

# the inside track



FORT WAYNE  
TRACK CLUB

JUNE '89

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

*It does not matter where I finish or how fast I run. Being a winner means doing my best. —George Sheehan*

Let's  
twist again  
like we did  
last  
summer...



# 1989 Fort Wayne Track Club Officers and Board Members

President - Judy Tillapaugh -- 424 - 6723

First Vice President and Race Schedule Chariman - Ron Horan -- 447 - 6627

Second Vice President and Race Schedule Assistant - Mike Ducey -- 482 - 9606

Secretary -- Kris McCain -- 665-2455

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 Coorinator - Clem Getty -- 638 - 4890

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

Membership - Randy Lavine -- 493 - 2420

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

Mileage Club Coordinator -- Joyce Butler -- 749-4646

Social Activities Coordinator -- Barb Scrogam -- 484-8938

Membership -- Tom Loucks -- 622-7108

## MEMBERSHIP MEETINGS

CHARKY'S RESTAURANT

JUNE 13th 6:30pm 3036 HOBSON RD. at COLISEUM BLVD.

JULY 9th 5:00pm SPORTS TECH, GLENBROOK MALL

## DISPLAY ADVERTISING RATES

Full Page (4½ x 7¾ inches) . . . . . \$50.00

Half Page (4½ x 3¾ inches) . . . . . 35.00

Quarter Page (2¼ x 3¾ inches) . . . . . 22.00

Insert Race Application (includes printing results)  
12 x Entry fee, minimum \$35.00 (10x entry fee  
paid in advance)

Advertising must be supplied, camera ready art,  
or layout charges will be incurred.

All race applications must be supplied for insertion.  
Inside Track publishes 400 issues monthly.

# THE INSIDE TRACK

## FORT WAYNE TRACK CLUB 1989 Area Race Schedule

- 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 Ducey (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 Midsommers 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

PRESIDENT'S COLUMN

BY JUDY TILLAPPAUGH

Energetic, warm hearted, dedicated, and athletic minded are a few words to describe Fort Wayne Track Club officers and board members. Because of their consistent efforts we are able to offer a variety of club services. They are the main branches of our club.

As you read over the list of officers and board members, you can see how each person has their own area of responsibility. For example Don Lindley is Treasurer and Membership Assistant, Ron Horan is Vice President and Race Schedule Chairman, Clem Getty is Equipment Chairman. Together we all work together to provide services as best as possible for both competitive and fitness oriented runners.

I am personally deeply thankful for their assistance. No one or two people can run a club our size (note- we have 400 members). Now if the salary was unbeatable and all other activities in life were unimportant the task would be attractive. But this is not reality. Our club is successful because of combined efforts of all the board members, officers, and extra support from other club members. You have got quality man/women power coordinating events for you. They spend many hours a month working to ensure that we are alive, respectable, and enjoyable club. They make me proud to be a F.W.T.C. member. Thank you one and all!

F.W.T.C. officers, board members, and assistants are true volunteers. Webster's definition of volunteer - "A person who of his own free will offers himself for a service or duty." All those that give to the club do so in their free time. They are not forced to do it. It comes naturally. They enjoy doing it (I hope)! It is above and beyond other work, family, social, and other lifestyle tasks. There is no monetary payback but there is a sense of personal satisfaction and unselfish pleasure to help others.

Too often though hard work goes unnoticed. Think a moment about the process of producing the INSIDE TRACK newsletter. To me it is one of the top three membership benefits. Each month we eagerly await receiving it. Reading it provides us vital and informative information. One main man is responsible for it's production- Chuck Okorowski. Each month he spends at least 15 to 20 hours assembling it, getting to the printer, and distributing it. Chuck gives his time for the sake of the club. He does a fantastic job. Very few people would ever consider taking on this task. It is not easy. We are all indebted to Chuck.

I have a challenge for you. Our club officers and board members would love your help. As you read over the board list you'll notice that most of them have been involved with club activities for many years. Ann Jamison!! Don Lindley!! We always need new blood, new ideas, and new help. Our current active people are not going to constantly give free service.

Ask yourself "What can I do for the club?" Do not ask what the club can do for you, change the question. The more assistance we get for the club the less demand falls on a chosen few.

Helping the club can take a couple hours per month or just a couple hours per year. How grand! Most tasks are simple, yet they are essential for successful activities. Being a volunteer is a way to get to know the club, rewarding experience, a way to see fellow running friends, a learning time, a way to be a T.V. star (be a Runner's Week host), and it is a good time.

Your services are also very appreciated, especially by the president.

Do not wait for someone to ask you to do something! SPEAK UP, STEP FORWARD and say "How can I help?" Become a volunteer.

Here is a list of some areas where we could use your help. Read over the options. Pick one you would like to do. Call me or the specific coordinator for your perfect duty. Do not be shy.

1. Assistants to equipment coordinator
2. Runner's Week camera men/women
3. Runner's Week hosts
4. Assistant race directors (I'd like one for the White River Games Regional 5 mile run. John Treleaven needs an assistant for the Hilly 4 in September.)
5. Head race directors
6. Assistants for Inside Track newsletter
7. Journalists for Inside Track newsletter. Reporters too.
8. Aid station helpers for upcoming events like the White River Games Regional Run
9. Social committee assistants
10. Publicity assistants
11. Developer for a CHILDRENS running program
12. Initiate a new service

Soon a nominating committee will be formed to determine officers for 1990! If you would like to take a leading role in the club let me know. This fall elections will be held for the following positions - president, first vice president, second vice president, secretary, and treasurer.

We have a new position on the track club list - Social Activities Coordinator. Barb Scrogam gladly accepted it. She will be scheduling social events for you. Already she has scheduled monthly gatherings at a popular restaurant or night club. On June 9th Barb and friends will be at Brubakers in the Canterbury Mall. Give your input to Barb regarding any social activities you'd be interested in.

Another new club activity is the F.W.T.C. Mileage Club. We'd like to recognize you for the amount of miles you can run. Awards will be given for achieving distances of 250, 500, 750, 1000, or 1500 miles. Joyce Butler will be coordinating this event. For more information on this subject, find the announcement about it in this Inside Track. Log up those miles!!

Note that we do have a new secretary for the club - Kris McCain from Angola, Ind. Give your best F.W.T.C. welcome to Kris when you see her next. Make a new friend.

June has two popular running events - Central Soya Community Classic 6/17/89 and White River Games 5 mile Regional run 6/24/89. The German Festival is the same weekend as the Community Classic. Why not do both!?

Good Running!

P.S. Call an officer and/or board member and say a few words of thanks. They love positive feedback.

P.S.S Be a volunteer!!

FORT WAYNE TRACK CLUB MINUTES -- May 9, 1989

**Attendance:** Meeting was called to order at Pizza Hut, Northcrest, at 6:30 p.m. with the following members present: Michael Ducey, Robert Wyatt, Clem Getty, Chuck Okorowski, Don Lindley, Larry Averbeck, Joyce Butler, Barb Scrogam, Ron Horan and Melanie Eckert.

**Minutes:** Minutes of the previous meeting were approved.

**Treasurer's Report:** All state and federal tax returns have been filed.

**Newsletter:** Barb Scrogam and Joyce Butler have agreed to serve as co-social event coordinators. Chuck Okorowski requested that any members who wish to share running experiences submit articles to him by the 15th of every month for inclusion in the newsletter. He also reported that out of five people he asked to be profiled as "Member of the Month," none were willing to participate. He then asked that anyone who has questions pertaining to races should direct them to Rob Wyatt.

**Publicity:** The Stress Reduction Clinic is coming up May 23.

**Equipment:** Clem Getty thanked Jerry Diehl for covering for him in the "We Are Winning" run. Equipment has been rented to organizers of the Monument City Classic and the Parlor City Trot.

**Race Schedule:** White River Games deadline is June 6. A correction for the race calendar should be noted - the White River Games 5 Mile run is June 24 instead of June 25. An addition to the race calendar is the Harlan Days 10 K, August 5 at 7 a.m.

**New/Old business:** Joyce Butler volunteered to be coordinator of the Mileage Club for the last six months of this year. Total mileage recognition certificates will be awarded at the banquet. Joyce agreed to place organizational information in the next newsletter. Melanie Eckert resigned as secretary. Anyone interested in filling the position should contact Judy Tillapaugh at 424-6723.

The meeting was adjourned at 7:45 p.m.

# 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

# Nutrition in Question

**M**ost of us are concerned, curious and sometimes confused over reports associating nutrition with cancer. This relationship is a complex issue and easy to misunderstand. What should you and your family eat? What foods should you avoid? The best recipe for health is a simple one: everything in moderation. If you eat a well-balanced diet, there is usually no need to use vitamin or mineral supplements.

Extensive research is under way to evaluate and clarify the role diet plays in the development of cancer. So far no direct cause-effect relationship has been proved, though we do know that some things you eat may increase or decrease your risks for certain types of cancer. Based on evidence at hand, you might lessen your chances of getting cancer by following these simple guidelines.

## *1. Avoid obesity*

Sensible eating habits and regular exercise will help you avoid excessive weight gain. Your physician can work with you to determine your best body weight since it depends on your medical condition and body build and an appropriate diet to maintain this weight. If you are 40 percent overweight, your risk increases for colon, breast, gall bladder and uterine cancers.

## *2. Cut down on total fat intake*

A diet high in fat may be a factor in the development of certain cancers like breast, colon and prostate. If you eat less fatty foods, you will be able to control your body weight more easily.

## *3. Eat more high fiber foods*

Regular consumption of cereals, fresh fruits and vegetables is recommended. Studies suggest that diets high in fiber may help to reduce the

risk of colon cancer. And even if not, high fiber-containing foods are a wholesome substitute for foods high in fat.

