

**the inside track**



**FORT WAYNE  
TRACK CLUB**

**JULY '89**

*NEWSLETTER OF THE FORT WAYNE TRACK CLUB*

**CENTRAL SOYA  
Community Classic 5 Mile**

**Fort Wayne, Indiana  
June 17, 1989**



# 1989 Fort Wayne Track Club Officers and Board Members

President - Judy Tillapaugh -- 424-6723

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

Second Vice President and Race Schedule Asst. - Mike Ducey -- 482-9606

Secretary - Julie Hargarten -- 422-5436

Treasurer and Membership Assistant - Don Lindley -- 456-8739

"Inside Tack" Newsletter Editor - Chuck Okorowski -- 485-7885

Publicity Coordinator - David Lallow -- 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

Mileage Club Coordinator - Joyce Butler -- 749-4646

Social Activities Coordinator - Barb Scroggum -- 484-8938

Board Member - Tom Loucks -- 622-7108

## MEMBERSHIP MEETINGS

JULY 9TH - 5:00 P.M. - SPORTS TECH, GLENBROOK MALL

WEDNESDAY, AUGUST 16TH - 6:00 P.M. - FOSTER PARK

## 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 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

Bright blue skies, white fluffy clouds, and majestic mountains welcomed the Fort Wayne Track Club party in Colorado Springs June 8th. Seven northeast Indiana runners traveled west for the 32nd Annual Road Runners Club Of America's National Convention. The FWTC party included: Treasurer Don Lindley, Mark Brattoli, Valarie Puckett, Mary Connolly, Barb and Jack O'Neil, and myself. I feel comfortable to say we all truly enjoyed our Colorado experience. There was never a dull moment. I wish I had more time to explore the area but my United Airlines flight ticket was already booked for June 11th. Six days in Colorado gave me just a taste of what state has to offer. What natural beauty!! Some day in the future I'll return.

My money and time were well spent attending meetings, workshops, visiting The Olympic Training Center, sight seeing, checking out new running trails, getting to know fellow runners. There's nothing better than being among 400+ other runners for a long weekend. I wish all of you will one day experience an RRCA convention. We runners are a unique, caring, friendly, professional, and exciting group of people.

RRCA is the largest non-profit, running organization in America. Over 450 clubs belong to RRCA from all 50 states in the nation. These clubs contribute to the 115,000 RRCA memberships. Our club accounts for about 400 of these members.

Why do we belong? The answer is simple - for the benefits.

There is a fee. To belong to RRCA we pay 75¢ per FWTC member. Once we pay our dues it's up to us to take advantage of what RRCA offers to running clubs. They provide resources on how to operate a club, provide services, and put on quality events. We have to combine our own man and women power with RRCA's resources to develop and administer successful services and activities.

"Lean On Me"! This is one way to view RRCA as a whole. They are available to help us runners.

One aspect I admire about the RRCA is the people. Everyone is out to support one another. For example, I can't recall one person at the convention who was not willing to share ideas or who was unfriendly.

Each evening during the convention there were hospitality suites for people to attend. People had the chance to mingle and talk with outstanding club leaders from all over America. You could take your pick on what state to learn about. Being a true blood upstate New Yorker I was particularly fond of the hospitality suite by Utica Road Runners Club from Utica, New York. They have entertainment skills! Sure there was beer but there were plenty of non-alcoholic beverages, munchies to eat, and stimulating conversations. It was a time for pleasure and business. You could view it as information exchange time. At one hospitality suite I gained knowledge about a New Jersey Women's Track Program. At another suite I got to know a grand group from Toledo Roadrunners Club.

Definitely the convention was not just a social gathering. It was a learning time too. Some of the workshops were: Improving Your Club Newsletter, The How's and Why's of Children's Running Programs, Technical Aspects Of Putting On A Road Race, Stretching With Bob Anderson, and High Altitude Training and Racing. We needed this last one to understand why we were not running and breathing like we do at a little above sea level.

There's not time and space to go into details now about all these areas. Stay tuned to upcoming columns and articles. Believe me I had little convention disappointment, especially after I bought new running shorts (ask Mary Connolly for more details).

Mary wrote a summary article about her Colorado experience. Please read it in this issue of Inside Track.

I encourage everyone to consider attending a future convention. You could plan your vacation around the same time. Many at Colorado Springs did this year. It's a great time and you learn so much.

1990's convention will be in Miami, Florida in Early March. Let's gather a group and go south this spring!?

In other news, check out the race schedule for upcoming summer events. There are plenty of good ones. Also check out the social activities. We'll have a week night social gathering in July rather than a weekend night.

Our next membership meeting is July 9th at Sports Tech in Glenbrook Mall starting at 5:00pm

COME!

Good Running!

### NEW MEMBERS

BEVERLY WEDLER  
FRED WEHRWEIN  
BEV CHRISTENSEN  
DAVID L. MOORE  
CONNIE J. HOUSEHOLDER  
GARY BEAR

# 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

RECEIVED JUN 25 1989

### TRACK CLUB MINUTES

DATE: June 13, 1989

PRESENT: Judy Tillapaugh, Mike Ducey, Don Lindley, Joyce Butler, Barb Scrogam, Conne Housholder, Mark Brattoli, Larry Averbeck

Charkys' Restaurant on Hobson road at 8:30. A presentation on NSA water purification systems was made before the general meeting.

Previous minutes: There were comments on Inside Track profiles Minutes approved.

Treasurer's Report: May's Balance is \$4,161.19.

Judy made a correction to newsletter-training runs on Saturday mornings at IPFW are at 8:00 a.m. from now on.

Clem Getty, Equipment - No report.

Rob Wyatt Advertising - No report

Mike Ducey adds that on Sunday, August, 27th at 5:00 a.m. A 2 mile run, 5 mile run, 5K walk & pee wee run will take place at Foster Park. A big cookout will take place after the race and cash prizes will be given. Crossroads, 98.9, The Bear and Redi-Med are sponsors so far. This will be called "Run In The Park" and will be a big family event. (Look for some surprises).

Also not on the schedule for November, a race on Veteran's Day, Saturday the 11th, it will probably be a 12K Run and 5K run or 5K walk.

Mileage Club - No response yet Judy reported.

Possible times were discussed for the Monthly social get-together. Friday nights have not been well attended and other nights were suggested such as after training runs. Also, mentioned were pot lunch or cook-out get together. A prediction run of possibly 4 miles combined with a cook out was discussed for August.

Barb Scrogam suggests welcoming new members who have joined in the Newsletter. Everyone agrees.

Judy has contacted a sports physiologist, who is also a runner, for a clinic. Scott Wareham, M.A. will present a clinic October 4th, 7:00 p.m. at the Walb Memorial Union at I.P.F.W.

Judy asked for volunteers for the 5 mile White River Park Regional run at Foster Park on Saturday, June 24th.

Barb Scrogam and Joyce Butler are leaving Thursday, June 15th, to run Grandma's Marathon in Duluth, Minnesota. Also going are Larry Averbeck, Chuck Mills, Alan Bradley, Verma Bradley, and Marilyn Mills that we know of.

Judy Reports that she has received a letter inviting runners to apply for the 1989 RRGa Midwest Region Championship 10K Run. It will be held in Marshalltown, Iowa, Saturday, October 7, 1989.

Judy Tillapaugh and Don Lindley reported for the 7 FWTC Members who attended the RRGa convention in Colorado Springs recently. The 7 were..... Judy Tillapaugh, Don Lindley, Mark Brattoli, Valarie Puckett, Jack O'Neil, Barb O'Neil, Mark T. Connelly.

Next year the convention will be in Miami in early March. They are hoping more can attend next year.

The next meeting will be Sunday, July 8th, at 5:00 p.m. at Sports Tech at Glenbrook Mall. Meet in the shoe department. Be There!!!

A new Logo for RHCA was shown by Judy.

Stroller/Baby Jogger Guidelines have been made by the RHCA. They are discouraging their use in races and divisions for them at races. They are not discouraging their use in training. The basic reason is lack of insurance for injuries, which are potentially increased in race situations, including injuries to children. Judy suggests race directors who wish to allow baby joggers, include a statement about them in the race waiver.

RHCA has started a new National Award for volunteers to recognize volunteer workers. She received forms to nominate 5 volunteers who have contributed 2000 hours of work to their club in the past 10 years. Those nominated and approved will receive a certificate of recognition and a patch. Their names will be listed in the Footnotes.



