys as much as 5 yrs. older than he is.

Carolyn earned her A.B. degree last year, but lost her desire to run somewhere along the line. What more could one ask of one's former best running buddy than that she become an avid walker when one can no longer run? She, a fascinating neighbor, Dudley the Dog and I had wonderful walks among the orange trees and along the lake every morning at 8 AM.

After we left the Schwarze's, we went in search of Tim and Arlene Fleming. Don Lindley had given us land addresses for their home and business, but after all the unanswered phone calls, we figured he'd found a way to run and operate a video business at sea and was living on a boat in beautiful Charlotte Harbor. We got off the interstate at a shopping center with a drug store where I hoped to find a map of Port Charlotte. It turned out that to street on which Tim's video business is located started along the other side of the mall. We decided we might as well go on over and leave them a note anyway. We found that his business is in a delightful harbor front mall. We had a lovely time window shopping and having an ice cream cone beside the water. One of the first things we saw in the mall was a tv monitor advertising one of the businesses in the mall. It was very professionally done and had Custom Video, the name of Tim's business, above it. On our way back to the van, we heard someone yell my name. There was Tim, Arlene, and two guests from Fort Wayne having dinner at a harborside restaurant. After we got caught up on our hugs, they gave us a tour of their very successful business and invited us over to their lovely home.

As you might expect from him, Tim has started a track club in Port Charlotte and Punta Gorda. Each Wednesday the Peace River Track Club takes off from Custom Video for a 5 mile fun run along and across the river. A unique feature of the run is that the first one finished has to go back and run in with the last one. Arlene walks with them and writes the newsletter. Tim's busy trying to talk everyone into having a trophy run like the terrific races he put on here. It was really a joy to see how happy they are and how wonderfully they're doing. The weather wasn't worth the trip; the friends were!

REFLEXOLOGY CENTER

Family Massage Therapy

(Certified Trained Therapists)

- Helps Relieve Arthritis
- Increases Poor Circulation
- Aids Weight Loss
- Relieves Neck & Low Back Pain
- Foot Reflexology
- Relieves Stress

For Appointment Call 420-3901

INTRODUCTORY OFFER \$5⁰⁰ Off With This Coupon

Hrs.: 10:00 A.M.-10:00 P.M. Mon.-Fri.
10:00 A.M.-5:00 P.M. Sat.

909 N. Coliseum Suite 207
Ft. Wayne, Ind.

FWTC is for everyone.

A place for every pace!

VOLUNTEERS NEEDED

- * Asst. and Race directors needed -
call Ron Horan at 447-6627
- * Runners Week camera person -
call Ann Jamison at 627-5450
- * **Inside Track** Asst. Editor -
call Chuck Okorowski at 485-7885
- * 1989 FWTC Budget Asst. -
call Don Lindley at 456-8739

APRIL

1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<p>March 1989</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>May 1989</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>5:00am Meet at Judy Tillapaugh's 1st Annual "Follow The Racers To Toledo and Back" 200 Mile Fun Run</p> <p>9:00am IUPU Fitness Run</p> <p>7:00am YHCA Fitness Run</p> <p>April Fool's Day 2:30 Runners Week</p>
S	M	T	W	T	F	S																																																																																				
		1	2	3	4																																																																																					
5	6	7	8	9	10	11																																																																																				
12	13	14	15	16	17	18																																																																																				
19	20	21	22	23	24	25																																																																																				
26	27	28	29	30	31																																																																																					
S	M	T	W	T	F	S																																																																																				
		1	2	3	4	5																																																																																				
6	7	8	9	10	11	12																																																																																				
13	14	15	16	17	18	19																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28	29	30	31																																																																																						
<p>2</p> <p>7:30am Johnny Appleseed Park</p>	<p>3</p>	<p>4</p> <p>6:00pm IUPU Fitness Run</p>	<p>5</p>	<p>6</p> <p>6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week</p>	<p>7</p>	<p>8</p> <p>7:00am YHCA</p> <p>9:00am IUPU Fitness Run</p> <p>2:30 Runners Week</p>																																																																																				
<p>9</p> <p>7:30am Johnny Appleseed Park</p> <p>10:00 am AEC Bank Climb</p> <p>3:00 pm CRIME PREVENTION Run, Walk, Crawl ICE</p>	<p>10</p>	<p>11</p> <p>6:00pm IUPU Fitness Run</p> <p>6:30 pm Membership Meeting T.J. Paste's</p>	<p>12</p>	<p>13</p> <p>6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week</p>	<p>14</p> <p>FWTC "ATTITUDE ADJUSTMENT" Across The Border Times Corners 6:00pm</p>	<p>15</p> <p>7:00am YHCA</p> <p>9:00am IUPU Fitness Run</p> <p>2:30 Runners Week</p>																																																																																				
<p>16</p> <p>7:30am Johnny Appleseed Park</p>	<p>17</p> <p>IUPU Spring Classic 5K OC Run/Walk 12:00 Noon IUPU ATHLETIC CENTER</p>	<p>18</p> <p>6:00pm IUPU Fitness Run</p>	<p>19</p>	<p>20</p> <p>6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week</p> <p>Passover</p>	<p>21</p>	<p>22</p> <p>7:00am YHCA</p> <p>NAVL SPRING CLASSIC 15K 9:00 am NAVL HDQT.</p> <p>2:30 Runners Week</p>																																																																																				
<p>23</p> <p>7:30am Johnny Appleseed Park</p> <p>30</p>	<p>24</p>	<p>25</p> <p>6:00pm IUPU Fitness Run</p>	<p>26</p> <p>Secretaries Day</p>	<p>27</p> <p>6:00pm IUPU Fitness Run</p> <p>8:00pm Runners Week</p>	<p>28</p>	<p>29</p> <p>7:00am YHCA</p> <p>9:00am IUPU Fitness Run</p> <p>2:30 Runners Week</p>																																																																																				

COME RUN WITH US!