## *4. Include foods rich in vitamins A and C in your daily diet*

Choose dark green and deep yellow fresh vegetables and fruits as sources of vitamin A, such as carrots, spinach, sweet potatoes, peaches, apricots; and oranges, grapefruit, strawberries, green and red peppers for vitamin C. These foods may help lower risk for cancers of the larynx, esophagus and the lung.

## *5. Include cruciferous vegetables in your diet*

Certain vegetables in this family—cabbage, broccoli, brussels sprouts, kohlrabi and cauliflower—may help prevent certain cancers from developing. Research is in progress to determine what is in these foods that may protect against cancer.

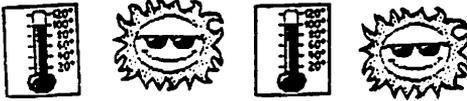
## *6. Eat moderately of salt-cured, smoked and nitrite-cured foods*

In areas of the world where salt-cured and smoked foods are eaten frequently, there is higher incidence of cancer of the esophagus and stomach. The American food industry has changed to new processes thought to be less hazardous.

## *7. Keep alcohol consumption moderate, if you do drink*

The heavy use of alcohol, especially when accompanied by cigarette smoking or chewing tobacco, increases risk of cancers of the mouth, larynx, throat and esophagus.

**Thanks to AMY HOLLENBERG and JOYCE GAGE,  
Exercise Physiologists from LUTHERAN HOSPITAL  
for the following tips on exercising.**



### **EXERCISE And WARM WEATHER**

You can safely and comfortably exercise when the weather is warm by following these basic guidelines:

- Drink plenty of water 20 to 40 minutes prior to exercising even though you may not feel thirsty.
- Drink small amounts of water every 10 to 15 minutes while exercising even though you may not feel thirsty.
- Drink plenty of water after exercising even though you may not feel thirsty.
- Never use salt tablets to replace salt loss due to excessive sweating. The best and safest means of replacing salt loss due to excessive sweating is through the diet.
- Acclimatize yourself to the warm weather. Start with short segments of low intensity exercise and gradually increase the duration and intensity over a period of a few days to a couple weeks.
- Wear as little clothing as possible to allow perspiration to evaporate and cool the body. Clothing of lightweight fabric, such as cotton or cotton blend, also aid in cooling the body. Light-colored clothing will reflect the heat of the sun's rays while dark colors absorb the heat. Never exercise in a rubber sweat suit.
- Rescheduling your exercise time to the coolest part of the day, before 9 a.m. and after 5 p.m., may be more comfortable.
- When it is extremely hot or humid, find an alternative indoor exercise activity where the climate can be controlled. Examples would be walking in an air-conditioned mall, swimming, or stationary bicycle riding in your air-conditioned home or with a fan circulating the air.
- When it is extremely hot or humid and you cannot find an alternative indoor exercise in a controlled climate, cancel your exercise workout.
- Be able to recognize the symptoms of heat illness (heat cramps-fatigue-extreme weakness-dizziness-staggered gait) and the emergency treatment methods for heat illness.
- Use the temperature humidity index (THI) on the back of this sheet to evaluate the level of comfort and safety for exercising in warm weather by locating the temperature (horizontal axis) and the corresponding relative humidity (vertical axis). The intersecting number is the THI.

## TARGET HEART RATE

When you are exercising to achieve a training effect, your heart must work hard enough to affect your aerobic capacity, but not so hard that you become fatigued. You should attempt to exercise not at your maximum heart rate, which is the highest heart rate you can attain and one that is impossible and even dangerous to sustain, but at your target or exercise heart rate.

For positive changes to occur in the cardiovascular system, exercise must be performed at an intensity high enough to increase the heart rate to about 60-85% of its maximum. The upper and lower limits depend a great deal on an individual's initial capacity and state of training.

It is important that you check your heart rate at various intervals during the aerobic workout. Since heart rate reflects the level of stress on the body, as long as you stay within the bounds of your target zone, you will be exercising safely.

### STEP 1

Estimate your maximum heart rate by subtracting your age from 220.

### STEP 2

Subtract your resting heart rate from your maximum heart rate.

### STEP 3

Multiply the answer from step 2 X .60  
Multiply the answer from step 2 X .85

### STEP 4

To each figure in step 3, add your resting heart rate.

### STEP 5

The range between the two sums is your target training zone to use while exercising

Target training zone = 128-165 beats/minute

$$68 + 80 = 148$$

$$48 + 80 = 128$$

$$80 \times .85 = 68.0$$

$$80 \times .60 = 48.0$$

$$\begin{array}{r} 160 \text{ maximum heart rate} \\ -80 \text{ RHR} \\ \hline 80 \end{array}$$

$$\begin{array}{r} 160 \text{ maximum heart rate} \\ -60 \\ \hline 220 \end{array}$$

A person age 60, with a resting heart rate (RHR) of 80 beats/minute

### EXAMPLE



## FLEXIBILITY

Flexibility is defined as the range of movement in a particular body joint and can be precisely measured in degrees. To the average individual, flexibility means the ease with which he/she can bend, reach, and twist. An individual with good flexibility will be able to perform work tasks more efficiently and with less risk of injury than an individual with poor flexibility.

Major contributors to inflexibility are decreased physical activity and increased body fat. Contrary to the belief of some, increased muscle mass and aging do not necessarily lead to loss of range of motion.

Most people tend to lack flexibility in the neck, chest, shoulders, anterior hip, posterior thigh, and low back. Inflexibility can cause improper compensatory body movements. If left unattended, this can result in more serious problems. A vast majority of low back pain and low back injuries are the result of poor flexibility.

A proper exercise program that includes static stretching exercises as part of the warm up and cool down will increase and maintain good flexibility. Static stretching involves a slow, gradual stretch to a final position that is held for at least 10 to 30 seconds. In addition to improving flexibility, proper stretching has also been shown to reduce muscular soreness, reduce feelings of tension, increase circulation to the muscles, and decrease the risk of injury. Ballistic stretching or bouncing at the point of maximum stretch can cause injury and is not recommended.

*Northern Indiana Heart Institute*

***Lutheran Hospital***

**Health Promotion Services 458-2345**

# STRETCHES



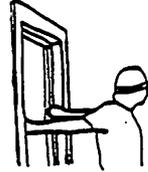
5 Times  
Each Direction



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



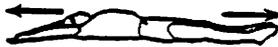
10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



10 - 60 seconds



2 - 5 minutes

Northern Indiana Heart Institute  
**Lutheran Hospital**  
Health Promotion Services 458-2345.

## What to look for in your favorite brand of crackers

The cracker has come a long way since it served as a handy travel food that sustained sailors and cattlemen on journeys far from home. The Biscuit and Cracker Manufacturers' Association estimates that cracker sales now exceed \$2 billion annually. But today's consumer, like travelers of yore, often has little or no clue as to exactly how much of certain key ingredients is in the crackers he spends his money on. The reason is that most crackers lack nutrition labels.

That's why we put together the following chart. It tells how many calories and how much sodium is in a product along with how much fat. (If a cracker contains more than 30 percent fat calories, we consider its fat content high.)

If your favorite brand is not on the list, try the "grease test." It won't give you all the information the chart does, but it will at least give you an idea about fat content. The test consists of two questions: Are your hands—or a paper napkin—left greasy after handling the cracker? Does the cracker taste flaky, almost moist? If the answers are "yes," it is probably laden with fat.

As the chart shows, some popular crackers that are high in fat are Cheez-Its, Hi Hos, Ritz, and Town House. Those that fit more easily into a heart-healthy diet include Stoned Wheat Thins, Finn Crisps, matzos, and that cousin to the cracker, rice cakes.

Keep in mind that most crackers contain at least some coconut oil, palm oil, palm kernel oil, or lard (the ingredients list will tell you which). All of these are highly saturated fats, the kind that are particularly prone to raise cholesterol levels in the blood—and the kind you should be making an effort to limit in your diet.

Of course, no single serving of any cracker will contribute a great deal of fat—or calories or sodium—on its own. Indeed, the National Academy of Sciences says we can safely eat 1100 to 3300 milligrams of sodium a day, and the highest amount in a serving here comes to only 190. Still, it's important to remember that crackers and other snacks often contain what is called hidden fat and sodium, the kind that sneaks into the diet here and there and adds up insidiously.

### Cracker countdown

Brand	Amount*	Calories	% calories as fat	Sodium (mg)
Ak-Mak Sesame Crackers (Ak-Mak Bakeries)	2	46	20	N/A
Cheez-It Snack Crackers (Sunshine)	12	70	51	135
Club Crackers (Keebler)	4	60	45	155
Crown Pilot Crackers (Nabisco)	1	60	15	65
Finn Crisp (Finnish import)	2	38	0	130
Hardtack (Master Old Country)	¼	40	0	55
Harvest Wheats (Keebler)	3	70	51	115
Hi Ho Crackers (Sunshine)	4	80	56	125
Honey Maid Honey Grahams (Nabisco)	4	60	15	90
Kavli Norwegian Crispbread (O. Kavli)	1	35	0	31
Matzo, whole wheat (Manischewitz)	½	55	1	0
Oysterettes (Nabisco)	18	60	15	130
Premium Saltine Crackers (Nabisco)	5	60	30	180
Premium Crackers, Unsalted Tops (Nabisco)	5	60	30	115
Rice Cakes, Sesame (Chico San)	1	35	0	30
Ritz Crackers (Nabisco)	4	70	51	120
Sea Rounds (Nabisco)	1	60	30	140
Stoned Corn Crackers (Red Oval Farms)	4	56	24	108
Stoned Rye Crackers (Red Oval Farms)	4	54	22	104
Stoned Wheat Thins (Red Oval Farms)	4	56	21	97
Town House Crackers (Keebler)	5	80	56	145
Triscuit Wafers (Nabisco)	3	60	30	90
Uneeda Biscuits (Nabisco)	3	60	30	100
Wasa Crispbread, Savory Sesame (Wasa)	1	31	29	45
Wasa Extra Crisp (Wasa)	2	44	20	80
Waverly Crackers (Nabisco)	4	70	39	160
Wheat Thins (Nabisco)	8	70	39	120
Wheat Wafers (Sunshine)	8	80	45	190
Wheatworth (Nabisco)	5	70	39	135
Zwieback (Nabisco)	2	60	15	20

\*The number of crackers refers to pieces broken along perforations in cracker "sheets." (Hardtack and matzos

come in large sheets without perforations.) Serving sizes are all ¼ to ½ ounce.