Central Soya Community Classic

News Release

1.) Total number of runners: 478

2.) Top five MEN:

- a. SCOTT WALSHLAGER - 25:44.73
- b. Tom LOUCKS - 25:55.22
- c. BRENT MUNRO - 26:20.43
- d. JERRY WILLIAMS JR - 26:26.73
- e. MATT JONES - 26:27.67

3.) Top five WOMEN:

- a. CHRIS COOPER - 28:50.09
- b. MARY T. CONNOLLY - 30:13.48
- c. PAM LOCKNER - 31:31.56
- d. JUNE MANGER - 34:43.70
- e. SHELLEY BRUNER - 34:50.61

4.) Winning Times:

	NAME	TIME
Over-all	Man: SCOTT WALSHLAGER	25:44.73
	Female: CHRIS COOPER	28:50.09
Master	Man: MIKE ROBBINS	28:15.87
	Female: MARSHA SCHMIDT	36:35.29

5.) Top ten Finishers over-all: (Male and/or Female)

PL.	SEX	NAME	TIME	PAGE/MI
1	M	SCOTT WALSHLAGER	25:44.73	5:08.9
2	M	TOM LOUCKS	25:55.22	5:11.0
3	M	BRENT MUNRO	26:20.43	5:16.1
4	M	JERRY WILLIAMS JR	26:26.73	5:17.3
5	M	MATT JONES	26:27.67	5:17.5
6	F	CHRIS COOPER	28:50.09	5:19.4
7	F	JUNE MANGER	27:22.00	5:25.4
8	F	PAM LOCKNER	27:57.46	5:27.4
9	F	MARY T. CONNOLLY	27:42.01	5:28.4
10	F	SHELLEY BRUNER	27:51.17	5:28.9



## CENTRAL SOYA COMMUNITY CLASSIC

DATE) 6/17/89

FORT WAYNE, IN

WEATHER) CLOUDY

TEMPERATURE) 77

DISTANCE) 5 MILE STARTING TIME) 6:30 PM

## RACING RESULTS BY ACTION STATS, INC.

PL.	DIV./PL.	NAME	TIME	PACE/MI	PL.	DIV./PL.	NAME	TIME	PACE/MI
1	1	SCOTT WALCHLGER	0:25:44.73	5:06.9	68	20	CHRISTOPHER BORNWOP	0:31:01.43	6:12.3
2	1	TOM LUDKIS	0:25:55.22	5:11.0	69	11	NICHOLAS HUGHAN	0:31:01.90	6:12.4
3	2	BRENT NORD	0:26:28.43	5:16.1	70	12	PAT BODDOL	0:31:05.90	6:13.1
4	2	JERRY WILLIAMS JR	0:26:55.37	5:17.3	71	13	TODD NICHOLS	0:31:10.93	6:14.2
5	1	MATT JONES	0:26:57.87	5:17.3	72	2	TIM DAVIS	0:31:18.62	6:15.7
6	2	BUFF DORFNER	0:26:57.89	5:17.4	73	14	PALL SHAFFER	0:31:21.01	6:16.2
7	2	MIKE FRIEDY	0:27:12.48	5:18.4	74	21	RODAN BETTS	0:31:22.09	6:16.4
8	1	DAN KULPAN	0:27:37.06	5:22.4	75	1	UNREGISTERED BANNER	0:31:22.71	6:16.5
9	2	BRO MIDDLETON	0:27:42.01	5:22.4	76	1	RAY SIBREL	0:31:24.11	6:16.8
10	2	BILL BLOSSER	0:27:49.17	5:23.8	77	1	PHILLIP CHURCH	0:31:24.11	6:16.8
11	3	JASON WASHLER	0:28:41.38	5:26.3	78	6	PETER GERDIN	0:31:24.76	6:18.1
12	4	JASON WASHLER	0:28:42.20	5:26.4	79	22	JAMES BROTHERS	0:31:28.76	6:18.2
13	3	RICHARD VORICK	0:28:48.09	5:27.6	80	2	PAK LOCHNER	0:31:31.57	6:18.3
14	3	PALL MOTT	0:28:51.62	5:28.3	81	2	RODGER PUCKETT	0:31:32.33	6:18.5
15	1	MIKE ROBBINS	0:28:51.67	5:28.2	82	7	KERRY HEDDENSTEEL	0:31:32.79	6:18.5
16	3	JIM ELLERT	0:28:54.53	5:31.0	83	3	JOHN KLEIN	0:31:35.76	6:19.0
17	4	DAVE ARENS	0:28:58.61	5:31.7	84	4	MICHAEL NAST	0:31:35.76	6:19.2
18	4	CAULVIN KING	0:28:58.83	5:32.0	85	4	BERNIE BURGETTE	0:31:40.14	6:20.0
19	3	TERRY COGAN	0:28:57.49	5:32.3	86	4	MIKE SCHODDEL	0:31:49.59	6:21.9
20	4	TONY DUBIN	0:28:58.15	5:32.2	87	16	JERRY DIEHL	0:31:56.10	6:23.2
21	5	CHRIS COOPER	0:28:58.89	5:32.0	88	10	JOHN CAPE	0:31:58.43	6:23.7
22	1	THORNTON CONNELL	0:28:58.89	5:32.0	89	23	JOHN SPURGEON	0:32:01.21	6:24.2
23	5	MIKE FAST	0:29:03.69	5:46.7	90	13	JOHN SPURGEON	0:32:03.43	6:24.7
24	4	TOM YORER	0:29:04.53	5:47.8	91	11	JOHN PEA	0:32:05.33	6:25.1
25	5	TERRY MILLER	0:29:05.38	5:47.1	92	17	DOUGLAD FORD	0:32:06.37	6:25.3
26	6	DAVID JIMBEI	0:29:07.25	5:47.5	93	16	JOHN STEINHOFF	0:32:07.61	6:25.5
27	6	PAUL SUTLER	0:29:10.08	5:50.1	94	5	DOUGLAD LINDLEY	0:32:08.43	6:25.7
28	6	JOHN WILKINS	0:29:11.74	5:50.3	95	24	BILL HUBBERGER	0:32:13.58	6:26.7
29	6	MATT NEAL	0:29:14.88	5:51.8	96	17	RON ZARTMAN	0:32:16.89	6:27.4
30	7	KENT HARRAN	0:29:15.93	5:51.2	97	7	JOHN WOLL	0:32:17.38	6:27.5
31	8	STEPHEN JAMES	0:29:15.93	5:51.2	98	12	DAVID BEINSCHEL	0:32:17.83	6:27.6
32	9	MARK MILLER	0:29:16.21	5:52.6	99	18	EDDARD DENNY	0:32:18.28	6:27.7
33	9	LEROY KEMPER	0:29:16.47	5:52.9	100	25	BILLY WELCH	0:32:18.28	6:27.7
34	10	JAMIE WILKINS	0:29:26.68	5:53.4	101	3	JASON USORIN	0:32:19.18	6:27.9
35	11	JOSEPH GANER	0:29:29.14	5:53.8	102	6	DAVID BOLDAN	0:32:22.58	6:28.5
36	12	GARY RICKNER	0:29:32.81	5:54.6	103	2	JACK MORRIS	0:32:36.34	6:31.3
37	6	KELLY CLEWGER	0:29:33.89	5:54.8	104	9	STEVEN HARBEGGER	0:32:39.99	6:32.0
38	9	TIM ZIMMER	0:29:43.75	5:56.7	105	10	TRACY EDGERTON	0:32:44.39	6:32.1
39	10	PAULIC LEBER	0:29:45.11	5:57.0	106	8	AL WELCH	0:32:44.39	6:32.1
40	5	JIM CLEBENS	0:29:45.11	5:57.0	107	18	KG FUNK	0:32:42.36	6:32.5
41	5	PAUL RICHARDSON	0:29:51.13	5:58.2	108	19	PAUL MILLER	0:32:44.34	6:32.9
42	13	KARL WHITE	0:29:53.49	5:58.7	109	20	JOHN KOPRISON	0:32:49.25	6:33.9
43	1	JAMES L MILLER	0:29:54.81	5:58.8	110	21	DAVID MULLHOUSE	0:32:54.92	6:35.0
44	3	RAYMOND MCDONNELL	0:29:56.62	5:59.3	111	21	DAVID MCDONALD	0:32:55.17	6:35.0
45	14	BOBBY ETIEN	0:29:58.18	6:00.2	112	22	KELLY CLEWGER	0:32:55.57	6:35.1
46	15	MIKE INEEL	0:29:58.18	6:00.2	113	23	DEWIS ZECH	0:32:58.29	6:35.7
47	6	JEFF SCHLEGEL	0:29:58.18	6:00.2	114	19	KENES SANTIAGO JR	0:33:06.45	6:37.3
48	7	GORDON PLEUS	0:29:58.18	6:00.2	115	20	BOB WAWACK	0:33:07.68	6:37.5
49	4	JUSTIN EUTISLER	0:29:58.18	6:00.2	116	21	DARE EITSON	0:33:08.15	6:37.6
50	16	MIGUEL MENZEL	0:29:58.18	6:00.2	117	4	MATT EMERSON	0:33:08.99	6:37.8
51	7	RESHIM MIHALLI	0:29:58.18	6:00.2	118	13	BRIE BREWER	0:33:10.17	6:38.0
52	6	MARY T. CONNELLY	0:29:58.18	6:00.2	119	24	JIM HUFFER	0:33:11.24	6:38.2
53	1	KEVIN HARBEN	0:29:58.18	6:00.2	120	9	JAMES SEILER	0:33:14.08	6:38.8
54	8	DONALD BASHOR	0:29:58.18	6:00.2	121	7	PAUL HILSER	0:33:20.67	6:44.1
55	9	KEVIN LUCKNER	0:29:58.18	6:00.2	122	10	MARC VONA	0:33:21.67	6:44.3
56	9	JEFF MONT	0:29:58.18	6:00.2	123	22	TONI ZALCHA	0:33:21.90	6:44.4
57	17	DANIEL AROCHTAVITTI	0:29:58.18	6:00.2	124	11	ROBERT BRECHLER	0:33:27.66	6:44.5
58	13	MICHAEL STRAYER	0:29:58.18	6:00.2	125	3	CLEN GETTY	0:33:28.31	6:44.5
59	10	JED PERSON	0:29:58.18	6:00.2	126	14	THOMAS LARSO	0:33:31.29	6:44.7
60	14	JERRY PERKINS	0:29:58.18	6:00.2	127	4	ED KERR	0:33:31.72	6:44.7
61	1	STEVE KELLER	0:29:58.18	6:00.2	128	23	JOHN FREISTROFFER	0:33:32.87	6:44.8
62	5	DOUGLAS HEDENBERGER	0:29:58.18	6:00.2	129	12	JOHN FREISTROFFER	0:33:37.27	6:45.3
63	6	GARY WALKER	0:29:58.18	6:00.2	130	25	SKY HOLEY	0:33:38.85	6:45.5
64	15	JASON THORP	0:29:58.18	6:00.2	131	26	FREDERICK HANNAHR	0:33:41.78	6:45.8
65	19	DEKLAN STUMP	0:29:58.18	6:00.2	132	15	DAVID HANDELIN	0:33:46.22	6:46.2
66	18	JOHN KINICK	0:29:58.18	6:00.2	133	26	CHRIS DOPHAN	0:33:46.60	6:46.4
67	1	JOHN KINICK	0:29:58.18	6:00.2	134	8	JAY OSBORN	0:33:54.55	6:46.1