Tuesday 6pm.

Thursday 6pm.

Saturday 9am.

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

Saturday 7am

Meet John Hilker in the lobby of Central YMCA.

SUNDAY 7:30am

Meet Barb Scrogam and Joyce Butler at EAST parking lot (near restrooms) at JOHNNY APPLESEED PARK.

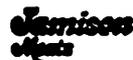
RERUN YOUR 1988 ROAD RACES ON



WINTER SCHEDULE
ANN JAMISON - PRODUCER/EDITOR

SHOW DATE	(RACE DATE)	HOST & COM.
Dec. 29-31	J.P. 10K & Training Equip. (12-12-87)	Lyn Handlin
Jan. 5-7	Fanny Freezer & Cinci. 15K (2-20-88)	Mary T. Connolly
Jan. 12-14	No. Amer. Van Lines 5 & 15K (4-23-88)	Ann Jamison
Jan. 19-21	Arlington Pk 5K & Amer. Cancer Soc. 5K (4-30 & 5-7)	Ann Jamison
Jan. 26-28	WEE Five & Dime 5 & 10 mile (5-14-88)	Bryen Weller
Feb. 2-4	Indy 500 1/2 Marathon (3-27-88)	Judy Tillpaugh
Feb. 9-11	Central Soya 5 mile (6-18-88)	Herman Bueno
Feb. 16-18	Hamilton Lake 5K Trophy Run (7-4-88)	Ann Jamison
Feb. 23-25	'88 Olympic Trials & 3Rivers Biathlon	Ann Jamison
March 2-4	Olympic Trials Pt. 2 & Skateboarding	Ann Jamison
March 9-11	FWTC Run In The Park 2&5 mile (8-27-88)	Ron Horan
March 16-18	Scholarship IUPUI 5K (9-11-88)	Marcia Schmit
	& Muncie Endurathon (9-28-88)	Ann Mize
March 23-25	The Summit City 10K (10-23-88)	Betty Nelson
March 30-1	FWTC Hilly 4 Mile (11-12-88) & R.W. Editorial & N.Y. Marathon 11-6-88)	Ann Jamison
April 6th	RUNNERS WEEK will return with the '89 FANNY FREEZER!!	

THURS. 8 PM SAT. 2:30 PM CHANNEL 10



PEGASUS IMPROVED.



Air Pegasus
(Men's)

Air Pegasus
(Women's)

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



GLENBROOK SQUARE
NEXT TO THE ICE RINK
484-4322

RUNNER'S CLINIC
STRESS MANAGEMENT FOR RUNNERS

SPONSORS: FORT WAYNE TRACK CLUB
and IPFW CROSS COUNTRY
TEAM

PRESENTED BY: JoAnne Yurosko, PhD.

JoAnne Yurosko is a psychologist in the Fort Wayne area. She currently teaches at IPFW, is a school counselor at St. Vincent's, and is a stress management instructor at Lutheran Hospital. Her goal is to help others learn lifestyle skills for better stress management.

WHEN: Tuesday evening May 23, 1989

WHERE: IPFW Athletic Center Rm.104

TIME: 7:00pm to 8:00pm

COST: Free of charge

Come learn ways to deal with stress. It will help you to be a more relaxed high quality individual and runner.

Don't let **STRESS** get you down.

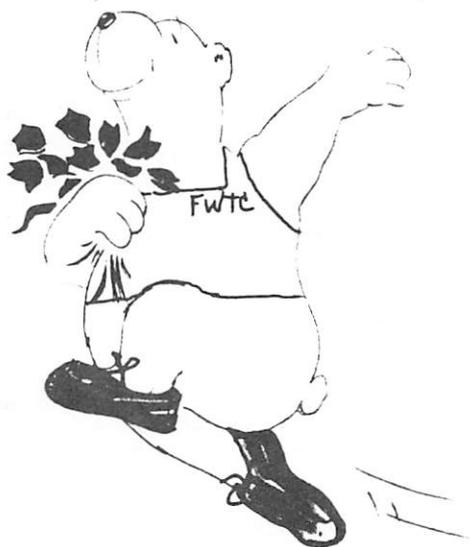
Invest in Yourself!

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.



Dear Judy + FWTC Board,
Thank you for choosing
me Female Volunteer of the
year. It is such a pleasant
honor + a total surprise.
The plaque is hanging in a
place of honor in our family
room. I love the new FWTC
sweat shirt + will wear it
with pride.
I love being part of the
FWTC + it is a joy to associate
with all of you!!!

Thank You!
Thank You!
Thank You!

I wish you all
Miles of Smiles.

Thanks!!

Don Jamison

RACE DIRECTORS NEEDED

If you're interested in directing a race or just helping out, please contact Ron Horan at 447-6627. The 1989 FWTC 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.