Relatively few people will be uncomfortable. About 1/2 the people will be uncomfortable; use caution. Best to postpone or cancel exercise session for the day; use substitute activities.

79  
70-78  
70  
THI

\*Modified from Comfort Index, Weather Bureau, U.S. Department of Commerce, Washington, D.C., 1959.

		TEMPERATURE									
% RELATIVE HUMIDITY		60	65	70	75	80	85	90	95	100	
0											
10	59	62	64	67	69	72	74	77	79		
20	59	62	65	68	70	73	76	79	82		
30	59	62	65	68	72	75	78	81	84		
40	59	63	66	69	73	78	79	83	86		
50	59	63	67	70	74	78	81	85	88		
60	60	63	67	71	75	79	83	87	91		
70	60	64	68	72	78	81	85	88	93		
80	60	64	69	78	78	82	86	91	95		
90	60	65	69	74	79	84	88	93	98		
100	65	70	75	80	85	90	95	100			
		CAUTION					EXTREME CAUTION				

TEMPERATURE HUMIDITY INDEX (THI)

# **Over 100 Ways Exercise Will Enrich the Quality of Your Life**

*by Susan Smith Jones, Ph.D.*

## **Exercise . . .**

1. Increases your self-confidence and self-esteem.
2. Improves your digestion.
3. Helps you to sleep better.
4. Gives you more energy.
5. Adds a sparkle and radiance to your complexion.
6. Enhances your immune system.
7. Improves your body shape.
8. Burns up extra calories.
9. Tones and firms up your muscles.
10. Provides more muscular definition.
11. Improves circulation and helps to reduce blood pressure.
12. Lifts your spirits.
13. Reduces tension and quells stress.
14. Enables you to lose weight and keep it off.
15. Makes you limber.
16. Builds strength.
17. Improves endurance.
18. Increases the lean muscle tissue in your body.
19. Improves your appetite for healthy foods.
20. Alleviates menstrual cramps.
21. Alters and improves muscle chemistry.
22. Increases metabolic rate.
23. Enhances coordination and balance.
24. Improves your posture.
25. Eases and can possibly eliminate back problems and pain.
26. Alters how your body uses calories—now more efficiently.
27. Lowers your resting heart rate.
28. Increases muscle size through an increase in muscle fibers.
29. Improves the storage of glycogen.
30. Enables your body to utilize nutrients more efficiently.
31. Increases the enzymes in the body which burn fat.
32. Increases the number and size of mitochondria in each muscle cell.
33. Strengthens your bones.
34. Increases the concentration of myoglobin (carries oxygen in muscles) in skeletal muscles.
35. Enhances oxygen transport throughout the body.
36. Improves liver functioning.
37. Increases speed of muscle contraction and therefore reaction time.
38. Enhances feedback through the nervous system.
39. Strengthens the heart.
40. Improves blood flow through the body.
41. Helps to alleviate varicose veins.
42. Increases maximum cardiac output due to an increase in stroke volume.
43. Increases contractility of the heart's ventricles.
44. Increases the weight of the heart.
45. Increases heart size.
46. Improves contractile function of the whole heart.
47. Makes calcium transport in the heart and the entire body more efficient.
48. Deters heart disease.
49. Increases the level of HDL (high density lipoprotein).
50. Decreases LDL (low density lipoprotein).
51. Decreases cholesterol.
52. Decreases triglycerides.
53. Increases total hemoglobin (carries the red blood cells).
54. Increases alkaline reserve (buffering capacity of the blood).
55. Improves the body's ability to remove lactic acid.
56. Improves the body's ability to decrease heart rate after exercise.
57. Increases the number of open capillaries during exercise as opposed to rest.
58. Improves blood flow to the active muscles at the peak of training.
59. Enhances the functioning of the cardiovascular system.
60. Enhances the functioning of the cardiorespiratory system.
61. Improves efficiency in breathing.
62. Increases inspiratory capacity.
63. Improves alveolar ventilation (greater oxygen consumption).
64. Lessens sensitivity to the buildup of CO<sub>2</sub>.

65. Improves breathing in that less ventilation is required per liter O<sub>2</sub> consumption.
66. Improves bone metabolism.
67. Decreases the changes of the development of osteoporosis.
68. Improves the development of and the strength of connective tissue.
69. Increases strength of ligaments.
70. Is inversely related to death from cancer.
71. Improves resistance to infectious disease.
72. Enhances neuromuscular relaxation thus reducing anxiety and tension.
73. Enables you to relax more quickly and completely.
74. Alleviates depression.
75. Improves emotional stability.
76. Enhances clarity of the mind.
77. Makes you feel good.
78. Increases efficiency of your sweat glands.
79. Makes you better able to stay warm in colder environments.
80. Helps you to respond more effectively to heat in that sweating begins at a lower body temperature.
81. Improves your body composition.
82. Increases body density.
83. Decreases fat tissue more easily.
84. Helps you to achieve a more agile body.
85. Increases your positive attitude about yourself and life.
86. Increases the level of the hormone norepinephrine—boosts the spirits.
87. Increases the body's level of endorphins—boosts the spirits.
88. Stimulates hormonal releases which alleviate pain.
89. Alleviates constipation.
90. Increases the efficiency of utilizing adrenalin, resulting in more energy.
91. Enables you to meet new friends and develop fulfilling relationships.
92. Enables you to socialize while you are getting in shape at the same time.
93. Helps you to move past self-imposed limitations.
94. Gives you a greater appreciation for life as a result of feeling better about yourself.
95. Enables you to better enjoy all type of physical activities.
96. Makes the clothes you wear to look better on you.
97. Makes it easier to exercise consistently because you like how you look and feel and don't want to lose it.
98. Gives you a greater desire to participate in life 100%, to take more risks as a result of increased confidence and self-esteem.
99. Improves athletic performance.
100. Enriches sexuality.
101. Improves the whole quality of your life.
102. May add a few years to your life.
103. Is the greatest tune-up for the body.
104. Reduces joint discomfort.
105. Increases your range of motion.
106. Gives you a feeling of control or mastery over your life and a belief that you can create any reality you want.
107. Stimulates and improves concentration.
108. Brings color to your cheeks.
109. Decreases appetite when you work out from 20 min. to one hour.
110. Gets your mind off of irritations.
111. Stimulates a feeling of well-being and accomplishment.
112. Invigorates the body and mind.
113. Is a wonderful way to enjoy nature and the great outdoors.
114. Increases the body's own awareness of itself.
115. Reduces or precludes boredom.
116. Increases your awareness of your gait.
117. Enables you to move from left brain to right brain thinking.
118. Can change the electrical activity in the brain from beta to alpha.
119. Increases your ability to solve problems more easily and often effortlessly.
120. Gives you a clearer perspective on ideas, issues, problems and challenges.
121. Releases blockages and limitations in thinking.
122. Affords you the opportunity to experience your fullest potential.

© sharing your future  
**Universal.**

Universal Cuts Equipment, Inc., Subsidiary of Kibbi, Inc., P.O. Box 1276, Cedar Rapids, Iowa USA 52406  
 Tele: 319-366-7561 Toll Free 800-863-7901 (within USA) Telex: 0979634 URE GYH CDR

# THE SPORTING LIFE



*CAN YOU BELIEVE THAT IDIOT..JOGGING  
IN WEATHER LIKE THIS ?!?*

## CATCH THE WAVE OF RUNNERS

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

## HEART RATE

Resting heart rate can be dramatically affected by the level of cardio-respiratory fitness. As an individual becomes more fit, their resting heart rate or pulse will decrease. This is associated with an increased output of oxygen-rich blood with each heartbeat and a more efficient use of oxygen by the body. An individual with an adequate level of cardio-respiratory fitness will usually have a resting pulse below 80 beats per minute. Some highly conditioned individuals have resting heart rates below 40 beats per minute. Resting heart rate can also be influenced by age, gender, environment, cigarette smoking, anxiety, and medications.

As the muscles exercise, they need more fuel, or oxygen. There is a linear relationship between heart rate and workload. The heart rate will increase to meet the demand of the muscles for more oxygen-rich blood. The heart rate will continue to increase until the exercise becomes severe and the heart rate reaches its maximum. At this point, the demand for oxygen can no longer be met and the exercise will soon have to be stopped. However, if the exercise is sustained at a low to moderate level, the heart rate will level off. This low to moderate level of exercise and heart rate can be maintained for long periods of time.

When comparing the heart rates of conditioned and unconditioned individuals as a similar submaximal workload, the less fit individual will have a higher heart rate. His/Her cardio-respiratory system is inefficient at picking up and delivering oxygen to where it is needed. The less fit individual will also reach his/her maximal heart rate and level of exercise much sooner than the fit individual

# 89 BOSTON MARATHON

by JOAN GARY

The 1989 Boston Marathon was to become a reality instead of a dream. Marathoners were special people to Bostonians and were treated that way.

John and I were off Saturday morning to the airport to meet our son and wife from Claifornia bringing Ashley to see Grandma run. What a thrill, and they brought a gift, wine with labels reading "Congratulations Mom on running your first Boston Marathon."

Leaving them I was off to Hynes Convention Center to pick up my number, then to the Sports Expo. Arms full, it was back to the room to change for my run. I thought it would be along the Charles River, but a missed turn put me among garden plots.