PL.	DIV. PL.	NAME	TIME	PRICE/MI	PL.	DIV. PL.	NAME	TIME	PAGE/MI
135	27	SCOTT WILKINSON	0:33:51.25	6:46.2	213	37	DONALD CUNNINGHAM	0:37:14.74	7:26.9
136	5	BUD STIFFLER	0:33:54.28	6:46.9	214	38	MICHAEL DRAPEA	0:37:17.12	7:27.4
137	27	MICHAEL CALLAHAN	0:33:55.33	6:47.1	215	27	CHRIS BYRDE	0:37:18.82	7:27.8
138	9	MICHAEL PUSKER	0:33:59.07	6:48.0	216	2	BETTY FEAY	0:37:22.34	7:28.5
139	16	BRENT BYALL	0:34:06.23	6:49.2	217	39	THOMAS JOHNSON	0:37:23.27	7:28.7
140	17	MARTIN WALKER	0:34:06.80	6:49.4	218	34	CHAR BADOREK	0:37:23.83	7:28.8
141	12	ROBERT MINNICH	0:34:11.36	6:50.3	219	20	DAVE WILKINS	0:37:24.26	7:28.9
142	28	GREG FAHL	0:34:11.65	6:50.9	220	3	JIM RICE	0:37:24.52	7:28.9
143	24	LIONEL MURRAY	0:34:21.90	6:52.4	221	23	DANIEL FARRIMOND	0:37:27.68	7:29.6
144	28	CHRIS FAHL	0:34:25.88	6:53.0	222	38	TON FISHER	0:37:28.73	7:29.7
145	25	LEN PIROPATO	0:34:25.82	6:53.2	223	34	JOAN KOOR	0:37:29.39	7:29.9
146	13	STEVE GOLDTHWAITE	0:34:28.88	6:53.8	224	37	RANDY AUKER	0:37:30.87	7:30.2
147	6	CHARLES HANNA	0:34:34.55	6:54.9	225	14	BENE LINK	0:37:31.22	7:30.2
148	29	JOSEPH BUSHARDE	0:34:38.73	6:55.7	226	25	DARRELL DOUGLAS	0:37:42.27	7:32.5
149	3	JULIE MANGER	0:34:43.70	6:56.7	227	26	THOMAS WILSON	0:37:42.65	7:32.5
150	26	HOMAR KLINGER	0:34:44.55	6:56.9	228	25	MICHAEL HARMEYER	0:37:44.56	7:32.9
151	29	DANIEL SPURGEON	0:34:46.67	6:57.3	229	9	STEVEN MINNICH	0:37:46.68	7:33.3
152	14	STEVE ADKISON	0:34:48.78	6:57.7	230	40	BRENCH LEW	0:37:47.66	7:33.5
153	1	SHELLEY BRUNER	0:34:58.61	6:58.1	231	40	RUSSELL WOLPERT	0:37:49.85	7:33.8
154	10	BARRIE PETERSON	0:34:53.77	6:58.8	232	27	RON SEABLER	0:37:52.28	7:34.5
155	15	JACK SEIGEL	0:34:54.45	6:58.9	233	41	STEVE BEGHTEL	0:37:54.54	7:34.9
156	30	ROONEY GRAY	0:34:54.88	6:59.0	234	41	TROY COZAD	0:37:56.76	7:35.4
157	27	JERRY RATTIGAN	0:34:55.57	6:59.1	235	1	JONAN GARY	0:37:59.10	7:35.8
158	28	CHRISTOPHER NIXON MD	0:34:56.13	6:59.2	236	28	BOB FAHL	0:38:02.13	7:36.4
159	16	JEFFREY RAFF	0:34:58.39	6:59.7	237	42	MICHAEL MILLHOUSE	0:38:06.83	7:37.4
160	5	BRIAN GILLIE	0:34:58.88	6:59.8	238	42	KURT HYDEN	0:38:08.36	7:37.7
161	29	DENNIS SCHROEDER	0:34:59.47	6:59.9	239	43	GARY KUPPERLE	0:38:09.78	7:37.9
162	30	GARTH EBERHART	0:35:00.92	7:00.2	240	44	STEVEN BLAUSER	0:38:10.20	7:38.0
163	30	GARY HOOTEN	0:35:02.47	7:00.5	241	43	JIM BOHRER	0:38:10.73	7:38.1
164	31	TIM BRUNER	0:35:09.75	7:02.0	242	8	GAIL MEYER	0:38:11.88	7:38.2
165	32	ERIC BAKER	0:35:10.17	7:02.0	243	41	RANDY WILLIAMS	0:38:11.47	7:38.3
166	31	ROLLY BADOREK	0:35:10.56	7:02.1	244	30	STEVE McMAHON	0:38:15.31	7:39.1
167	32	DAVID GLOUSE	0:35:10.38	7:02.7	245	45	GARY CHENDMETH	0:38:19.36	7:39.9
168	18	SKIP WATSON	0:35:23.82	7:04.6	246	15	JEFF KENNEDY	0:38:19.96	7:40.0
169	11	DON ASHTON	0:35:29.27	7:05.9	247	6	SHERRY YODER	0:38:22.66	7:40.5
170	2	JOHN MILNER	0:35:30.16	7:06.0	248	45	DANIEL FISHER	0:38:26.39	7:41.3
171	2	JACQUELINE HOEVEL	0:35:32.64	7:06.5	249	5	INGRID KIPFER	0:38:32.99	7:42.6
172	33	ERICK SOBERQUIST	0:35:40.44	7:08.1	250	29	DARRELL PATTON	0:38:34.23	7:42.8
173	2	ELLEN CRAIG	0:35:41.68	7:08.4	251	46	TIM MOSSBURG	0:38:36.91	7:43.4
174	3	SARA WYSS-GILBERT	0:35:42.46	7:08.5	252	40	MIKE AVILA	0:38:38.02	7:43.6
175	31	RICK TRABEL	0:35:48.07	7:09.6	253	30	TERRY LOUCKS	0:38:38.53	7:43.7
176	32	JOE MCINNIS	0:35:49.22	7:09.8	254	16	MIKE LYKINS	0:38:41.62	7:44.3
177	17	MIKE DONLAN	0:35:54.91	7:10.8	255	31	WAYNE FEAY	0:38:45.95	7:45.2
178	4	DEBBIE GREW	0:35:54.46	7:10.9	256	6	SUSAN WEBB	0:38:47.37	7:45.5
179	19	JOSEPH COLLINS	0:35:56.58	7:11.3	257	32	ROBERT ROSS	0:38:48.45	7:45.6
180	28	BILL LAUPAN	0:36:01.21	7:12.2	258	7	LINDA BROOKS	0:38:48.45	7:45.7
181	12	DURNE VOIROL	0:36:03.74	7:12.7	259	48	HARPER PECK	0:38:48.85	7:45.8
182	21	MICHAEL KASTER	0:36:05.71	7:13.1	260	7	PIETRI PANTELLO	0:38:49.22	7:45.8
183	4	DENISE CONRAD	0:36:06.57	7:13.3	261	33	ROBERT YUROGKO	0:38:52.68	7:46.5
184	22	BRIAN BARRETT	0:36:10.71	7:14.1	262	34	ROBERT BECHING	0:38:53.86	7:46.8
185	5	PHYLLIS JUELZER	0:36:11.67	7:14.3	263	8	KARI HAMLIN	0:38:54.22	7:46.8
186	33	JAMES KLIMKOWSKI	0:36:14.07	7:14.8	264	35	CHARLES ROBERSON	0:38:54.66	7:46.9
187	23	DAVID L. MOORE	0:36:15.94	7:15.2	265	13	MARTIN MILLER	0:38:57.87	7:47.6
188	24	ALAN BELL	0:36:16.45	7:15.3	266	9	KASEY MILLER	0:39:01.83	7:48.2
189	18	JERRY LUTZEN	0:36:16.86	7:15.4	267	10	DEB STARK	0:39:01.73	7:48.3
190	34	MARVIN SMITH	0:36:18.74	7:15.7	268	17	ROBERT CLAY	0:39:05.27	7:49.1
191	35	GARY KING	0:36:26.81	7:17.2	269	2	FRAN VAN WAGNER	0:39:06.84	7:49.2
192	34	PAUL BALMAN	0:36:26.78	7:17.4	270	31	MAX GRODRIAN	0:39:07.55	7:49.5
193	19	PERRY YOUNG	0:36:28.81	7:17.8	271	11	BEV DEBLER	0:39:07.94	7:49.6
194	6	MICHAEL LINDLEY	0:36:31.89	7:18.4	272	3	UNREGISTERED RUNNER	0:39:08.48	7:49.7
195	7	CHRIS KAUFMAN	0:36:33.08	7:19.0	273	46	STEVE SKILES	0:39:09.57	7:49.9
196	1	MARSHA SCHMIDT	0:36:35.29	7:19.1	274	49	TOM HANNIE	0:39:02.18	7:52.4
197	20	TOD BELLEPERCHE	0:36:35.61	7:19.1	275	50	BILL RYAN	0:39:28.82	7:53.6
198	35	PHILIP BYRDE	0:36:35.93	7:19.2	276	10	JEREMY STRAYER	0:39:29.52	7:53.9
199	7	NORMAN WHISLER	0:36:43.16	7:20.6	277	12	KIM LARSEN	0:39:29.96	7:54.0
200	3	NIXI SUEVER	0:36:44.46	7:20.9	278	9	ROBERT LOOGIN	0:39:30.84	7:54.2
201	21	DON SHRIDANGLA	0:36:51.82	7:22.4	279	8	KATHY PLEUS	0:39:31.96	7:54.4
202	33	BENJAMIN HORSELL	0:36:52.29	7:22.5	280	32	KURT ZEMANN	0:39:34.10	7:54.8
203	13	DEAN CUTSHALL	0:36:53.87	7:22.8	281	3	VALERIE PUCKETT	0:39:34.48	7:54.9
204	4	BECKY BORDHELT	0:36:54.39	7:22.9	282	13	BECKY SNOUFFER	0:39:35.00	7:55.0
205	2	UNREGISTERED RUNNER	0:36:55.12	7:23.0	283	14	LISA SNOUFFER	0:39:37.13	7:55.4
206	36	DANNY HUMBERT	0:36:55.22	7:23.0	284	36	ROBB ROBERTSON	0:39:37.62	7:55.5
207	36	THOMAS FUELLING	0:36:58.77	7:23.7	285	47	MICHAEL REITH	0:39:38.14	7:55.6
208	25	SAMUEL BIDDLE	0:36:59.11	7:23.8	286	51	DAVID THOMPSON	0:39:39.30	7:55.9
209	22	LARRY LEE	0:37:02.48	7:24.5	287	37	CARL FIELDS	0:39:42.88	7:56.6
210	37	TOMMY EVANS	0:37:07.34	7:25.5	288	52	GARY STAMLEY	0:39:46.73	7:57.3
211	26	DAVID SALUS	0:37:09.42	7:25.9	289	4	YERN CHOWAN	0:39:48.58	7:57.7
212	8	KENT MERRITT	0:37:13.93	7:26.8	290	15	SARA NOLL	0:39:50.18	7:58.0