1989 FORT WAYNE TRACK CLUB OFFICERS AND BOARD MEMBER ROSTER

President: Judy Tillapaugh 1109 West Wayne Ft. Wayne, IN 46802	Home: 424-6723
First Vice President and Race Schedule Chairman: Ron Horan 6204 Winter St. Ft. Wayne, IN 46806	Home: 447-6627
Second Vice President and Race Schedule Assistant: Mike Ducey 2317 2B Point West Dr. Ft. Wayne, IN 46808	Home: 482-9606
Secretary: Melanie Eckert 4213 Sandhurst Dr. Ft. Wayne, IN 46815	Home: 485-6994
Treasurer and Membership Assistant: Don Lindley 6015 Landsdowne Dr. Ft. Wayne, IN 46816	Home: 456-8739
Membership: Randy Lavine 339 Tweedwood Dr. New Haven, IN 46774	Home: 493-2420
Points System Coordinator: Tom Loucks 11080 N. St. Rd. 1-6 Ossian, IN 46777	Home: 622-7108
"Inside Track" Newsletter Editor: Chuck Okorowski 8802 Rail Fence Rd. Ft. Wayne, IN 46835	Home: 485-7885 Work: 424-1972
Publicity Coordinator: David Lallow 8208 Standridge Run Ft. Wayne, IN 46825	Home: 489-6921 Work: 426-5461 ext. 225
Equipment Coordinator: Clem Getty Box 76A R.R. 1 Yoder, IN 46798	Home: 638-4890
Advertising Coordinator: Rob Wyatt 2018 N. Clinton St. Ft. Wayne, IN 46805	Home: 420-0370 Work: 482-3539

No Train,
No Gain.

Know Your Training Heart Rate Range

Your target heart rate range gives you a training zone of safe, effective exercise pulse rates, based on your age and level of fitness. The American College of Sports Medicine recommends that you calculate both 60 percent and 90 percent of your maximum heart rate to find the low and high ends of your range. Your pulse rate will vary, but it should be within this range.

What's Your Training Range?

Everyone starts here.
Subtract your age.

Sample 30-Year-Old	Your Target Range
220	220
- 30	
<hr/>	
190	

Predicted maximum safe heart rate.

Multiply by .6 for 60%
(the low end of your range)

$$\begin{array}{r} \times \quad .6 \quad \times \quad .6 \\ 190 \\ \hline 114 \end{array}$$

Multiply by .9 for 90%
(the high end of your range)

$$\begin{array}{r} 190 \\ \times \quad .9 \quad \times \quad .9 \\ \hline 171 \end{array}$$

Divide by 6 to find your 10-second heart rate.

$$\begin{array}{r} 114 \\ + \quad 6 \quad + \quad 6 \\ \hline 19 \end{array}$$

(Beginners should work at the lower end of this range, and only competitive athletes should work as high as 85 to 90%.)

Take Your Pulse

Use your first two fingers (not your thumb). Press lightly on your radial artery, close to your thumb on the inside of your wrist, or on your carotid artery, straight down from the corner of your eye, just under your chin. Count the number of beats for 10 seconds. Multiply by 6 to make sure you're within your training zone.

Your Training Heart Rate Range

During workouts, take your pulse when you start breathing hard. If you're below your zone, work a bit harder. If you're above it, slow down. Take your pulse every 5 or 10 minutes during exercise and promptly after the aerobic part of your workout.

Remember, Listen to Your Body

This formula is a general guide. Scientific studies show that taking your pulse to determine your heart rate (as described above) isn't totally reliable; you must listen to your body for signs of overexertion, such as pounding in your chest, dizziness or faintness, or profuse sweating. Cool down for 5 to 10 minutes before ending your workout. If symptoms persist, see your doctor.

ANDERSON, IND. ROAD RUNNERS

For information on joining the
ANDERSON ROAD RUNNERS CLUB write

Sandy Ferris
ANDERSON RR
604 West 34th St.
Anderson, IN 46013

89 BOSTON MARATHON

Good Luck in BOSTON

Chris & Brad Cooper
Joyce Butler
Barb Scrogam
Dave Dorais
Joan Gary
Brad Yoder



*Carpet, Vinyl, Ceramic
& Hardwood Floors*

**BEST FOR THE
LONG RUN**



CARPETLAND USA

Leader in fine floor coverings for over 54 years.

1111 W Washington Center Rd., 489-4584

Nutrition in Question

Why are carbohydrates so important? Do I need supplements? What foods should be avoided before a dance-exercise class? Who doesn't have questions about nutrition! As active people, we want to be as smart about our food choices as we are about exercise in order to meet our bodies' nutritional needs. Good eating habits, after all, can enhance personal fitness achievements just as bad nutritional habits can undermine them.

Here are a few questions you may have been wondering about or that your students may have brought to you after class. Go through the list and circle your answer choices. After the questions, an explanation of each answer is given. (There may be more than one correct answer to some questions.) This quiz is designed to be a fun way to test your knowledge and learn more about good eating guidelines. Remember, food knowledge gained is more fuel for fitness.

Judy Tillapaugh, RD, is a clinical/community dietitian at St. Joseph Medical Center in Fort Wayne, Indiana. She also provides nutritional presentations and consultations for individuals, groups and businesses.