Sunday morning we took the course tour. I wanted to see if Heartbreak Hill was really that bad. The family went touring and I headed back to the Expo for a massage and more purchases. Joyce and Barb were doing the same!

The Carbo-loading Party later was held at the Black Falcon Cruise Ship Terminal. It was a beautiful setting with lots of tasty food, drink and entertainment.

Patriots Day was here! I was up early for my bagel and coffee, the decision of what to wear was made and we were off to catch the bus to Hopkinton. We were dropped off at the school. It was so emotional. I kept thinking, "I can't believe I'm here." It was sunny and beautiful, in the 60's. I sat on my plastic, thanks to Barb.

Eleven o'clock, time to take off excess clothing, pack in bag, number and take to bus, pit-stop and head for the Village Square.

Finding my seeded spot I was next to a woman from Japan, who traveled 6,000 miles to run. She asked where my lunch was, she had a waist bag packed with lunch, because she always gets hungry at 20 mi.

The National Anthem played, the balloons went up, the gun went off and finally I start to walk. What a beautiful sight! At 2.1 mi. water. We were still in a tight pack. The outside runners take a swig and pass it in.

I heard my name called as they print all the names of runners in the Boston Globe and people pick out names to cheer for. It happened several times! It was so exciting, the bands, crowds and children handing out water and orange slices, and just wanting to touch a marathoner. I loved it!

Newton, 18 mi. medical tent busy and Heartbreak Hill still ahead. Finally, we were there, 20 mi. and much worse than it seemed on the tour.

All I wanted was to finish in 4½ hours and get a medal. But the adrenaline starts to flow, my second marathon, I can make this one under the 4 hours too. The crowds are tremendous and encourage you on. We turn on Boylston and its push to the finish, 3:52:29, I made it. (11th in my age group) I get my medal, blanket, drink, food, and find my bag. I passed Barb and Joyce, they look so good! I free phone call is made and I am off to the G to meet family and friends.

After a bath, we head for the awards. My luck, all the awards given except in my age group due to incomplete results.

I don't want to miss a thing so we head to Cheers for my free T-shirt, dinner, and to "The Roxy" nightclub for the post-race party. It is a beautiful place with a band and floorshow. I feel good with all the walking, but John is so tired. The shuttle is taken to the hotel, John heads for bed, I'm still so hungry, so get all the food I can find and pig out and read.

Tuesday off to Elliotts Lounge (runner hangout), pier for lobster and the train home.

I am so grateful for a husband who backs me 100%, I couldn't do it without the support. I love Boston, my hometown. But, it will be more special, I conquered its marathon.

### 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.

# IT DOESN'T GET ANY BETTER THAN THIS.

### 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.

CON 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.

JUN 3 SAT \*HARMONIE STATE PARK 8K Series 9:00am  
Race Hotline: 1-800-622-4931

JUN 3 SAT \*OLD WEST END 15K, Parkview Hospital, 1920 Parkwood Ave 9:00am  
Toledo, OH 43624, Linda Thiel, 242-0501

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

JUN 10 SAT CHAIN-O-LAKES RUN FOR FITNESS 5K & 1M 8:00am  
Mike McKinney, 208 E. Main St., Albion, IN 46701 219-636-2851

JUN 10 SAT \*11TH ANNUAL DICK LUGAR RUN/WALK, Hinkle Fieldhouse 7:15am  
317-786-8812

JUN 10 SAT \*6TH ANNUAL SUNBURST MARATHON, South Bend, IN 6:00am  
225 W. Colfax Ave., South Bend, IN 46626

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

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

JUN 11 SUN SLIM-N-TRIM 5.2/10.4 Prediction Fun, Oak Openings Metro Park  
(Evergreen Lake), Toledo, OH Ycort to all runners 8:00am  
Louise Miklovic 877-0911

JUN 17 SAT \*4TH ANNUAL CENTRAL SCYA COMMUNITY CLASSIC 5 Mile & 1 Mile  
P.O. Box 1400, Fort Wayne, IN 46801-1400 6:00pm  
Dennis Strayer 219-425-5726, Jir Seiler 219-425-5345

JUN 17 SAT BEACON 4-MILER Maumee, OH 9:00am  
Tim DeFrain, 478-6621

JUN 17 SAT \*10TH ANNUAL BUZZARDS ROOST 10K, Arcadia, IN 6:00pm  
Evan Achentach, RR#1, Box 46, Atlanta, IN 46031

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

JUN 18 SUN 5K MIXED COUPLE RUN Toledo, OH 6:00pm  
Swan Creek Metro Park, Karen Wolf, 382-9940

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

JUN 24 SAT \*WHITE RIVER GAMES 5 MILES, FOSTER PARK, FWTC, Box 11703  
Ft. Wayne, IN 46860, Judy Tillapaugh 219-424-6723 8:00am  
The top 8 finishers per age group qualifies for finals 7-8-89

JUN 24	SAT	*MARSH BUCK CREEK RUN 5M, Yorktown, IN 47396 Rick Cox, 201 South Drive, 317-759-6844	8:30am
JUL 1	SAT	EARLY RISE 5/10K Glen Kuhn 419-764-4747 Race Day Registration	DEFIANCE, OH 8:30am
JUL 2 - AUGUST 25 * 12TH ANNUAL SEASON CRAFTSBURY RUNNING & FITNESS VACATION CRAFTSBURY COMM'N, VERMONT			
JUL 4	TUE	BOWLING GREEN COUPLES AND OPEN 5K, BGU, OH Steve Torok 419-288-3174	9:00am
JUL 4	TUE	PEORIA JAYCEFS FIRECRACKER 5000 FOOT RACE & WALK Russ Look, 1009 W. Hanssler, Peoria, IL 61604 309-686-5917	8:00am
JUL 8	SAT	DELTA CHICKEN FEST 5K RUN AND 5K WALK, Delta, OH Delta HS, Dave Mason, 419-822-3498	8:00am
JUL 8	SAT	WHITE RIVER PARK STATE GAMES, INDELS., IN Finals from Regionals	7:15pm
JUL 9	SUN	*7TH ANNUAL MAIN ST RUN FOR HCSPICE 5/10K, Toledo, OH Art Weeber, 517-486-2141	8:45am
JUL 12	WED	*THREE RIVERS FESTIVAL TRIATHLON, 1M RN, 20M BK, 3M RN Ft Wayne Women's Bureau, 303 E. Wash. Blvd, Ft Wayne, IN 46802	5:30pm
JUL 15	SAT	*7TH ANNUAL CHIC/MICHIGAN 5K & 10K, Toledo, OH Dave Payette, Box 5656, Toledo, OH 43613 419-473-1341	7:30am
JUL 15	SAT	RUN FOR THE MOCN 10K, Wapakoneta, OH 45895 119 West Auzlazier St., 419-738-7025	8:30am
JUL 20-22	*MIDWEST AAU TAC TRACK & FIELD MEET, Hammond, IN 7116 Jarnecke Ave., Hammond, IN 46324		
JUL 22	SAT	WOMEN'S DISTANCE FESTIVAL 5K (Women Only), Toledo, OH Janice Green 478-5713	9:00am
JUL 23	SUN	OHIO SPORTS FESTIVAL 5-MILER, Toledo, OH Bruce Beverage 419-865-4131	8:00am
AUG 5	SAT	*5TH ANNUAL PLEASANT LAKE QUARTERMAN TRIATHLON P.O. Box 37, Pleasant Lake, IN 46779	7:00am
AUG 5	SAT	ST. IGNATIUS CHURCH 5K, Toledo, OH Wayne Bickle 419-693-0808	n/a
AUG 19	SAT	TOLEDO ROAD RUNNERS 24 HOUR RUN, Sylvania, OH Dave Payette, Box 5656, Toledo, OH 43613 419-473-1341	Noon

\* Contact Don Lindley for applications.

**THE INSIDE** TRACK

# JULY

# 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 1989 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	August 1989 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					<b>1</b> 7:00am YMCA 9:00am IUPU Fitness Run  2:30 Runners Week
<b>2</b>  7:30am Johnny Appleseed Park	<b>3</b>	<b>4</b>  6:00pm IUPU Fitness Run  <i>Independence Day</i>	<b>5</b>	<b>6</b>  6:00pm IUPU Fitness Run  8:00pm Runners Week	<b>7</b>	<b>8</b> 7:00am YMCA 9:00am IUPU Fitness Run  2:30 Runners Week
<b>9</b>  7:30am Johnny Appleseed Park	<b>10</b>	<b>11</b>  6:00pm IUPU Fitness Run	<b>12</b> 5:30pm 3RF BIATHLON	<b>13</b>  6:00pm IUPU Fitness Run  8:00pm Runners Week	<b>14</b> "ATTITUDE ADJUSTMENT" 5:00pm CHARADES AT THE MARRIOTT	<b>15</b> 7:00am YMCA 9:00am IUPU Fitness Run  2:30 Runners Week
<b>16</b>  7:10am Johnny Appleseed Park	<b>17</b>	<b>18</b>  6:00pm IUPU Fitness Run	<b>19</b>	<b>20</b>  6:00pm IUPU Fitness Run  8:00pm Runners Week	<b>21</b>	<b>22</b> 7:00am YMCA 9:00am IUPU Fitness Run  2:30 Runners Week
<b>23</b> 7:30am Johnny Appleseed Park  <b>30</b>	<b>24</b>  <b>31</b>	<b>25</b>  6:00pm IUPU Fitness Run	<b>26</b>	<b>27</b>  6:00pm IUPU Fitness Run  8:00pm Runners Week	<b>28</b>	<b>29</b> 7:00am YMCA 9:00am IUPU Fitness Run  2:30 Runners Week

# JUNE

# 1989

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
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White River Games 5 Mile  
Foster Park, Fort Wayne/ 8:00AM  
Race Director: Judy Tillapaugh (219) 424-6723

## 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.**

### IN THE BLEACHERS

Steve Moore



"Imbeciles! Listen to me! You don't *have* to run! The gun only fires blanks!!"