PL.	DIV. PL.	NAME	TIME	PRICE/MI	PL.	DIV. PL.	NAME	TIME	PRICE/MI
291	38	CHARLES UNSGELL	0:39:51.93	7:58.4	378	68	MICHAEL DAZZO	0:43:27.25	8:41.3
292	4	MARGARET STAPEL	0:39:54.19	7:58.8	371	20	KAREN LOSER	0:43:38.41	8:42.1
293	39	DEAN SHARP	0:39:55.59	7:59.1	372	7	KATHLEEN DOUGLAS	0:43:37.53	8:43.5
294	40	DAN BELSCHNER	0:39:55.97	7:59.2	373	8	MARJORIE CRAIG	0:43:41.94	8:44.4
295	46	TOM TALARICO	0:39:56.57	7:59.3	374	21	TINA MCDONALD	0:43:50.18	8:45.0
296	18	ART NEWELL	0:39:57.36	7:59.5	375	22	KARIN ODUM	0:43:52.52	8:45.5
297	19	ROBERT GARDNER	0:39:58.59	7:59.7	376	61	CRIG BRADY	0:43:56.69	8:46.3
298	49	DAVID RYAN	0:39:59.05	7:60.0	377	25	JOHN RASMUSSEN	0:44:03.78	8:46.7
299	41	LARRY GODAIR	0:40:03.59	8:00.7	378	27	JAMES LUBBENSEN	0:44:04.24	8:46.8
300	4	UNREGISTERED RUNNER	0:40:04.73	8:00.9	379	28	JERRY ROLINSKI	0:44:04.73	8:46.9
301	5	KRISTLE GILLIE	0:40:11.56	8:03.1	380	6	MENDEL ADAMS	0:44:06.12	8:49.2
302	33	STEVE CONRAD	0:40:17.92	8:03.6	381	9	STIEGLINDE RICHARDSON	0:44:13.78	8:50.7
303	53	KIM DOVE	0:40:18.89	8:03.8	382	23	CHERIE BELSCHNER	0:44:14.16	8:50.8
304	20	JEFFREY MCCANN	0:40:21.28	8:04.3	383	24	SUZANNE SNYDER	0:44:28.94	8:52.2
305	42	JERRY SCOTT	0:40:23.63	8:04.7	384	61	GLENN WEISNER	0:44:28.95	8:53.8
306	58	ERNEST BOYCE	0:40:29.73	8:05.9	385	29	ELIOT WATSON	0:44:39.91	8:56.0
307	16	NANCY BURR	0:40:38.69	8:06.1	386	38	DAVID PEARSEY	0:44:43.59	8:56.7
308	43	MIKE HEY	0:40:32.37	8:06.5	387	18	DAVID SODERSTROM	0:44:45.43	8:57.1
309	14	DAVID KEELY	0:40:36.18	8:07.2	388	62	DESSIS RISER	0:44:52.26	8:58.5
310	54	MIKE DAVIS	0:40:37.08	8:07.4	389	20	LAURIE STEEL	0:45:07.04	9:01.4
311	51	PETER VINZANI	0:40:38.14	8:07.6	390	6	ANNE NETTE RASMUSSEN	0:45:28.09	9:04.0
312	9	MARGARET NORTH	0:40:46.09	8:09.2	391	21	BARB MCCOOL	0:45:25.41	9:05.1
313	21	THOMAS NORTH	0:40:46.48	8:09.3	392	25	BARB GARY	0:45:25.77	9:05.2
314	22	MARK MISHLER	0:40:47.76	8:09.6	393	26	BECKY HEATH	0:45:28.94	9:05.8
315	44	WILLIE BELL	0:40:58.72	8:10.1	394	27	ANNE ERENICH	0:45:31.41	9:06.3
316	10	KATHY HASTINGS	0:40:53.76	8:10.8	395	13	DON ROKIDES	0:45:33.79	9:06.8
317	10	DAN DANIEL	0:40:56.27	8:11.3	396	7	AMY KILLER	0:45:39.93	9:08.0
318	52	LARRY ROLLINS	0:41:07.87	8:13.6	397	28	ROSE OGDARELL	0:45:46.85	9:09.4
319	11	MAGELYN TYSON	0:41:12.31	8:14.5	398	22	JACINTA MILLER	0:45:47.17	9:09.4
320	12	BERNICE KING	0:41:15.76	8:15.2	399	29	MARY HANSON	0:46:15.74	9:15.1
321	17	MENDY WILLIAMS	0:41:17.23	8:15.5	400	3	MARY GILLION	0:46:18.42	9:15.7
322	53	DONALD EDGAR	0:41:17.98	8:15.6	401	38	DEBORAH GILLION	0:46:18.73	9:15.7
323	13	JUDY DAVIS	0:41:19.68	8:15.9	402	57	DON SEAL	0:46:19.83	9:15.8
324	14	CATHY BUX-FERGUSON	0:41:20.22	8:16.0	403	58	JACK SCHMIDT	0:46:31.38	9:16.3
325	54	GREG WING	0:41:21.69	8:16.3	404	31	BARB FERGUSY	0:46:36.55	9:19.3
326	34	JOHN STOKER	0:41:24.78	8:17.8	405	62	JOSEPHAN OLSON	0:46:45.62	9:21.1
327	15	BRENDA WOLFE	0:41:26.15	8:17.2	406	8	DIANE RICHARDSON	0:46:49.65	9:21.9
328	45	JAMES MILLER	0:41:26.64	8:17.3	407	32	VICINI JACOBS	0:47:01.73	9:24.3
329	23	ELDON BAUMER	0:41:29.88	8:18.0	408	63	BILL COOK	0:47:04.36	9:24.9
330	35	CORRADO CIERNIAK	0:41:33.88	8:19.8	409	64	GENE SCHELMANN	0:47:23.02	9:28.6
331	5	UNREGISTERED RUNNER	0:41:34.46	8:19.7	410	33	JOELLE VANANORA	0:47:28.52	9:29.7
332	55	DON KRASER	0:41:39.11	8:19.8	411	10	JENY PRANTING	0:47:36.92	9:31.4
333	56	ROGER JANSBARDA	0:41:48.17	8:20.8	412	7	CHET FLEETWOOD	0:47:48.15	9:32.8
334	16	CAROLE KROUTH	0:41:44.22	8:20.8	413	34	ELIZABETH ORTLEN	0:47:48.68	9:32.1
335	18	JUDY WILKINS	0:41:44.89	8:21.0	414	19	TIM LEDBETTER	0:47:41.66	9:32.3
336	46	JEFF HASTINGS	0:41:47.38	8:21.5	415	35	KAREN PEDDEN	0:47:42.07	9:32.4
337	56	GREGG ABELS	0:41:48.27	8:21.7	416	36	CONNIE MURRAY	0:47:42.78	9:32.6
338	19	ROSALIE WELSH	0:41:52.12	8:22.4	417	59	TOMY GARTON	0:47:49.12	9:33.8
339	47	JAMES HARTLEY	0:41:57.92	8:23.6	418	37	BARBARA LAFFLER	0:47:51.68	9:34.3
340	15	CHRIS DUNN	0:42:01.81	8:24.4	419	23	DONA BRADBURY	0:47:57.85	9:35.4
341	57	STEVE STERNBERGER	0:42:02.98	8:24.6	420	24	CONSTANCE SING	0:48:01.69	9:36.3
342	48	TOM THEARD	0:42:04.22	8:24.8	421	31	WILLIAM THOMPSON	0:48:12.33	9:38.5
343	58	JOHN TYSON	0:42:12.82	8:26.6	422	25	NICOLE CHRISTMAN	0:48:29.14	9:40.8
344	16	JEFFREY DAVIS	0:42:16.81	8:27.4	423	38	SUZANNE DEBERG	0:48:48.48	9:45.7
345	43	WILLIAM CAMPBELL	0:42:25.48	8:29.1	424	32	JOHN DEBERG	0:48:48.88	9:45.8
346	5	JERRETTE KLEIN	0:42:26.34	8:29.3	425	14	JOHN JEDINAK	0:48:49.83	9:46.0
347	17	JAN MCNULTY	0:42:26.84	8:29.4	426	65	BRAD MCDULLLEN	0:48:53.26	9:46.7
348	58	RAYMON BROAD	0:42:31.66	8:30.4	427	66	ANDREW HARVARO	0:48:53.71	9:46.7
349	51	BARRY COLLINGSWORTH	0:42:35.38	8:31.1	428	68	ROBERT HENRICKS	0:49:12.19	9:50.4
350	11	KING SULLIVAN	0:42:35.98	8:31.2	429	11	SUE VELU	0:49:46.35	9:57.3
351	52	LARRY GARY	0:42:43.67	8:32.7	430	39	FRANNIE GODAIR	0:49:46.78	9:57.3
352	53	RAY CLARK	0:42:56.49	8:35.3	431	12	LINDA QUILMAN	0:50:03.17	10:00.5
353	6	MARGARET WILLIAMS	0:42:57.19	8:35.4	432	4	JESSIE MCCANN	0:51:09.07	10:13.8
354	54	DON NOTTINGHAM	0:42:57.78	8:35.5	433	1	POLLY JACOBS	0:51:24.49	10:16.9
355	35	STEVE BURNS	0:42:58.04	8:35.6	434	5	JAN LONGSWORTH	0:51:28.99	10:17.8
356	17	DOUGLAS BELL	0:42:59.09	8:35.8	435	48	MARtha HONELL	0:51:36.02	10:19.2
357	12	CLIFFORD DIETRICH	0:42:59.88	8:36.0	436	26	TRICIA THOMAS	0:51:48.19	10:21.6
358	59	BILL OSTERHOLT	0:43:05.76	8:37.2	437	41	JEAN HARTMAN	0:51:57.71	10:23.5
359	57	BOB STEELE	0:43:06.88	8:37.2	438	27	SARA STUCK	0:53:08.78	10:37.8
360	18	JUKE McCLURE	0:43:07.79	8:37.6	439	15	REL MAURER	0:54:56.65	10:59.3
361	5	PAUL SNYDER	0:43:11.67	8:38.3	440	42	NANCY GERWANN	0:55:03.63	11:00.7
362	24	LARRY PALMER	0:43:13.52	8:38.7	441	8	RICHARD LONGSWORTH	0:55:32.75	11:06.5
363	25	ROBERT MUNCIE	0:43:14.32	8:38.9	442	28	MOLLY ORRIN	0:57:38.46	11:30.1
364	35	JOSEPH RYAN	0:43:17.54	8:39.5	443	29	RAY STOCK	0:59:42.48	11:56.5
365	58	ROBERT ANDERSON	0:43:18.85	8:39.8	444	6	DORIS SNYDER	1:01:15.88	12:15.8
366	68	MICHAEL HENDRICKS	0:43:28.79	8:40.2	445	43	JUDITH KILGORE	1:04:53.88	12:58.6
367	56	KEN HENDRICKS	0:43:21.64	8:40.3	446	13	SHARON PAULEY	1:32:12.88	18:26.4
368	59	GEOFFREY MADECKAI	0:43:23.18	8:40.6					
369	19	ELIZABETH MADECKAI	0:43:23.76	8:40.8					