1. Most nutritionists recommend the following nutrient blend for optimal health:

- 50 to 70 percent carbohydrates, 10 to 15 percent protein and no more than 30 percent fat
- 30 percent carbohydrates, 50 to 60 percent protein and 10 to 15 percent fat
- 10 to 15 percent carbohydrates, 30 percent protein and no more than 50 percent fat

2. Which of these foods is richest in calcium?

- one-half cup of cottage cheese
- one cup of yogurt
- one ounce of cheese

3. Women who exercise more than 3 times a week may need to increase their daily calorie intake with extra:

- protein
- complex carbohydrates
- fat

4. Which nutrient is highest in calories?

- protein
- carbohydrate
- fat

5. Which of the following vitamins, taken in large doses, provides energy?

- vitamin B-12
- vitamin C
- vitamin D
- none of the above

Are you eating
light and right?
Take this
nutritional quiz
and see.

Judy Tillapaugh, RD, is a clinical/community dietitian at Lutheran Hospital in Fort Wayne, Indiana. She also provides nutritional presentations and consultations for individuals, groups and businesses.

Nutrition (continued)

6. To meet daily iron requirements, the following eating guideline is most important:

- use lean red meats
- use fortified breads and cereals
- use food prepared in iron cookware

7. Which is most acceptable for an exerciser to use?

- bee pollen
- high-potency B-complex supplement
- multiple vitamin and mineral supplement

8. Two vegetable oils high in saturated fat are:

- corn
- palm
- coconut
- sesame

9. Artificial sweeteners have all the qualities listed below EXCEPT:

- they are lower in calories than sugar
- they promote weight loss
- they can be used in cooking

10. Besides oranges, good sources of vitamin C are:

- apples
- broccoli
- bell peppers
- strawberries

11. For a preworkout meal, an exerciser should choose:

- carbohydrate and low-fat, protein foods
- carbohydrate and high-fat, protein foods
- a meal plan with only carbohydrates

12. Which has the most vitamin A?

- Boston or Bibb lettuce
- broccoli
- green beans
- all are equal

13. Four or more fruit and vegetable servings are important to have daily because they are good sources of:

a. fiber, carbohydrate, vitamins and minerals

b. protein, carbohydrate, vitamins and minerals

c. carbohydrate, vitamins and minerals

14. The recommended daily allowance (RDA) of iron for prevention of deficiency symptoms is:

- 180 milligrams per day for women, 100 for men
- 18 milligrams per day for women, 10 for men
- 1.8 milligrams per day for women, 1.0 for men

15. Which of the following contains the most caffeine?

- 6 ounces of instant coffee
- 6 ounces of (nonherbal) tea
- 2 ounces of milk chocolate
- one weight control aid

ANSWERS

1—a. Most nutritionists agree that a daily high-carbohydrate, moderate-protein and low-fat meal plan will allow an individual to meet basic nutritional needs. A balanced diet should provide most of its calories in carbohydrates, our bodies' prime fuel choice for muscular energy production. Foods high in carbohydrates include: breads, pasta, rice, cereals, yams and dried beans.

We should also include moderate amounts of protein—approximately 2 to 4 ounces—in low-fat meat, poultry, fish or cheese products in our diet while going easy on the fats, especially animal fats, such as butter or lard.

2—b. One cup of yogurt has 300 milligrams of calcium. Two cups of cottage cheese or 1 1/2 ounces of cheese contain this amount of calcium. Yogurt also contains 8 grams of protein and 12 grams of carbohydrate, a nutrient content very similar to milk.

3—b. Complex carbohydrates are a woman's choice exercise fuel. Carbohydrate foods are most effectively

used by the body to refuel liver and muscle glycogen stores for energy production. Choose complex carbohydrates like whole-grain breads, rolls, cereals, pasta, fruits and vegetables.

4—c. Fat has 9 calories per gram. Both protein and carbohydrates have 4 calories per gram. One teaspoon of fat has 45 calories; one teaspoon of sugar or jam has 16 calories.

5—d. Vitamins do not provide energy to our body systems but are needed to aid in specific body functions. For example, vitamin A helps to promote good vision and maintenance of healthy skin. B vitamins help to use food for energy production.

6—all. Any of these ideas help to create high-iron meals. To prevent iron deficiency anemia, follow high-iron food guidelines.

7—c. Use of bee pollen or a high-potency B-complex supplement has not been proven to enhance the performance abilities of an exerciser. Excess intake of supplements can do more harm than good.

A healthy exerciser using a balanced meal plan can meet all the essential vitamin and mineral needs. The recommended daily allowance (RDA) levels serve as a good guideline for nutrient needs of each age/sex category, with a wide margin of safety. If there is a risk that intake isn't adequate, a combination multi-vitamin/mineral supplement would be recommended. This does not need to be higher than 100 percent of the RDA.

8—b & c. Vegetable fats are not all equal. Palm and coconut are highly saturated, even more so than animal fats, and should be avoided. Polyunsaturated fats such as corn oil and monosaturated fats such as olive oil are healthier choices.

9—b. There is no evidence that using sugar substitutes like saccharin or aspartame will help a person lose weight. Weight loss occurs when an individualized, calorie-modified meal plan is combined with a regular exercise program. This can create a

Rain Running

Rain running's fun
When it's just a drizzle
And it takes the sizzle
Out of the sun

—Joe Collins

daily deficit of 500 to 800 calories, and one or 2 pounds of fat can be lost per week. Using sugar substitute products can help a person save calories, but it may not be many. One teaspoon of sugar or honey is only 16 calories. Use substitutes in moderation if desired, but improve your total meal plan for optimal weight control.