# 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

## GET F.I.T.T.

An exercise program which improves the condition of the cardio-respiratory system can have a dramatic effect on an individual's health and level of physical fitness. To receive optimal benefit from an exercise program designed to strengthen the cardio-respiratory system, it is important to base the program on the guidelines of exercise prescription. It is easy to remember these guidelines by the acronym F.I.T.T.

The "F" stands for frequency of exercise. Research indicates it is necessary to exercise 3 to 5 days per week. Less than 3 days of exercise a week yields little benefit, while more than 5 days a week can lead to excessive boredom, fatigue, and injury. A good starting point is 3 days of exercise per week, scheduled on Monday, Wednesday, and Friday. After a couple weeks, advance the frequency to 4 days per week, scheduled on Monday, Tuesday, Wednesday and Friday.

The "I" stands for the intensity of exercise. Research indicates it is necessary to exercise between 70 to 85% of maximum heart rate. This is referred to as the training heart rate range or target heart rate range (THR). Following an exercise stress test, an accurate training heart rate range can be assigned.

The first "T" stands for the time of exercise required. Research indicates it is necessary to sustain 30 to 60 minutes of continuous exercise at the prescribed THR to receive benefit. Too often people start out by trying to do too much too soon and wind up sore and disappointed. It is much wiser to begin with only 10 minutes of continuous exercise and add a couple minutes each week until within the required range.

The final "T" stands for the type of exercise necessary to improve cardio-respiratory conditioning. Aerobic exercise is the broad description of the type of exercise necessary. Aerobic is exercise characterized by the rhythmic movement of the large muscle groups at a sustained pace. There are numerous forms of aerobic exercise. Some examples are: exercise walking, jogging, running, swimming, cycling, rowing, and cross country skiing. The best aerobic exercise is the one you enjoy the most and are most likely to adhere to for years to come.

*Northern Indiana Heart Institute*  
**Lutheran Hospital**  
Health Promotion Services 458-2345

Culligan.

LEATHERMAN CONSTRUCTION



C.M. DONAT & SONS, INC.  
Reno City, IN

\*\*\*\*\*  
\* 3rd ANNUAL \*  
\* CHAIN O' LAKES FESTIVAL \*  
\* RUN FOR FITNESS \*  
\*\*\*\*\*



WHEN: Saturday, June 10, 1989  
1 Mile Fun Run / Walk 8:00 am  
5K 8:30 am

ALBION, IN 46701

WHERE: Central Noble Middle School  
Albion, IN

636-7576

REGISTRATION: \$5 Before May 27, 1989  
6 After May 27 and raceday  
Fun Run / Walk FREE  
All early 5K registrants receive attractive runners cap !!

AWARDS: Top overall male and female finisher (5K and 1 Mile)  
First 3 finishers in each age group (5K only)  
All finishers receive a ribbon

Male	Female
14 - under	14 - under
15 - 18	15 - 18
19 - 29	19 - 29
30 - 39	30 - 39
40 - 49	40 - 49
50 - 59	50 - 59
60 - over	60 - over

No locker or shower facilities available.  
Splits every mile - water at the halfway point.

FOR ADDITIONAL INFORMATION, WRITE OR CALL:

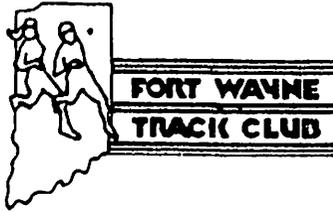
Mike McKinney  
208 E. Main Street  
Albion, IN 46701  
(219) 636-2851

-----  
CHAIN O' LAKES FESTIVAL RUN FOR FITNESS 5 K AND 1 MILE (Circle One)

Name \_\_\_\_\_ Age (June 10, 1989) \_\_\_\_\_  
Address \_\_\_\_\_ Sex \_\_\_\_\_  
Phone \_\_\_\_\_

In consideration for acceptance of the entry, I waive myself, my heirs, and assigns, any and all claims for damage against the Chain O' Lakes Festival Committee and their representatives, for any and all injuries received before, during and after the event. I attest and verify that I am sufficiently conditioned to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Guardian (if under 18 years of age) \_\_\_\_\_



1989 FORT WAYNE TRACK CLUB OFFICERS AND BOARD MEMBERS

**President:** Judy Tillapaugh  
1109 West Wayne  
Fort Wayne, IN 46802  
Home: 424-6723

**First Vice President and  
Race Schedule Chairman:** Ron Horan  
6204 Winter Street  
Fort Wayne, IN 46806  
Home: 447-6627

**Second Vice President and  
Race Schedule Assistant:** Mike Ducey  
2317 2B Point West Drive  
Fort Wayne, IN 46808  
Home: 482-9606

**Secretary:** Kris McCain  
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Home: 665-2455

**Treasurer and  
Membership Assistant:** Don Lindley  
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Fort Wayne, IN 46816  
Home: 456-8739

**Membership:** Randy Lavine  
339 Tweedwood Drive  
New Haven, IN 46774  
Home: 493-2420

**Points System Coordinator:** Tom Loucks  
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Home: 622-7108

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**Publicity Coordinator:** David Lallow  
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Home: 489-6921  
Work: 426-5461  
ext. 225

**Equipment Coordinator:** Clem Getty  
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R.R. 1  
Yoder, IN 46798  
Home: 638-4890

**Advertising Coordinator:** Rob Wyatt  
2018 N. Clinton Street  
Fort Wayne, IN 46805  
Home: 420-0370  
Work: 482-3539

**Mileage Club Coordinator:** Joyce Butler  
2238 Skyhawk Drive  
Fort Wayne, IN 46815  
Home: 749-4646

**Social Activities Coordinator:** Barb Scrogam  
4823 Northerest Drive  
Fort Wayne, IN 46825  
Home: 484-8938

# Sports Drinks Compared

Sports Drink	Main Ingredients	Recommended Concentration	Sodium*	Electrolytes*	Other	Calories*	Cost (\$)
BODY FUEL 100	Glucose Polymers	0.3%	63 mg	None	None	13	.81
BODY FUEL 450	Glucose Polymers Fructose	4%	200 mg	Potassium - 50 mg	None	100	.57
CARBO PLUS	Glucose Polymers Fructose	14%	13 mg	Potassium - 250 mg Magnesium - 750 mg	None	475	1.83
EXCEED - FLUID REPLENISHMENT AND ENERGY DRINK	Glucose Polymers (Polymer blend) Fructose	7.2%	165 mg	Potassium - 140 mg Magnesium - 15 mg	None	170	.73
FILA FITNESS	Fructose Glucose	6.9%	138 mg	Potassium - 38 mg Choline - 244 mg	None	139	1.25
GATORADE	Sucrose Glucose	6%	275 mg	Potassium - 63 mg	None	125	.99
GOODNAID E. I. G.	Glucose	5.7%	175 mg	Potassium - 250 mg	None	113	.47
MAX	Glucose Polymers	7.5%	38 mg	None	None	175	.47
PAPPS PLUS	Sucrose	7.4%	163 mg	Potassium - N/A	None	175	.47
RECHARGE	(From fruit juices) Fructose	7.6%	75 mg	Potassium - 213 mg	None	180	.99
RFM ENERGY DRINK	Fructose	7.6%	0 mg	Potassium - 175 mg	None	175	.62
TOUR DE FRANCE CARBOPLUS II	Glucose Polymers	5.9%	6 mg	None	None	113	.45
TOUR DE FRANCE REHYDRAT	Fructose	4.4%	250 mg	Potassium - 175 mg	None	100	.47
ULTRA-ENERGY	Glucose Polymers Lactose Dextrose	23%	N/A	Magnesium - N/A Calcium - N/A Potassium - N/A	None	500	5.00
VITALADE	Fructose	19%	0 mg	Potassium - 233 mg	None	215	.78
CARBONATED COLA	High-fructose corn syrup; sucrose	10.4%	25 mg	Potassium - 6.2 mg Magnesium - 6.2 mg	None	260	.83
APPLE JUICE	Fructose Glucose	11.7%	20 mg	Potassium - 740 mg Magnesium - 20 mg	None	300	.95

\*For standard 20-oz. water bottle listed in top.

## Reading the Label

ived from corn and exists as a short chain of glucose molecules. Its size can be tailored by food scientists. By volume, it has as many calories as simple sugars but a lower osmolarity. The concentration of particles in a solution.

- **Fructose:** A simple sugar found in fruit.
- **Sucrose:** Table sugar. Most often derived from sugar cane or sugar beets.
- **Dextrose:** A form of glucose.
- **Lactose:** "Milk sugar," which breaks down into glucose and another sugar.

Glucose: A simple, naturally occurring sugar. It's the usual form in which carbohydrate is assimilated by animals. Often processed from corn.

- **Glucose Polymer:** Known in the food industry as a maltodextrin. It's usually derived from corn and exists as a short chain of glucose molecules.

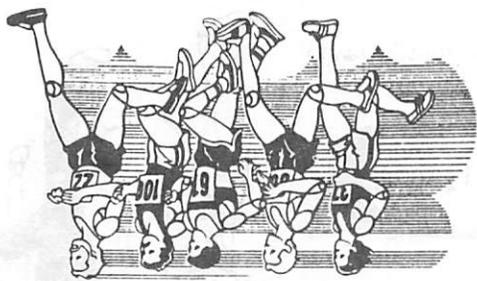
avored by food scientists. By volume, it has as many calories as simple sugars but a lower osmolarity.