# PREDICTION RUN-POTLUCK IN THE PARK

LET'S ALL GET TOGETHER

AND FINISH A DAY OFF FIRST-RATE  
MEET AT POSTER PARK PAVILION

WED. AUG. 16TH IS THE DATE.

WE'LL START WITH A RUN

NOT EXCEEDING 4 MILES

AND FINISH WITH A FEAST

THAT WILL BRING ON THE SMILES.

ABOUT SIX IN THE EVENING

THE PREDICTION RUN WILL BEGIN

AND SOON AFTER THAT

WILL BE THE TIME TO DIG IN.

BRING A PICNIC FOOD WITH YOU,

EVEN TWO IF YOU WISH.

WE'LL PROVIDE THE BEVERAGE

YOU'LL NEED UTENSILS AND DISH.

SO COME OUT AND JOIN US

EVEN IF YOU DON'T WANT TO RUN

BRING YOUR SPOUSE AND YOUR OFFSPRING

AND HAVE AN EVENING OF FUN :



# ROAD RUNNERS CLUB of AMERICA

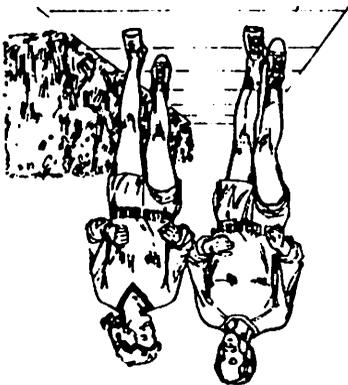


## STROLLER/BABY JOGGER GUIDELINES

THE RCMA STRONGLY RECOMMENDS AGAINST THE PARTICIPATION OF  
 BABY STROLLERS IN ROAD RACES AND AGAINST FACE ORGANIZERS CREATING  
 BABY STROLLER DIVISIONS.

THE REASON FOR THIS RECOMMENDATION IS THAT THE INCLUSION OF STROLLERS  
 IN RACES INCREASES THE POTENTIAL FOR INJURY TO RACE PARTICIPANTS  
 AND THE CHILDREN.

THE RCMA HAS NO OBJECTION TO AND DOES NOT DISCOURAGE THE SAFE AND  
 PRUDENT USE OF STROLLERS OR BABY JOGGERS IN TRAINING SITUATIONS.



1988 RCMA CONVENTION  
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# RUNNING INJURIES

Danien Howell, MS, RPT



When should you seek a health professional's services concerning a running injury? This question has been and will be faced by many at some point during their running career. If you are suffering from an injury and/or the associated mental depression, you should seek a professional's help when:

- \* the discomfort is getting progressively worse
- \* the discomfort has plateaued at a level which is chronically affecting your performance
- \* the discomfort is more frequent and/or is present while not running
- \* the discomfort is at a level of three or higher on a scale of one (no pain) to ten (worst pain imaginable)
- \* attempts at self-treatment (i.e., new shoes, a change of surface or training, etc.) do not significantly improve the symptoms
- \* the discomfort is causing you to compensate and develop additional injuries
- \* the mental depression, denial or guilt you may be experiencing is identified to you by significant others

Once you have decided to seek professional treatment concerning your running injury, the next decision is whom to see. In today's expanding field of sports medicine, there are many disciplines to choose from: orthopaedic surgeons, athletic trainers, podiatrists, physical therapists, chiropractors and others. Primarily you need to choose a qualified health care professional enough to recognize when a patient

should be referred to a more appropriate person or profession. The competent health professional who evaluates and treats running injuries should:

- \* examine you with dynamic methods as well as static. You need to be examined while motionless, walking and running
- \* provide you with a specific diagnosis or a list of potential diagnoses
- \* provide you with a potential cause of the diagnosis
- \* counsel you about methods of coping with possible withdrawal symptoms from not running if abstinence from running is prescribed
- \* clearly explain how to prevent the injury from recurring
- \* advise you on training modifications to prevent recurrence
- \* provide a multi-faceted treatment approach. Running injuries typically have multiple causative factors, and therefore varied treatment approaches
- \* re-examine you after a therapeutic intervention and demonstrate to your satisfaction that the cause and/or injury had been adequately addressed
- \* offer alternative treatment approaches (including referral) if the first approach did not remedy the problem.