10—b, c & d. All of these, except apples, are good sources of vitamin C: one cup of broccoli has 140 milligrams; one cup of bell peppers has 128 milligrams; one cup of strawberries has 88 milligrams. Surprisingly, one cup of apples has only 5 milligrams of vitamin C. The RDA for vitamin C is 60 milligrams.

11—a. Preworkout meals help an exerciser stay fine-tuned and ready to move. A high-complex-carbohydrate, low-fat meal can offer the best blend of easy-to-digest food. If the meal is high in fat and/or protein, there is a greater chance for discomfort during class, since these substances take longer to digest than carbohydrates. A healthy preclass meal could be a lean turkey sandwich (skin removed) on whole-wheat bread, fresh fruit and a cup of low-fat milk, for example.

12—b. One cup of broccoli has 3,750 International Units (IU) of vitamin A. The RDA for vitamin A is 5,000 IU (or 1,000 milligrams). A cup of lettuce contains 115 IU and one cup of green beans contains 675 IU of vitamin A.

13—a. Fruits and vegetables provide all these benefits to nutritious meals. Note that some vegetables, like legumes and potatoes, also supply protein to help you meet your daily needs.

14—b. The average woman only consumes about 10 milligrams of iron a day but should take in at least 18 milligrams. Men need a minimum of 10 milligrams a day. Excellent sources of iron include: meat, poultry, fish, peas, beans, some dark green vegetables, and fortified bread/grain products. To enhance iron absorption, eat vitamin C-rich foods with iron sources. Iron plays a vital role in the

transport and utilization of oxygen for energy production.

15—d. The weight control aid contains a whopping 200 to 280 milligrams of caffeine; that's more than 2 cups of instant coffee (60 to 100 milligrams per 6 ounces). The brewed tea contains 40 to 110 milligrams of caffeine, and 2 ounces of milk chocolate, 10 to 20 milligrams. A moderate amount of caffeine for an average

adult is defined as about 200 milligrams per day.

Well, how did you do? Think of your current meal plan. Would you change anything? Remember, a healthful diet can make a better and more energetic you. Happy eating! ■

Burn It Off!

ACTIVITY	CALORIES BURNED (125-pound person)	
	PER MINUTE	PER HOUR
Aerobic Dance	6-7.7	360-462
Bicycling	5.7-9.7	342-582
Ice-Skating	8-15	480-900
Judo/Karate	11.2-13	672-780
Rope-Jumping	9.4-15	564-900
Rowing (with a machine or on water)	10-15	600-900
Running (7-9 m.p.h.)	11-13.6	660-816
Skiing (cross-country) level ground, approx. 3.8 m.p.h.	7.2-10	432-600
varied course	10-15	600-900
Squash/ Racquetball	10.3-12.3	618-738
Swimming		
butterfly	14	840
backstroke	9.7	582
breaststroke	9.4	564
crawl	9	540
sidestroke	7	420

Thinking the world should entertain you leads to boredom and sloth. Thinking you should entertain the world leads to bright clothes, odd graffiti, and amazing grace in running for the bus.

—Anne Herbert

DR. ROBERT E. WYATT

Podiatrist

2018 N. Clinton Street

Ft. Wayne, IN 46805

Telephone: (219) 420-0370



presents
an

OPEN HOUSE

Friday, April 14
10-12am, 6-9:00pm

PUBLIC INVITED!

Dr. Wyatt would like to
thank all of the FWTC
members for their past
support.

PROMISE YOURSELF...

To be so strong that nothing can disturb your peace of mind.

To share happiness and well being with every person that
you meet

To make all your friends, relatives and co-workers feel that
there is something good in each of them

To look at the sunny side of everything so that your dreams
are more apt to come true.

To think only the best, to work only for the best and expect
only the best.

To be just as enthusiastic about the success of others as you
are about your own.

To really forget the mistakes of the past and resolve toward
greater achievements in the future.

To have a cheerful attitude at all times and to give everyone
you meet a sincere smile.

To give so much of yourself that you have no time to criticize
others.

To be too large for worry, too wise for anger, too strong for
defeat and too happy to permit the presence of trouble.

THE SAM COSTA HALF-MARATHON
MARCH 5, 1989
CARMEL, IN

DON LINDLEY

THE INDY RUNNERS DID IT AGAIN. THEY SPONSORED AN EXCELLENT RACE IN WHICH THE 20 ANNUAL SAM COSTA HALF-MARATHON, INDIANA'S OLDEST HALF-MARATHON, TOOK PLACE UNDER CLOUDY CONDITIONS AND TEMPERATURES IN THE RANGE OF 27 TO 31 DEGREES. THIS WAS AN EXCELLENT TIME TO START YOUR RUNNING CONDITION PROGRAM. IT WAS A GOOD PARTLY HILLY COURSE TO GET YOU IN SHAPE FAST. I ALWAYS USE THIS RACE TO DETERMINE MY CURRENT FITNESS DURING THE WINTER BLUES. I COULD ALWAYS DETERMINE MY MARATHON TIME BY DOUBLE MY TIME AND ADD TEN MINUTES. BUT REMEMBER THIS DOES NOT ALWAYS WORK WITH ALL RUNNERS.

THIS RACE IS ALSO GOOD TO CARPOOL WITH SOMEONE. A TWO HOUR DRIVE TO CARMEL AND A THREE HOUR DRIVE BACK CAN MAKE UP THE TIME TO TELL YOUR FRIENDS ALL ABOUT YOUR RACES. ON THE RETURN TRIP, I LIKE THE WAFFLE HOUSE AND ITS MENU THE MOST. I RATHER EAT THEN TRY TO EAT WORDS.