- **Osmolarity:** The concentration of particles in a solution.
- **Fructose:** A simple sugar found in fruit.
- **Sucrose:** Table sugar. Most often derived from sugar cane or sugar beets.
- **Dextrose:** A form of glucose.
- **Lactose:** "Milk sugar," which breaks down into glucose and another sugar.

than low-calorie fluids.

fluids are generally emptied more slowly out of the stomach. High-calorie stomach small intestine regulate the flow of fluids via the small intestine. Sensors in the upper time. Most water is absorbed into the body each contents passing into the small intestine.

- **Gastric Emptying:** The action of stomach.
- **Electrolytes:** Elements such as sodium, potassium and magnesium that facilitate a normal intra- and inter-cellular fluid balance.
- **Maltodextrin:** See glucose polymer.



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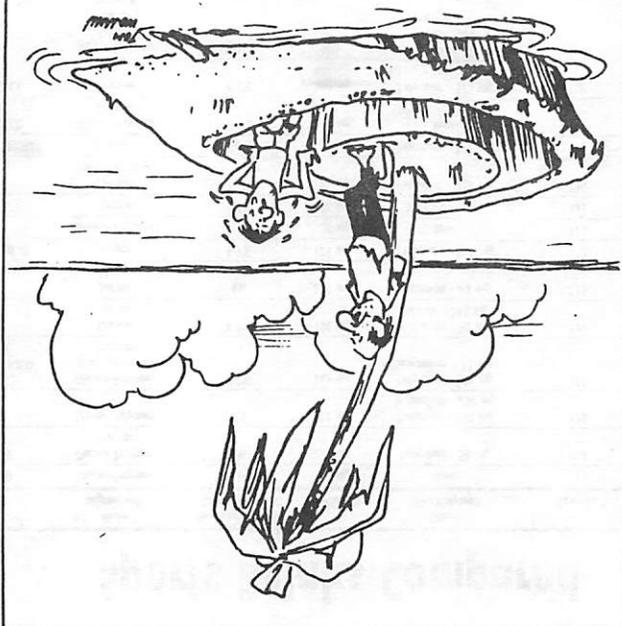


BEST FOR THE  
LONG RUN

Carpet, Vinyl, Ceramic  
& Hardwood Floors



"I always thought you joggers were nuts,  
and now I know it!"



SAVE THE CHILDREN RELAY  
13.1 PREDICTION RUN  
MAY 6, 1989  
FOSTER PARK

NAME	PRED. TIME	ACTUAL TIME	DIFFERS
DAVE MONTGOMERY	1:53:00	1:52:12	:48
RAY SIBREL	1:32:10	1:31:15	:55
JOHN SPURGEON	1:45:00	1:43:23	1:37
KING SULLIVAN	2:10:00	2:08:14	1:46
JIM KLINE	2:00:00	2:04:48	4:48
BENJAMIN HOFFELL	1:45:00	1:54:40	9:40
JUDY TILLAPAUGH	1:45:00	1:34:31	10:29
BARB O'NEIL	1:45:00	1:55:35	10:35
JACK O'NEIL	1:48:00	1:54:40	12:40
BETTY GERMAN ACCSTA	2:20:00	2:04:48	15:12

IT WAS A GROOMY DAY, BUT EVERYBODY ENJOYED THEMSELVES FROM YOUNG TO OLD. ASK JACK O'NEIL HOW HE MANAGED TO STAY WITH BEN HORRELL. THAT WAS A GREAT FINISH FOR THE BOTH OF THEM. MANY THANKS TO MICHAEL LINDLEY FOR COURSE COORDINATOR AND AID STATION. ROSANN LINDLEY FOR REGISTRATION AND FINISH LINE RESULTS. JUDY TILLAPAUGH AND JERRY DIEHL FOR RACE AIDS.

RACE DIRECTOR - DON LINDLEY

## Eat soup to lose weight

Soup can play a significant role in a weight-loss program, according to researchers at the University of Pennsylvania. They found that eating soup at the start of a meal slows the rate of eating and fills the stomach, which signals the brain to curtail appetite. . . .



**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!*

**Lutheran Hospital**  
Northern Indiana Heart Institute

Exercise walking is an excellent form of aerobic exercise for the cardio-respiratory system, strength-building exercise for the leg muscles, and calorie-burning exercise for weight management. To receive optimal benefit, you need to gradually build up to 30 to 45 minutes of exercise walking within your target heart rate range 3 to 5 days per week. This plan will allow you to gradually adapt to increasing amounts of exercise.

Dress appropriately for exercise walking by wearing a comfortable pair of shoes that also provide good support for your feet. Wear clothes that are light in color and fabric when it is warm. Wear your clothing in layers with a wind resistant cover when it is chilly. If it is extremely hot and humid, or cold and windy, postpone your walk or find an alternative exercise.

Your workout should be divided into three portions, warm-up, training, and cool down. Warm up with stretching exercises and walking at a normal pace and stride for 2 to 3 minutes. Move into the training portion of your workout by increasing your pace, length of stride, and arm swing. This increased intensity of walking should bring your heart rate within its training range. Complete the week's assigned distance within the time allotted and then cool down. Cool down by reducing your pace, stride and arm swing back to normal as you walk for an additional 2 to 3 minutes. Finish your workout with stretching exercises and a few minutes of relaxation.

Exercise walking is ideal if you enjoy the outdoors and want a safe, simple, and effective exercise. Do not exercise on a full stomach and walk on mostly flat terrain. You can make your exercise walking program more enjoyable by walking with a friend or two, wearing a Walkman, varying your route, changing the time of day you walk, recording your minutes and miles, or going on an organized walk or nature hike.

WEEK	DAYS/WEEK	DISTANCE	TIME
1	3	1/4 Mile	4-6 Min.
2	3	1/2 Mile	8-10 Min.
3	3	3/4 Mile	12-15 Min.
4	3-5	1 Mile	15-20 Min.
5	3-5	1 1/4 Miles	19-25 Min.
6	3-5	1 1/2 Miles	23-30 Min.
7	3-5	1 3/4 Miles	26-35 Min.
8	3-5	2 Miles	30-40 Min.
9	3-5	2 1/4 Miles	34-45 Min.
10	3-5	2 1/2 Miles	38-50 Min.
11	3-5	2 3/4 Miles	41-55 Min.
12	3-5	3 Miles	45-60 Min.

MAY 10, 1989

ACTIVE AMERICAN DAY

ZEN GAY

Page 1  
START: 10:00

The Enc Results Company

Overall Results

PL	BIB NAME	CL	CITY	FIN TIME	PACE
1	79 RAY EVERSON	84	X 401 GREENWOOD	DN 013941:50.7	10:103
2	55 BOBBI SHADLE	28	X 401 FORT WAYNE	DN 013911:17.0	10:120
3	78 RUTH EVERSON	81	X 401 GREENWOOD	DN 013911:01.4	10:121
4	60 LINDA BRUNINGMA	39	X 401 FORT WAYNE	DN 013911:23.4	10:148
5	150 ELIZABETH CARR	31	X 401 FT. WAYNE	DN 013911:53.0	10:154
6	333 NANCY ZINK	39	X 401 NEW HAVEN	DN 013911:58.0	10:155
7	184 NAN AMSTUTZ	37	X 401 FT. WAYNE	DN 013911:53.0	10:160
8	97 WILLIAM HOLLENBERG	28	X 401 FT. WAYNE	DN 013911:53.0	10:140
9	55 JANE LANGFORD	23	X 401 FORT WAYNE	DN 013911:54.0	10:160
10	91 SHELBY TAYLOR	28	X 401 HUNTINGTON	DN 0141:00.0	10:110
11	70 MARY MASON	30	X 401 FORT WAYNE	DN 0141:00.0	10:101
12	175 SHIRLEY COBB	54	X 401 FT. WAYNE	DN 0142:00.0	10:102
13	385 MARY TILBURY	34	X 401 FT. WAYNE	DN 0142:00.0	10:144
14	32 NICOLA TAYLOR	24	X 401 HUNTINGTON	DN 0142:00.7	10:146
15	80 CHALITHA TAYLOR	55	X 401 HUNTINGTON	DN 0142:00.4	10:146
16	92 PATTI CIERNIAK	34	X 401 FORT WAYNE	DN 0142:00.2	10:147
17	341 GAYLE FIELD	39	X 401 FT. WAYNE	DN 0142:00.0	10:148
18	394 TERRY BETSON	55	X 401 FT. WAYNE	DN 0142:00.7	10:148
19	54 JO-ANNE YUROSKO	41	X 401 FORT WAYNE	DN 0142:00.2	10:150
20	55 ELAINE MARTIN	38	X 401 FORT WAYNE	DN 0142:00.6	10:150
21	163 SHARON TESSAALL	39	X 401 FT. WAYNE	DN 0144:01.0	10:115
22	152 MAURINE BENSHEIMER	51	X 401 FT. WAYNE	DN 0144:01.0	10:116
23	147 JUDY COOK	43	X 401 HUNTERTOWN	DN 0144:01.8	10:119
24	318 YVONNE SHULL	22	X 401 FT. WAYNE	DN 0144:00.4	10:120
25	53 JOANNE SAWYER	39	X 401 FORT WAYNE	DN 0145:00.0	10:142
26	51 PAMELA HARNICK	25	X 401 FORT WAYNE	DN 0145:00.7	10:142
27	168 YVONNE MILLHOUSE	22	X 401 FT. WAYNE	DN 0145:00.0	10:146
28	150 NAN DURANT	41	X 401 FT. WAYNE	DN 0145:00.7	10:146
29	161 SUSAN SURE	32	X 401 FT. WAYNE	DN 0145:00.0	10:100
30	65 SHELLEY LOCHNER	38	X 401 FORT WAYNE	DN 0145:00.0	10:104
31	58 THOMAS LOCHNER	40	X 401 FORT WAYNE	DN 0145:00.0	10:105
32	152 JAMES APPLGATE	55	X 401 FT. WAYNE	DN 0147:00.7	10:129
33	167 WAYNE JAMES	34	X 401 FT. WAYNE	DN 0147:00.0	10:129
34	148 MARY JO KIMMEL	29	X 401 ALEIDA	DN 0147:02.0	10:130
35	153 JOANNE APPLGATE	54	X 401 FT. WAYNE	DN 0148:00.1	10:130
36	151 FLORENCE PUTMAN	54	X 401 FT. WAYNE	DN 0148:00.0	10:141
37	169 HELGA WICKLIFFE	67	X 401 FT. WAYNE	DN 0150:02.1	10:119
38	71 SUZANNE TODORAN	55	X 401 FORT WAYNE	DN 0150:00.4	10:119
39	177 AIMEE PHILLIPS	25	X 401 FT. WAYNE	DN 0150:01.0	10:124
40	343 JENNIFER SNARE	30	X 401 FT. WAYNE	DN 0150:01.7	10:124
41	176 AMELIA KLINGENSMITH	32	X 401 FT. WAYNE	DN 0150:00.4	10:125
42	156 ALICE HABIG	58	X 401 FT. WAYNE	DN 0151:00.0	10:156
43	157 BECKY FITZGERALD	34	X 401 FT. WAYNE	DN 0151:02.0	10:157
44	155 JANE BARRETT	29	X 401 FT. WAYNE	DN 0152:00.4	10:157
45	155 BRENDA TREACE	35	X 401 FT. WAYNE	DN 0152:04.0	10:157
46	326 SHARON RAMLEY	49	X 401 FT. WAYNE	DN 0153:02.0	17:124
47	141 TAMMY RUANYN	30	X 401 FT. WAYNE	DN 0153:04.0	17:122
48	344 BARRY DORMAN	50	X 401 FT. WAYNE	DN 0153:01.4	17:122
49	346 STACEY GRAY	30	X 401 FT. WAYNE	DN 0153:00.0	10:155
50	83 JANE CLARKE	24	X 401 KODER	DN 0155:00.0	10:155
51	57 MARGARET ROST	4	X 401 FORT WAYNE	DN 0155:00.7	10:155
52	56 ELIZABETH ROST	3	X 401 FORT WAYNE	DN 0155:00.0	10:100
53	349 KEVIN TILBURY	38	X 401 FT. WAYNE	DN 0159:02.0	10:100
54	84 SUSAN ROST	33	X 401 FORT WAYNE	DN 0101:00.0	10:155
55	55 STEPHEN ROST	10	X 401 FORT WAYNE	DN 0103:02.0	20:127