\*\*\*\*\*  
THE AUTHOR IS CHAIRMAN OF THE RRCA'S SPORTSMEDICINE COMMITTEE, AND IS IN PRIVATE PRACTICE OF PHYSICAL THERAPY IN RICHMOND, VA.

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## Alternatives to Running During Injury

By RRCA Sports Medicine Committee  
Charlie Gatti, *Chairman*

The recent increase in the number of people who have taken up running as a form of exercise, has brought on a vast increase in the number of injuries. At the same time many doctors and podiatrists are beginning to see the light and are treating the cause of the injury rather than the symptoms. This means that many injuries are healed without a halt in training. However, in the cases where running is impossible (so that the injury may be completely healed), more and more runners are turning to alternative exercises.

Two other forms of exercise; cycling and swimming, immediately come to mind. These can be used quite successfully to maintain aerobic condition until running is again possible. Cycling also increases quadriceps strength (those muscles on the front of the thigh). This is important because these muscles are rarely used in running, which results in an imbalance with the strong hamstring muscles. Swimming also improves upper body strength (another area often neglected by runners).

However, there are problems associated with swimming and cycling. If the alternative exercise causes pain in the injured area (as is often the case with swimming and cycling) then it must be discontinued because it is causing further damage. Also, in order to be effective, one must either know how to swim or own a bicycle (not an inexpensive item in these days of inflation). A further alternative to swimming could be walking or running with your legs under water. This increases resistance and greatly decreases the pounding associated with regular running.

Dr. Myles Schneider, D.P.M. reports a form of exercise therapy he has used successfully on some muscular joint injuries. This therapy involves alternating icing the affected area until it is numb, with short periods of exercise until the pain returns. Not only is swelling minimized, but the blood supply to the deeper vessels is increased, which promotes healing. For complete details contact Dr. Schneider direct at 7420 Little River Turnpike, Annandale, Virginia 22003.

A final alternative exercise was researched by Charlie Gatti in 1977, as a requirement for a Master's degree. This involves placing a floatation device around the runner, then having him get into the deep end of the swimming pool in an upright position (the floatation device holds the runner's head above water). The runner is then instructed to move his arms and legs in his normal running motion, i.e., to "run" in the water. The intensity may be varied by increasing the arm and leg motions (in fact, intervals may be done in this manner).

This "water training" as it is called, proved effective in raising the heart rates of the injured runners to an acceptable training level. It was particularly effective with injuries caused by over use or from pounding on hard pavement. However, if this training causes pain to the injured area, it should be discontinued. For more information contact Charlie Gatti at Washington University, Dept. of Athletics, St. Louis, Missouri 63130.

While these are by no means all of the alternative exercises available to injured runners, they are some of the more effective ones. They help to alleviate some of the tensions and frustrations which build up when one is unable to run. Of course, they also help to maintain aerobic conditions so that one may more quickly return to a regular training schedule.

# THE INSIDE TRACK



# TRACK CLUB SOCIAL



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PRE-SOCIAL RUN

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BUILDING AT 6 PM

CHOOSE YOUR DISTANCE

AND SPEED (WE'RE NOT ALL JACK RABBITS)

SHOWERS ARE AVAILABLE

7:30-8:00 AT TJ PASTA

GOOD FOOD AND

CONVERSATION



HOPE TO SEE YOU THERE !

Fishing For A Healthy Heart  
by  
Judy Newman, Registered Dietitian

Over 30 years ago, a Seattle heart specialist instructed his patients on a healthy diet that included five meals of fish per week. After following them for over a decade, he found that they lived an average of four years longer. Although other life-style changes also occurred, the fact that diets that regularly include fish are heart-healthy has been supported by recent studies of the omega-3 fatty acids in fish oils. Other recent studies also suggest that even fish low in omega-3 oils can help the heart. Also, it doesn't appear that the amount that's needed has to be great as long as it's used regularly. Dr. Kromhout in the New England Journal of Medicine reports that men who ate an ounce of fish or more a day over 20 years were two and a half times less likely to die from heart disease than those who didn't.

Fish oil supplements, however, are another story. People are acting on research that indicates that fish oils reduce the risk for developing heart disease and preliminary research that suggests fish oils may also treat arthritis, asthma, migraine, psoriasis and other health problems. The relationship, however has not been proven and even experts are uncertain about the proper way to prescribe fish oil supplements. Popping a pill may seem easy, but the caution is not to rely on pills without making life-style changes and following healthy eating habits. Another caution about fish oil supplements is that they are fats which add to the total fat in the diet and additional calories.

An additional advantage of fish is that it's an excellent source of protein. Protein intake is important to the endurance athlete for the maintenance of muscle mass. In the past five years, studies with animals suggest that protein needs of the endurance athlete may be greater than 100% of the RDA (0.8 gm protein per kilogram body weight per day for adults). Fish protein can be an important part of the athlete's diet.

Many people believe fish begins and ends with canned tuna and turn it down due to the fishy odor. The fact is that fish that smells fishy isn't fresh, it should be on it's way out the door. Fresh fish should smell ocean-like or cucumber-like but not strong.

Many new fish varieties are now available. Those that contain omega-3 fatty acids include mackerel, salmon, herring, and sablefish. Leaner choices are carp, catfish, cod, perch, pike, pollock and snapper. Fresh-water bass, bluefish, shark, smelt, swordfish and trout are moderately high in fatty acids. Fresh fish is more readily available here in the mid-west and price-per-serving does not need to be expensive. Only a small portion is lost in cooking and there is no waste.

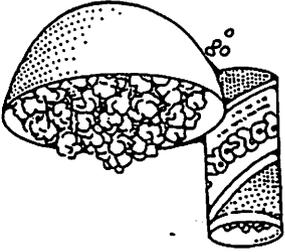
Store fish as cold as possible as it deteriorates quickly and cook without frying to avoid additional fats and calories. Cook fish in the oven at 450 degrees for about 10 minutes for each inch of thickness or if frozen, cook for 20 minutes per inch of thickness. Fish is done when the translucent appearance becomes opaque. Watch carefully as doneness occurs quickly and overdone fish is dry and tough. In the microwave, fish stays very moist but needs to be turned during cooking process at least once. In the microwave, it may take less time to cook depending on the amount you cook at once.

To get you started eating heart-healthy fish, here are two recipes recently demonstrated (and tasted) at DeKalb Memorial Hospital's recent low cholesterol cooking class.

Place popcorn in a microwave popcorn popper; top with cover, and microwave at HIGH 3 1/2 minutes or according to manufacturer's directions. Combine 9 cups popped corn, raisins, wheat squares, marshmallows, and dried apricots in a large bowl; toss gently. Reserve any remaining popcorn for another use.

Method

- 1/2 cup unpopped popcorn
- 1 1/2 cups raisins
- 1 1/2 cups bite size crispy wheat squares
- 1 cup miniature marshmallows
- 1 (6 ounce) package dried apricots, quartered
- 2 tablespoons margarine
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger



Ingredients

**POP-POP POPCORN MIX**

1. Place fish fillets in baking dish so they do not overlap. 2. Mix garlic, soup, mock sour cream, sherry, and mushrooms. Pour over fish. Sprinkle with paprika and parsley. Cover with plastic wrap. 3. Microwave on medium for 4 minutes. Rotate fish in dish. Cook another 4 minutes on medium. Rotate fish again. Cook on high until fish flakes easily. Let stand covered for 4 minutes. Calories per serving: 204

- 6-4 oz. fish filets, 3/4" thick
- 1/4 tsp. garlic, crushed
- 1-10 1/2 oz. can Mushroom soup, low sodium
- 1/2 cup Mock sour cream or plain non-fat yogurt
- 1/4 cup Sherry
- 4 oz. Mushroom, canned sliced, low sodium, drained
- dash Paprika
- 2 Tbsp. Chopped Parsley

Microwave Fish

1. Mix all ingredients except fish. Dry fish with paper towel. 2. Place fish in shallow baking dish that has been coated with cooking spray. Spread top of each fillet with spice mixture. 3. Bake at 450 degrees for 10 - 15 minutes or until fish flakes easily. You may place quickly under the broiler to brown. Serve immediately. Calories per serving: 168
- 4-4 oz. Fish steaks, 3/4" thick
  - 1/8 tsp. Pepper, black
  - 1/8 tsp. Parsley, chopped, fresh
  - 2 Tbsp. Parmesan cheese
  - 1/2 tsp. Oregano
  - 2 tsp. Margarine, unsalted
  - 1/2 tsp. Lemon wedges for garnish
  - 4 Garlic clove, minced
  - 1 Tbsp. Lemon juice
  - 2 tsp. Olive oil
  - 2 tsp. Margarine, unsalted

Scampi-style Fish

Combine remaining ingredients in a small microwave-safe bowl; microwave at HIGH 25 to 30 seconds or until margarine melts. Stir well, and pour over popcorn mixture; toss gently to coat. Store in an airtight container.

Yield - 14 cups

Per serving - (1-cup serving)  
Calories - 140  
Cholesterol - 0  
Fat - 13%

Exchange - 1 starch, 1 fruit

From: Cooking Light

- High Fiber
- Oat Bran
- Complex Carbohydrates
- Complete Protein
- B-Vitamins
- Iron
- Potassium
- No Cholesterol
- No Sugar
- No Preservatives
- No Artificial Additives.