ALL ENTRANTS RECEIVED DISTINCTIVE COMMEMORATIVE, LONG SLEEVE T-SHIRTS THAT WERE SPECIAL BECAUSE THEY LISTED ALL OF THE PREVIOUS WINNERS AND COURSE RECORDS. BESIDES I DIDN'T SEE ANY BEER COMMERCIALS. AREA RUNNERS DID REAL GOOD. CONGRADULATIONS ON BRAD COOPER AND TOM LOUCKS FINISHING 1ST AND 3RD, RESPECTIVELY. LISTED BELOW ARE SOME OF THE LOCAL RUNNERS THAT FINISHED.

BRAD COOPER	1ST	1:09:08
TOM LOUCKS	3RD	1:10:32
RICK VORICK	37TH	1:19:20
JERRY DEAHL	66TH	1:24:08
DON LINDLEY	131ST	1:31:26
DAN FARRIMOND	209TH	1:38:54
KRIS MCAIN	229TH	1:40:03
JUDY TILLAPAUGH	252TH	1:42:38
MICHAEL CALLAHAN	258TH	1:43:18

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)

WHAT'S A STITCH?

The stabbing pain you feel in your side when running is probably caused by a spasm of the diaphragm. To get rid of the side stitch, slow to a walk, breathe in deeply and exhale fully and slowly through pursed lips as you hold your abdomen in. Repeat as needed.

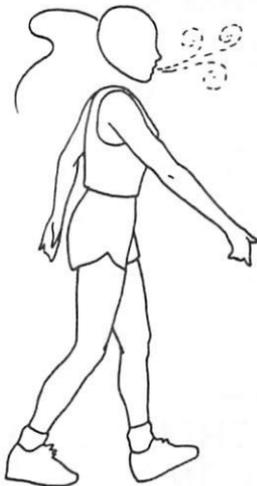


ILLUSTRATION: KAREN KUCHAR

LEG STRETCH

Here's a great stretch to do if you're prone to shin splints. To stretch the front of the lower leg, stand with one leg in front of the other. Turn the toes of the back leg over, so the top of your shoe is touching the floor. Bend both knees. You should feel the pull in the lower front of the back leg.

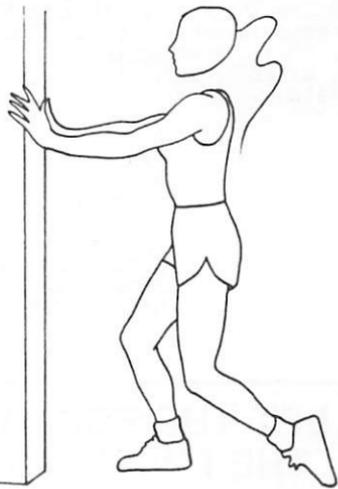


ILLUSTRATION: KAREN KUCHAR

New Haven educator receives Apples, award

By CONNIE HAAS ZUBER
Of The News Sentinel

Three years of being the guinea pig paid off this year when Joyce Butler, a fourth grade teacher at Highland Terrace Elementary School, was named the Indiana Computer Educators' Teacher of the Year.

The award is by no means a stopping point for Butler, who is still serving as the guinea pig while East Allen County Schools sets up its first network of Apple computers in her classroom.

For the past three years, her classroom has participated in a computer program funded by a grant from the Indiana Consortium for Computer and High Technology Education. In her 16 years with the school corporation, she has worked to develop the district's computer curriculum and train teachers, parents and students to use them.

Richard Sharp, a teacher at Memorial Park Middle School in Fort Wayne, was one of three final

ists in the state computer educators group's annual awards program.

It has taken time for the New Haven students to get used to the networked computers, which enable them (and ultimately other students in other classrooms) to share programs stored on an Apple Macintosh computer's hard disk. The students have learned to log on, whip through screen menus and work programs.

The clicks and taps of computer keyboards are an everyday sound in Butler's classroom. The few children having trouble just put their hands in the air or their pink HELP signs on top of their monitors, and the teacher or a classmate gives them a hand with their problems.

Butler's classroom goes beyond the mere computer literacy most elementary curriculums are shooting for. She and her students use the computers for everything but handwriting lessons.

The computer programs score the children on spelling drills, sci-



JOYCE BUTLER, Indiana's computer teacher of the year, helps fourth graders log on to the newly networked Apple computers in her fourth grade classroom at Highland Terrace Elementary School in New Haven.

ence fact drills and other assignments. Everyone who scores 80 percent or better gets to use the rest of his session to play one of the many games available on the computers.

"Not even the games are educational. For example, one word game provides that week's spelling words

to play with.

Butler's class is split into two sections. Half the students work on the computers while the others are at their desks. They switch tasks about every 20 minutes.

"I end up teaching each lesson twice," she said, but "it makes the day move along rather quickly."

★ 5 MILE RUN ★

(TIMED CROSS COUNTRY RUN)

★ 3 MILE WALK ★

(WALK AT YOUR OWN PACE)

★ 1 MILE RUN ★

(STREET FUN RUN)

SUNDAY, MAY 14, 1989

2:00 P.M.



Location:

Youth Center, 211 Iddings Street.