**CROMWELL COUNTRY CLASSIC**

WHEN: Saturday, July 22, 1989  
 Fun Run / Walk 8:00 am  
 5K 8:30 am  
 WHERE: Cromwell Community Park  
 Cromwell, IN

REGISTRATION: \$5 Before July 7, 1989  
 6 After July 7 and race day  
 Fun Run / Walk FREE

All early 5K registrants receive attractive runner's cap !!

**AWARDS:**

Top overall male and female finisher (5K and 1 Mile)  
 First 2 finishers in each age group (5K only)  
 All finishers receive a ribbon

Male Female

14 - under	14 - under
15 - 18	15 - 18
19 - 29	19 - 29
30 - 39	30 - 39
40 - 49	40 - 49
50 - 59	50 - 59
60 - over	60 - over

No locker or shower facilities available.  
 Splits every mile - water at the halfway point.

FOR ADDITIONAL INFORMATION, WRITE OR CALL:

Mike McKinney  
 208 E. Main Street  
 Albion, IN 46701  
 (219) 636-2851

CROMWELL PARKS DEPARTMENT COUNTRY CLASSIC 5 K AND 1 MILE (Circle One)

Name \_\_\_\_\_ Address \_\_\_\_\_  
 Age (June 10, 1989) \_\_\_\_\_ Sex \_\_\_\_\_  
 Phone \_\_\_\_\_

In consideration for acceptance of the entry, I waive myself, my heirs, and assigns, any and all claims for damage against the Cromwell Community Park and their representatives, for any and all injuries received before, during and after the event. I attest and verify that I am sufficiently conditioned to participate in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Guardian (if under 18 years of age) \_\_\_\_\_

# IMPROVE YOUR TIMES...



## 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)*

NAME	OVERALL/AGE DIVISION	TIME
LYNN ARISTOCOM	22/5	38:59
MYRON HEYERS	44/1	40:00
DON LINDLEY	54/2	40:56
BUD STEFFLER	102/5	44:42
KEN DISLER	183/1	49:33
CARL FIELDS	230/13	52:54

THIS RACE WAS SPONSORED BY COMMUNITY HOSPITAL IN WHICH DOOR PRIZES WAS GIVEN AWAY FOLLOWING THE RACE. THE RACE HAD A STRONG FIELD OF RUNNERS BUT THE WEATHER PLAYED AN IMPORTANT PART IN THE TIMES. IT WAS ONE OF THOSE BREAK WINTER STORMS THAT YOU DO NOT FIGURE TO HAPPEN IN MAY. PETE BOWMAN FINISHED FIRST IN 32:55 AND CANDY WOGTIL, FIRST FEMALE, FINISHED IN 40:48. LISTED BELOW ARE SOME OTHER FINISHERS YOU MAY KNOW. THIS RACE WAS FIRST OF THEIR TRIPLE CROWN SERIES.

1989 FUN FOR LIFE  
ANDERSON, IN  
MAY 6, 1989

Agave's  
BIG BOY Family Restaurants

12

9 24 HOURS 3

OPEN

We're

6

The track club met at Howdy Doodys on Friday, May 15. Good food, company, music, and conversation were enjoyed by the group attending. These monthly socials are a good way to get to know some of the track club members, relax, and have an enjoyable time. Put it on your calendar and plan to join us June 9, 5:00 at Brubaker's and July 14, 5:00 at Charades.

DID YOU MISS OUT?

CHANNEL 10

SAT. 2:30PM

THURS. 8:00PM



RUNNERS

CATCH THE WAVE OF RUNNERS

TOTAL



# FITNESS

RECIPE OF THE MONTH

## TUNA TOSS

This a perfect spread for any low fat cracker or bread. The apple pieces give it a delicious flavor.

### Ingredients:

tuna, 6  $\frac{1}{2}$  oz. can  
apple, chopped fine -  $\frac{1}{2}$  cup  
celery, chopped fine -  $\frac{1}{4}$  cup  
salad dressing mayonnaise type - 2 Tbsp.  
plain low fat yogurt - 2 Tbsp.  
sweet pickle relish - 1 tsp.  
lemon juice - 1 tsp.

### Method:

Drain tuna and toss with all the ingredients. Serve the spread on crackers, stuff it in pita pocket bread, or top a bagel or bread slice with it. Enjoy it on a hot summer day.

Note - If you don't have tuna you can substitute diced chicken or turkey.

Yield: 4 servings

Recipe is from Judy Tillapaugh



## MASTERING THE MOUNDS

A group of area track club members attended the Governor's Cup Mounds State Park 8K on Saturday May 20. The challenging, hilly trail run was on this day also a mud run due to the recent rains. Even so, some track club runners came away with awards.

Joan Gary earned first place in the Master's 50 and older. She was rewarded for her efforts with \$50.00. Congratulations, Joan!

Other awards were: Ken Disler - 1st place (65-69)

Larry Averbeck - 1st place (45-49)

Joyce Butler - 2nd place (40-44)

# RUNNERS

## '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 48-60 \*\*\*\*:**

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 Hostler 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.