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## Hilger's Farm Market



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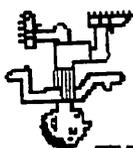
# MALSOVIT<sup>A</sup>

## THE DIET PLAN FROM EUROPE

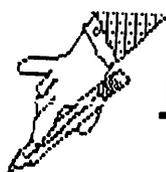
Our all natural Malsovit Bread is baked fresh daily and contains:

Malsovit flour (Whole Wheat, Bran, Barley, Oats, Soy Flour, Wheat Germ, Rye, Buckwheat, Wheat Gluten and Kelp), Water, Yeast, Salt, Sunflower Oil, and Vinegar.

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IN RHYME BROUGHT TO  
YOU BY JOYCE BUTLER



EFFORTS WORTHWHILE  
AND MAKE YOUR  
YOUR ACHIEVEMENT  
WE WANT TO RECOGNIZE  
YOUR MILES  
TO KEEP TRACK OF  
RUNNERS DON'T FORGET



MILEAGE CHART



Save The Children Relay '89 Final Summary

To: All Fort Wayne Team Members,

We did it! We did it! Despite the cold and even snow, we managed to log 304 miles on the course and raise nearly \$3,900 to provide immunizations and medical assistance to children around the world and in our own community.

The Event May 6, 8am:

Midi Link, who led all fundraisers last year, got us off to a great start with a two mile walk and \$784 in pledges! Ten of Don Lindley's prediction runners, who started their run simultaneously with ours, pledged their mileage to the relay. By 10am, with temperatures dropping Ray Sibrel, Craig Miller and Jack Morris had pushed us over the 125 mile mark and \$1,000 in pledges.

Sharon Pauley kept the relay going with her mileage and lively spirit. Then Webster (the dog) and Dean Zimmerman (the man) entertained us and put several miles on the board. At 11am Elvia Mendez was greeted by a one minute blizzard of snow as she arrived to bring her mileage. Undaunted, she popped up her umbrella and walked the course with a canine friend.

The snow and intermittent showers caused the colors of our tote boards to run. Just when things looked their bleakest, the sun broke through to warm things up and salvage our flagging spirits. Juanita Jefferson, from Matthew 25, continued the relay until Webster and Dean Zimmerman, and Sharon Pauley made their second appearance and were joined by Mary Renner, Tim Eakin, Kurt Knox, and Bill Zimmerman. Once again Webster's playful antics and cheerful disposition had us all laughing.

Just as all of these team mates departed Ryan Hoevel trotted onto the track to keep the relay intact and quickly completed 12 miles. The chemistry of this team worked to perfection, just as it did last year. As Ryan was about to finish, Eve Bratton, from Matthew 25, and her two daughters began their six mile walk. Joe Steckbeck took over from Eve, biked ten miles, and brought in over \$300 in pledges which put us past the \$2,000 mark.

Mary Verstynen and I then traded off on my bike to keep the relay alive until Ken Babcock (who had run 13 miles earlier) came back to ride 40 miles more, breaking the individual mileage record by one and bring our total for the day to 252.

Alan Oaks, who was so instrumental in the success of last year's event, suprised us with his presence and put in several miles. Jerry Mazok soon followed with his family hoofing the course.

At 6pm we still lacked 30 miles in our length of the state trek. The sun had dropped too low to provide any heat and the blustery winds battered us ever harder. John Howell arrived wearing only a light jacket but braved the elements for the six long miles of his walk. At 7pm with darkness closing in and the prospect of having to hike the final, freezing eight miles myself, Larry Lee showed up after a hard day's work for his company. The four miles we ran together were a fitting climax to this event. The winds seemed to die and the temperature became almost balmy. We talked about our love of running and the many 15 mile early morning runs we traversed together year's ago. And we talked about how important the efforts of the entire Fort Wayne team are to children all over the world and many in our community. The run seemed effortless and had an almost magical air about it. Larry and I Hi-Fived it as we finished at 7:40 and filled in the 300th mile of the relay. Miranda and Nicholas Horrell walked and ran two miles each to bring our final total to 304 miles.

A couple of pledges are still out, but our final totals should read: Save The Children \$2796 and Matthew 25 \$975 for a final grand total of \$3,771! The Worldwide total will surpass \$300,000!

Special thanks to Don Lindley and his prediction runners not previously mentioned: Jack O'Neil, John Spurgeon, Linda Conrad, Ben Horrell, Betsy Gorman Acosta, King Sullivan, and John Kline. Without their help we would not have even come close to 300 miles. Thanks also to Mary Verstynen for lending her artistic talents in designing the tote boards.

A very special thanks also to five members of the business community who so graciously provided T- shirts and prizes in recognition of our efforts for the world community. Thank You: Mike's Car Wash, The Munchie Emporium, Rogers, Spiece, and Hall's. More than 40 prizes will be awarded to our 31 member team.

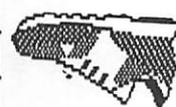
My deepest thanks to all of you. I am eternally grateful for your gallant efforts on behalf of the children and your enthusiasm and dedication on May 6. Whether you raised \$2 or \$500 the most important part of this event to me was your presence. May God Bless all of you.

Sincerely,

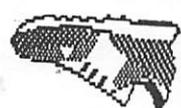


John R. Eakin, Director, Save The Children Relay '89, Fort Wayne



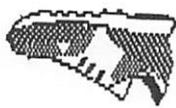


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SEND TO:



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RECORD OF YOUR  
KEEP A



RUNNERS

RRCA NATIONAL CONVENTION  
COLORADO SPRINGS, COLORADO

I attended the RRCA National Convention in Colorado Springs on June 8th with Judy Tillapaugh and five other FWTC members. The experience was one I'd like to share with you. This was an enlightening, most enjoyable four days. The scenery was exquisite. Our spontaneous activities included an 8:00 p.m. run which I rated as a four star 25 minute show, it was a spectacular display of beauty watching the effect of the sun on the sky as it disappears behind the mountains. After three days of fun runs, seminars and tours, a banquet was held honoring people from different clubs for volunteer work done. Clem Getty and Judy Tillapaugh were recognized as nominees for volunteer and club president of the year respectively.

I now have a greater awareness and appreciation for the effort all the officers and volunteers put in to making the FWTC a first class running club. The RRCA consists of over 440 clubs ranging in size from 6 members to 26,500 members.

The speaker at the banquet was Joe Vigil who coaches and trains world class athletes as well as the "you and me" type runners. He was dynamic, and sent me away with a desire to challenge myself to be the best no matter what my goals or ambitions, and never to settle for less.

Sunday was the climax of the trip as we ran the Garden of the Gods 10 mile race. All participants were winners that day - the reward being the satisfaction of conquering the challenge of the mountainous hills and the natural beauty along the way was the best I'd ever seen.

This four day vacation sent me home with new friends, inspired, refreshed, appreciative of the FWTC and ready to take on the world.

Mary T. Connolly  
June 14, 1989



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LONG RUN**



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ZANESVILLE 10K RACE  
MAY 20, 1989

Place	Name	Time	Place	Name	Time
1.	Bill Blosser	36:40	15.	Joe McInnis	47:02
2.	Doug Crawford	37:54	16.	Terry Gautsch	48:37
3.	Conrad Peterson	38:23	17.	Tom Fuelling	50:27
4.	Nick Hodgman	38:29	18.	Joyce DeStefano	50:32
5.	John Pea	39:38	19.	Michael Yann	51:46
6.	Gary Walker	39:39	20.	Steve Abbett	53:32
7.	Don Lindley	42:02	21.	Tim Martin	54:54
8.	Tom Selig	42:32	22.	W.D. Greenwood	56:25
9.	Gary Kuhn	42:38	23.	Sue Zimmerman	59:45
10.	Bret Brewer	43:46	24.	Vickie Jacobs	59:46
11.	Hal Atkinson	44:05	25.	Carmen Lowe	62:01
12.	Dick Harnly	44:20	26.	Robert Hockensmith	62:28
13.	Marty Walker	45:28	27.	Pamela Bowersock	67:01
14.	James Thompson	46:59	28.	Polly Jacobs	69:40

---

RESULTS OF SUNBURST MARATHON, 10KM, AND 5KM HELD ON JUNE 10, 1989

MARATHON PARTICIPANTS FROM FORT WAYNE:

Gary L. Walker	3:16:54
Sue Carnes	3:21:54
Richard Zink	3:23:25
Bruce Tisdale	3:24:15
Louis F. Romain	3:26:05
Clem Getty	3:40:07
Don Jantz	4:03:09

10KM PARTICIPANTS FROM FORT WAYNE:

Paul Siefert	44:44
Marshall Minth	46:03
Lorraine Fox	44:57
Tim Bolin	42:28
Sherry Yoder	48:38
Steven Goldthwaite	42:59
Richard Harnly	44:06
Joyce Fuzy	54:43
Denis Ellis	1:02:51
John Hilker	45:42

5KM PARTICIPANTS FROM FORT WAYNE:

Angie Doak	23:50
Dena Wierks	27:34
John Kowalczyk	27:57

---

THANKS FOR YOUR HELP

The following people were the outstanding volunteers for the White River Park State Games 5 Mile Regional Run held at Foster Park in Fort Wayne on June 24, 1989.