Registration:

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

Course:

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

Refreshments and Awards:

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

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

MOTHER'S DAY RUN/WALK ENTRY & WAIVER FORM

NAME _____ PHONE NUMBER _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

Circle T-shirt size: S M L XL

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

Entrant's Signature _____

Signature of Parents or Guardian
if Under 18 Years Old _____

WELLS COUNTY MIDDLE SCHOOL CAMPUS LIFE
 WELLS COUNTY BIG BROTHERS/BIG SISTERS
 FAITH MINISTRIES, KENTUCKY
 OPERATION CLASSROOM, AFRICA



May 20, 1989

BENEFIT RUN/WALK/BIKE
 ZANESVILLE UNITED METHODIST CHURCH

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

\$8 Registration Fee must be received by May 17 to receive a T-Shirt. Fee includes a \$3 donation to projects. Makes checks payable to:
 Zanesville United Methodist Church
 P.O. Box 4
 Zanesville, IN. 46799

name _____ phone _____ age _____ sex _____

address _____ City/State/zip _____

T-Shirt (circle one)

6-8 Youth 10-12 14-16
 Adult S M L LX

I certify: I have conditioned myself to participate in the Z10K on May 20, 1989. I waive any rights against the Z10K, the Zanesville United Methodist Church, or volunteers for any or all damages which may be sustained by my participation in the Z10K on May 21, 1988 in Zanesville, Indiana

Date _____ Name _____

Entrants under 18 must have parent or guardian signature.

Parent/Guardian _____

RUNNERS WEEK

'89 NEW YORK MARATHON TRIP INFORMATION

RUNNERS WEEK will be sponsoring a bus trip to the 20th NEW YORK CITY MARATHON this Fall for runners and spectators over the age of 18 years.

COST OF RACE ENTRY-\$3.00 race application fee
-\$20.00 race entry fee

*** TO ENSURE YOUR ACCEPTANCE ***

GET to Ann Jamison: **** SOON THE FIRST 48-GO ****:
A self-addressed stamped #10 business-size envelope & a \$3.00
check or money order payable to: NYC MARATHON, in an envelope
stamped and addressed to----->>> MARATHON ENTRIES
P.O. BOX 1388 GPO
NEW YORK, NY 10116

Ann Jamison has a friend in New York who will mail our requests, midnight May 21st. They will be there the first day applications are sent out.

You can give the above to Ann Jamison at a race or leave at Jamison Meats or Mail to home - 7228 Hosler Rd., Leo, IN 46765
YOUR NAME WILL BE PUT ON THE BUS LIST WHEN ENVELOPE IS RECEIVED!

WHEN YOU RECEIVE YOUR ENTRY FORM, FILL IT OUT & RETURN IMMEDIATELY
They will notify you within 2-3 weeks after receiving your application. At that time please CALL Ann at 627-5450.

PROPOSED ITINERARY

Friday, November 3, 1989

8:45 - 9:00 PM Leave Fort Wayne by Bus
At Jamison Meats-Parking available at own risk.

12:00 Noon Arrive at hotel in New York City

Sunday, November 5, 1989

10:45 AM Run the 20th New York City Marathon

Monday, November 6, 1989

12:00 Noon Leave N.Y. Hotel by Bus

2:00 AM Arrive Fort Wayne-Jamison Meats Parking Lot

Transportation cost round trip will be between:
\$55.00 to \$75.00 per person depending on the group size.
We need at least 30 and no more than 49.
Hotels will be \$70.00 a night and up. We will attempt to register our whole group in the same hotel when we are accepted to the marathon. More information will be forthcoming.



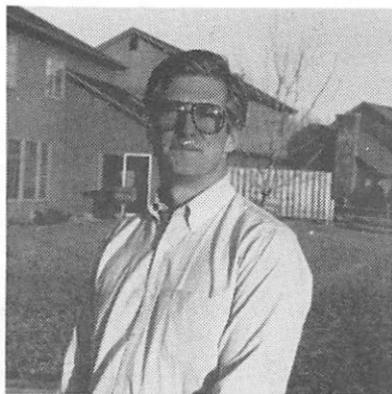
INSIDE TRACK PROFILE ...

UP CLOSE AND PERSONAL

by Chuck Okorowski

"I started running several years ago just to stay in shape. Then I established goals I wanted to achieve, which became progressively more serious. Eventually my desire turned toward the marathon so, naturally I had to increase my mileage."

I found I wasn't improving enough with just more mileage, so I began cross-training—biking and swimming. There were more paybacks and training became more enjoyable and rewarding."



Name: Jeffery G. Raff

DOB: August 7, 1947

Place of Birth: Seattle, WA But we left Seattle when I was 6 years old and moved to Palo Alto, CA. Then we moved to Houston, Texas and during high school years I lived in Wilmette, Illinois.

Job: Self-employed Attorney

Family: I've recently remarried

Height: 6'

Weight: 190# in the winter, 183# in summer

Shoe size: 11 (currently own 2 pair)

Best Feature: Swimming shoulders

Favorite non-running magazine: Business Week

Favorite TV show: This Old House

Favorite music: Anything by Neil Diamond

Hobbies: Beside swimming, running, biking, probably working around the house. I enjoy landscaping and general household repairs and maintenance.

Education background: IU (Bloomington) graduated in 1969. I returned to IU and also obtained my law degree in 1972.

Make of car you drive: Buick Riviera

Make of car you'd like to drive: A loaded Jeep Cherokee

Favorite spectator sport: Watching my 11 year old son play baseball, swim, golf, etc.