NATIONAL AMERICAN CAN FOR SPORTS FIELD

Overall Results

See the Result Card

91	CLAS	615	NAME
1	1	301	JOE JONES
2	1	1	JAMES MARK JR.
3	1	1	BOB DUBO
4	1	1	BOB DUBO
5	1	1	BOB DUBO
6	2	105	JOHN BELTAVEN
7	2	315	JANE HANSEN
8	3	1	TERRY DILLER
9	3	322	TERRY COONAN
10	4	351	CALVIN KING
11	4	352	TOM WOOD
12	2	124	RAY RICKER
13	2	127	TIM GORRELL
14	3	320	NICK HOOVERMAN
15	3	339	GARY WALKER
16	3	324	BOB CRAWFORD
17	2	305	DOUGLAS SAWYER
18	4	26	TOMY BATTON
19	5	36	KEVIN WARREN
20	3	300	TERRY WARREN
21	4	348	JOHN FEA
22	4	304	DOUGLAS HONENBERGER
23	5	88	RONALD MOZYCKA
24	1	331	JACK DYER
25	1	132	JOE ZIEGLER
26	6	89	MICHAEL POST
27	3	2	DWIGHT BERGHEIMER
28	2	49	RAY EIBEL
29	7	101	RAY BECHTEL
30	3	385	KEITH GOODBY
31	5	90	MINE EMBERT
32	4	337	ERIC KELL
33	5	312	LES BYALL
34	5	127	SMET SWENEN
35	3	100	JOHN SPRUNGEN
36	2	51	DAVID BOYAN
37	7	23	RONALD FORD
38	6	31	DAVID FAY
39	3	301	RAY GONTERBAZ
40	5	327	BOB FUNK
41	7	155	RODOND DENNY
42	3	56	DICK HUNNIN
43	10	9	CHARIS BALDWIN
44	3	122	ROBERT MITCHELL
45	11	314	JONATHAN SCHLITZER
46	4	103	ROBERT BERNSHEIMER
47	12	1	RANDY BELLINGER
48	3	329	DAVID BELLINGER
49	5	16	RONALD WHEELER
50	13	179	LEAHY BEST
51	3	311	SMET BYALL
52	14	40	JENNIS SCHROEDER
53	3	102	MICHAEL PUSKER
54	7	117	SEVER GILBERTSON
55	7	306	SAM WESS
56	5	130	DAVID MILLHOUSE
57	15	347	KEVIN OLSEN
58	1	450	ST. WAYNE
59	2	430	ST. WAYNE
60	3	410	ST. WAYNE
61	4	390	ST. WAYNE
62	5	370	ST. WAYNE
63	6	350	ST. WAYNE
64	7	330	ST. WAYNE
65	8	310	ST. WAYNE
66	9	290	ST. WAYNE
67	10	270	ST. WAYNE
68	11	250	ST. WAYNE
69	12	230	ST. WAYNE
70	13	210	ST. WAYNE
71	14	190	ST. WAYNE
72	15	170	ST. WAYNE
73	16	150	ST. WAYNE
74	17	130	ST. WAYNE
75	18	110	ST. WAYNE
76	19	90	ST. WAYNE
77	20	70	ST. WAYNE
78	21	50	ST. WAYNE
79	22	30	ST. WAYNE
80	23	10	ST. WAYNE
81	24	0	ST. WAYNE
82	25	0	ST. WAYNE
83	26	0	ST. WAYNE
84	27	0	ST. WAYNE
85	28	0	ST. WAYNE
86	29	0	ST. WAYNE
87	30	0	ST. WAYNE
88	31	0	ST. WAYNE
89	32	0	ST. WAYNE
90	33	0	ST. WAYNE
91	34	0	ST. WAYNE
92	35	0	ST. WAYNE
93	36	0	ST. WAYNE
94	37	0	ST. WAYNE
95	38	0	ST. WAYNE
96	39	0	ST. WAYNE
97	40	0	ST. WAYNE
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CL	CLASS	NAME	LT	ST	DATE
94	2	000 DENISE CONRAD	7:00		
93	1	7 JULIE HANBER	7:00		
92	1	100 DON ANGERSON	7:00		
91	1	95 -KAREN KASHER	7:00		
90	1	100 JAMES BERRY	7:00		
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80	1	100 JAMES BERRY	7:00		
79	2	000 THOMAS JOHNSON	7:00		
78	1	100 CHARLEY KNEPPE	7:00		
77	8	045 KENNETH JANZYNSKI	7:00		
76	1	100 BERN BERRY	7:00		
75	5	100 BERN BERRY	7:00		
74	4	115 AMY HOLLEBERG	7:00		
73	3	100 DEB STARK	7:00		
72	1	100 HOWARD BASH	7:00		
71	1	100 AL MOSS	7:00		
70	19	023 THOMAS BOVER	7:00		
69	7	100 CHARLUCK WARE	7:00		
68	12	50 JAMES THOMPSON	7:00		
67	17	100 LEO HIGGINS	7:00		
66	11	100 SCOTT WITTS	7:00		
65	10	100 MARVIN SMITH	7:00		
64	10	100 STEVE GANN	7:00		
63	10	100 JAMES BERRY	7:00		
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MAY 13, 1969

ACTIVE AMERICAN DAY RUN  
SPORTS TECH

The End Result Company

Overall Results

PL	CLAS	BIB	NAME	CL	CITY	ST	TIME	PACE
115	17	104	STEVEN STERNBERGER	55	M 435 FT. WAYNE	IN	0:40:14.3	9:10
116	2	345	BOB LOONIS	56	M 435 MONROEVILLE	IN	0:40:15.1	9:10
117	13	310	MICHAEL YANN	35	M 435 FT. WAYNE	IN	0:40:15.4	9:11
118	9	11	JEFFREY MCCANN	46	M 445 HAMILTON	IN	0:41:15.1	9:15
119	5	332	TOMAS AGUIRRE	14	M 401 FT. WAYNE	IN	0:41:15.3	9:15
120	3	9	JUDY JAVIS	27	F 435 AUBURN	IN	0:41:15.1	9:15
121	19	6	STEVE POPEWGOOSE	35	M 435 WARSAW	IN	0:41:15.7	9:17
122	3	140	ANN LINDON	52	F 430 FT. WAYNE	IN	0:41:15.0	9:17
123	20	27	DENNIS GRAF	35	M 435 FORT WAYNE	IN	0:41:15.3	9:20
124	4	53	LESLIE WHITE	38	F 435 NORTH LIBERTY	IN	0:41:14.7	9:21
125	4	42	PATRICIA PANTELLO	31	F 430 FORT WAYNE	IN	0:41:14.5	9:22
126	6	152	CLIFFORD DIETRICH	54	M 450 FT. WAYNE	IN	0:41:15.5	9:23
127	5	34	TERRI JOHNSON	31	F 430 FORT WAYNE	IN	0:42:15.4	9:25
128	6	133	CATHY BUX-FERGUSON	33	F 430 FT. WAYNE	IN	0:42:12.5	9:30
129	2	13	MICHELLE BEEM	16	F 401 FORT WAYNE	IN	0:42:14.5	9:33
130	5	129	JOAN WELER	29	F 435 FT. WAYNE	IN	0:43:02.9	9:57
131	6	38	JEREMY FORD	14	M 401 FORT WAYNE	IN	0:43:12.5	9:38
132	21	319	MICHAEL HENDRICKS	39	M 435 FT. WAYNE	IN	0:43:15.5	9:41
133	10	39	ANGELA MEYERS	29	F 435 FT. WAYNE	IN	0:43:14.9	9:45
134	24	48	CONRAD CIERNIAK	24	M 450 FORT WAYNE	IN	0:43:15.8	9:47
135	19	308	CRAIG BRAMLETT	25	M 425 FT. WAYNE	IN	0:43:15.7	9:45
136	11	39	KELLY MUZZILLO	26	F 435 LEO	IN	0:44:12.6	9:53
137	2	131	PAUL SNYDER	61	M 460 FT. WAYNE	IN	0:44:13.1	9:55
138	25	4	DOUG TAYLOR	22	M 450 WOODBURN	IN	0:44:13.1	9:59
139	2	120	CARYN LAGEMANN	23	F 430 FT. WAYNE	IN	0:44:13.7	9:50
140	22	133	ROBERT HABIG	37	M 435 FT. WAYNE	IN	0:45:00.5	9:50
141	7	113	TINA McDONALD	31	F 430 FT. WAYNE	IN	0:45:19.7	9:04
142	7	121	GRVIL SCHLATTER	52	M 450 FT. WAYNE	IN	0:45:12.5	9:04
143	9	131	SUE ZIMMERNAN	32	F 430 FT. WAYNE	IN	0:45:13.7	9:06
144	16	17	JACK SCHMIDT	44	M 440 FORT WAYNE	IN	0:45:15.1	9:11
145	9	10	PAM BALDWIN	32	F 430 LOGANSPORT	IN	0:45:19.1	9:12
146	5	354	JAMES JONES	60	M 460 FT. WAYNE	IN	0:46:05.1	9:13
147	17	190	GERALD STEELE	43	M 440 FT. WAYNE	IN	0:46:07.1	9:13
148	23	309	TOMMY CARR	38	M 435 FT. WAYNE	IN	0:46:12.5	9:17
149	2	136	JEAN PANNING	43	F 440 FT. WAYNE	IN	0:46:12.3	9:13
150	6	22	VICKI JACOBS	39	F 435 FORT WAYNE	IN	0:46:12.9	9:13
151	12	32	BARB MCCOOL	25	F 425 AUBURN	IN	0:47:13.0	9:30
152	10	134	BARBARA GRAY	30	F 430 AUBURN	IN	0:47:13.3	9:31
153	24	107	BILL COOK	39	M 435 FT. WAYNE	IN	0:47:14.1	9:32
154	10	325	ROBERT PAINE	45	M 445 MONROEVILLE	IN	0:48:11.7	9:29
155	1	183	CARMEN LOVE	47	F 445 GAS CITY	IN	0:48:14.1	9:46
156	4	30	ROBERT HOCKENSMITH	50	M 460 FORT WAYNE	IN	0:49:15.1	9:51
157	1	21	POLLY JACOBS	62	F 430 FORT WAYNE	IN	0:50:14.1	9:59
158	3	330	SUE WELK	44	F 440 FT. WAYNE	IN	0:50:15.2	10:02
159	11	33	FRANKIE SODAIR	24	F 430 FORT WAYNE	IN	0:51:15.2	10:15
160	1	130	JESSIE MCCANN	56	F 455 NEW HAVEN	IN	0:52:03.8	10:38
161	5	131	ELLIS MCCANN	54	M 460 NEW HAVEN	IN	0:53:12.1	10:43
162	25	135	CARNELO DEBRACIAS	20	M 450 FT. WAYNE	IN	0:56:15.5	11:15

# Coming Events

## RUNNER'S REWARD

The track club wishes to recognize all you dedicated runners who put in the time and miles day after day. Just keep a record of your mileage from July through December on the handy form and send it to Joyce Butler monthly, or at the end of December. The track club will present award certificates at their annual banquet.

Joyce Butler  
2238 Skyhawk Drive  
Fort Wayne, IN 46815

## MEMBERSHIP MEETINGS

CHARKY'S RESTAURANT

JUNE 13th 6:30pm 3036 HOBSON RD. at COLISEUM BLVD.

JULY 9th 5:00pm SPORTS TECH, GLENBROOK MALL

## DO A FRIEND A FAVOR . . . .

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

### FORT WAYNE TRACK CLUB

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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:

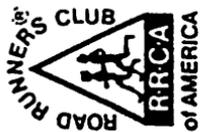
Fort Wayne Track Club, P.O. Box 11703, Fort Wayne, IN 46860

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

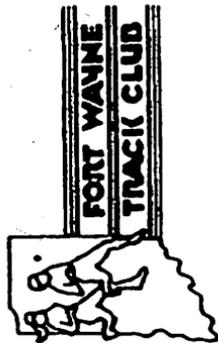
Ea. Add'l Family Member \$6.00 (\$24.00 Max. Per Family)

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

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**FWTC NEWSLETTER**  
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