Political affiliation: Republican

Short term goal: To stay healthy and to become a better biker. Although I've done the "Hilly 100" twice, I need to improve.

Long term goal: To be able to continue running, swimming and biking as long as I want to.

Achievement of which you are most proud: Sporting achievement would have to be running my first marathon—that was 1984 in Fort Wayne. It was a rainy day and I ran a 4:20.

First job: My first jobs were a lifeguard and also a pipe coverer where I insulated H/C pipes.

Comfort food: Definitely ice cream.

My "last meal" would consist of: Tacos, Toco chips and plenty of hot sauce.

Least-liked household chore: Vacuuming

Pets: We have a cat named Ralph.

Pet peeve: Inconsiderate people

Favorite non-running leisure activity: Movies

If I could I'd love to live: In the hills just outside of San Francisco.

Personal strengths: Determination

Personal weakness: Occasionally a lack of self-confidence—occasionally!

I wish I had more time to: Work on household projects, building things, remodeling, and general yard work.

People who don't know me probably think I'm: Distant

RUNNING PR'S

5 mile: 34:20

10K: 43:20

Number of years running: 10

First race: 1983 Canterbury 5K. It was 100 degrees that day and believe it or not I was smoking a pack-and-a-half of cigarettes a day. That was the longest race of my life!

3½ Marathons: 4:20, 3:51, DNF, and Chicago '88 in 3:45

12 Triathlons: In the last 3 years I've completed Indy, Sylvania, OH, Pleasant Lake, Niles, Chicago, Bloomington, Defiance, OH, and Half Moon Lake triathlons. I've also run the 3RF Biathlon.

My bike is a: Raleigh Technium

FWTC member since: 1984

Who/what started you running?:

I started running to stay in shape.

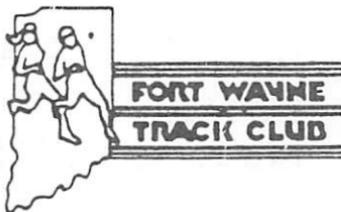
Running was able to do that for me and I also enjoyed it. Later, I began more swimming and biking—which enhanced my ability and performance. The cross-training has also helped to eliminate injuries and over-use problems.

I swam at IU, so triathlons attracted me. I enjoy running and doing triathlons as there's a rewarding side benefit—travelling around the mid-west.

I've also met many great athletes through the FWTC, as well as, at other races and events.



DON'T KEEP US IN THE DARK!
Send us comments, suggestions, or anything else that will help us give you more of the magazine that you want!



1216 West Packard Avenue
Fort Wayne, Indiana 46807
March 11, 1989

Fort Wayne Track Club Members
P.O. Box 11703
Fort Wayne, Indiana 46860

Dear FWTC Members,

I would like to warmly invite each of you and your families to participate in the second annual "Save The Children Relay" Saturday May 6 8am-8pm at Foster Park. Our event, a fun run/walk/bike, will be one of many occurring across the country to raise funds in the global effort to immunize all the world's children by 1990 against six preventable childhood diseases, including measles and polio, which kill 10,000 innocent children EACH DAY!

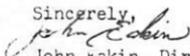
You may cover any distance, whether one mile or fifty, at any time during the course of the day to help us reach our goals of \$3,000 in pledges and 300 miles (the length of Indiana). We will chart our progress on a giant map of Indiana. We had a lot of fun last year. The 31 participants (16 from the FWTC) competed not against each other but as a team to cover 278 miles and raise \$2,974.

T-shirts will be given to each team member and prizes will be awarded to top fund raisers. Last year prizes included a pair of running shoes, pizzas and car washes.

Every \$5 raised provides a complete set of inoculations for one child. Last years run saved the lives of 300-500 children! Once again this year Matthew 25 Health Clinic will receive 25% of the total to aid those in desperate medical need in our own community.

Come on out and join the fun on May 6. Be a part of the Fort Wayne team. We need you. The children need you!

Sincerely,



John Eakin, Director, "Save The Children Relay"

For more information write or call me evenings at 744-2480 or leave your name and phone number at 744-6573 and I will get back with you.



Coming Events

We need advertisers

April 9, 1989

ARC Bank Climb
Fort Wayne National Bank, Berry St./ 10:00 a.m.
Race Director: Sue Schmidt (219) 456-4534

Annual Crime Prevention Run, Walk, Crawl
10K Run, 2 Mile Walk
McMillen Park, Fort Wayne/ 3:00 p.m.
Race Director: Danette Norman (219) 427-1205

MEMBERSHIP MEETINGS

APRIL 11th 6:30pm T.J.PASTA'S NORTHCREST

MAY 9th 6:30pm PIZZA HUT NORTHCREST

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB

M
E
M
B
E
R
S
H
I
P
O
N

Name _____

Sex _____ Birthdate _____

Address _____ Phone _____

City _____ State _____ Zip _____

If Renewal, Your Current Track Club # _____

All Memberships Good 1-1-89 to 1-1-90

Make Checks Payable To:

Fort Wayne Track Club and Mail To:

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

Membership Fee \$12.00 (thru December 31, 1989)

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

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

ROAD RUNNERS'
CLUB
of AMERICA



FORT WAYNE
TRACIK CLUB

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

Bulk Rate
U.S. POSTAGE PAID
Ft. Wayne, IN
Permit No. 1799