Rob Wyatt  
Julie Hargarten  
Donna Reading  
Mark Brattoli  
Ray Sibrel  
Tom Rehrer  
Jack Morris and son  
Ken Clark and family  
Ben Horrel and family  
Mike KaST  
Don Lindley and Family

Successful running events are due to people power. People help to make activities safe, fun, and satisfying.

Thanks again for all your time and energy.

Judy Tillapaugh, Race Director

WHITE RIVER PARK STATE GAMES  
SATURDAY  
JUNE 24, 1989

PLACE	NAME	OVERALL TIME	PLACE	NAME	OVERALL TIME
1	JUSTIN DAUGHERTY	44	1	ROBERT WARREN	29:50
2	PHILIP MCCOY	59			
3	ADAM LUTTMAN	69			
4	CHRIS KENNEDY	70			
MALE 12 & UNDER					
1	JASON WASHLEB	6	1	ROBERT SCHENDEL	28:50
2	JON WILKINS	12	2	RANDY HISNER	10
3	JASON HOFF	15	3	TONY GATTON	21
4	ERIC FLOOD	17	4	THOMAS BOYER	54
5	BOBBY EITEN	22			
6	CHRIS WHITE	25			
7	JASON JAMES	27			
8	JASON WILKINS	32:31			
9	MICKEY KOENEMANN	36			
10	SCOTT WHEAT	38			
11	AARON GARCIA	39			
12	RYAN SMIHART	40			
13	JIM HOFF	48			
14	MICHAEL LINDLEY	52			
15	JIMMY OAKS	65			
MALE 16-18					
1	RICHARD NIERERT	4	1	RONALD MOTYCKA	27
2	SEAN HOSFIELD	5	2	PHILIP LUTTMAN	42
3	MARK MILLER	9	3	MICHAEL YODER	50
4	GUY GLICK	16	4	STEVEN GOLDTHWAITE	57
5	JEREMY HART	18	5	CHARLEY KNEPPE	66
6	JERRY HELLER	19			
7	PAUL RICHARDSON	20			
8	ERIC GARCIA	24			
9	BING SIMMERS	30			
10	BRIAN BROWNING	32			
MALE 19-24					
1	BUFF DORMEIR	1	1	RICHARD HARNLY	37
2	MARK STAUFFER	2	2	JOSEPH ZIEGLER	45
3	MICHAEL FRUCHEY	3			
4	TIM RAYLE	7			
5	JOEL WISE	29			
6	MAT JACOBS	34			
7	BRIAN ALVERSON	47			
MALE 25-29					
1	HOWARD BASH	1	1	ROBERT LOOMIS	62
2	ROBERT LOOMIS	2			
MALE 30-34					
1	KAREN KAHR	55			
FEMALE 13-15					
1	ANGIE GARNER	67			
2	AMY BRUNER	78			
3	TRACY ENGLE	79			
FEMALE 16-18					
1	MICHELLE BRADEN	72			
FEMALE 19-24					
1	BEV DEGLER	60			
FEMALE 25-29					
1	BECKY WHITE	33			
2	SARA WYSS	49			
3	WILLOW RILLA	63			
FEMALE 30-34					
1	KAREN KAHR	55			
FEMALE 40-44					
1	MARGARET STAPEL	71			
FEMALE 50-54					
1	FRANCES VAN WAGNER	64			
FEMALE 55-59					
1	JEAN LONGSMORTH	76			

OVERALL TIME

OVERALL TIME

28:50 10 29:06 21 31:03 21 36:50 54 29:18 11 29:54 14 34:05 35 34:35 41 34:58 43 34:58 46 35:24 46 37:38 56 38:17 58

OVERALL TIME

32:31 27 34:50 42 36:07 50 37:53 57 40:38 66 31:12 23 33:21 31 36:08 51

OVERALL TIME

39:46 62 39:46 68 42:02 68 36:40 53 50:37 75 52:08 77

OVERALL TIME

45:46 73 46:01 74 40:52 67 54:40 78 54:46 79 44:54 72 39:09 60

OVERALL TIME

35:33 47 33:32 34 32:59 29 28:43 7 27:31 3 27:30 1

PLACE

3 2 1

PLACE

2 1 2

OVERALL TIME

33:26 32 33:01 30 31:21 24 30:53 20 30:46 19 30:38 18 30:10 16 28:58 9 28:16 5 27:51 4

OVERALL TIME

27:30 1 27:31 2 27:31 3 28:43 7 32:59 29 33:32 34 35:33 47

OVERALL TIME

44 35:11 59 38:33 59 42:44 69 43:19 70

OVERALL TIME

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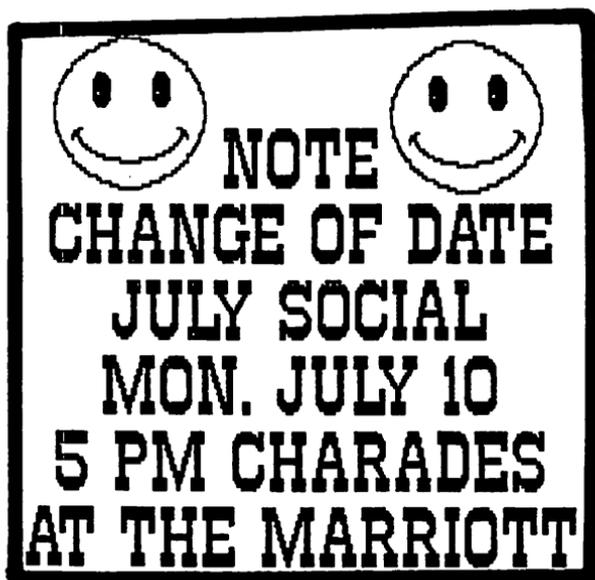
## DON LINDLEY'S RACE SCHEDULE

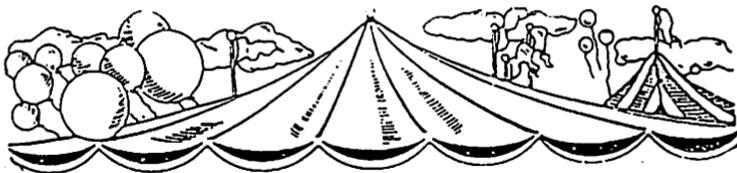
Confirmations, whether or not race has been postponed or cancelled, call race director and when writing to race director always send SASE for applications.

JUL 8	SAT	DELTA CHICKEN FEST 5K RUN AND 5K WALK, Delta, OH Delta HS, Dave Mason, 419-822-3498	8:00am
JUL 9	SUN	*7TH ANNUAL MAIN ST RUN FOR HOSPICE 5/10K, Toledo, OH Art Weeber, 517-486-2141	8:45am
JUL 12	WED	*THREE RIVERS FESTIVAL BIATHLON, 3M RN, 20M BK, 3M RN Ft Wayne Women's Bureau, 303 E. Wash. Blvd, Ft Wayne, IN 46802	5:30pm
JUL 14	FRI	*THREE RIVERS FESTIVAL MOONLIGHT FLIGHT, Fort Wayne, IN 5K Race - 8 pm - Switchboard 424-3551	6:00pm
JUL 15	SAT	*7TH ANNUAL OHIO/MICHIGAN 5K & 10K, Toledo, OH Dave Payette, Box 5656, Toledo, OH 43613 419-473-1341	7:30am
JUL 15	SAT	RUN FOR THE MOON 10K, Wapakoneta, OH 45895 119 West Auzlazier St., 419-738-7025	8:30am
JUL 15	SAT	*EIGHT ANNUAL WARRIOR 4 MILER, Ohio City, OH Mark Sanderson, RR#5, Box 83A, Van Wert, OH 45891 419-238-5078	7:00pm
JUL 16	SAT	WENDY'S TRIATHLON, Columbus, Alum Creek State Park 1/2 mi swim, 20 mi bike, 4 mi run	8:00am
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 22	SAT	LIFESTYLE 10K CLASSIC, NEW BREMEN, 419-629-2896	9:00am
JUL 22	SAT	ELEPHANT WALK 10K ROAD RACE, Peru, IN Lance Gallahan, 317-472-1963	8:00am
JUL 23	SUN	OHIO SPORTS FESTIVAL 5-MILER, Toledo, OH Bruce Beverage 419-865-4131	8:00am
JUL 29	SAT	WABASH CANNONBALL FIVE MILE RUN, Wabash, IN Brad Perrott, 219-563-1917	
JUL 29	SAT	VERMONT 100 MILE ENDURANCE RUN, South Woodstock, VA Information contact Don Lindley	4:00am
JUL 29	SAT	BUD LIGHT ROAD & TRAIL RACE, Dowagiac, MI 49047 Southwestern Michigan College, Ron Gunn, Cherry Grove Rd.	
AUG 4	FRI	MIDSUMMERS NIGHT RUN 5K, Canterbury Green Clubhouse Sus Schmidt 219-456-8729 Fort Wayne, IN	8:00pm
AUG 5	SAT	*5TH ANNUAL PLEASANT LAKE QUARTERMAN TRIATHLON P.C. Box 37, Pleasant Lake, IN 46779	7:00am
AUG 5	SAT	ST. IGNATIUS CHURCH 5K, Toledo, OH Wayne Eickle 419-693-0808	n/a
AUG 6	SUN	*MR. B'S GOATFARM ULTRAMARATHON, Monroe, MI 42 miles, Jim Wahl 313-347-0475	6:00am
AUG 12	SAT	HOT AIR AFFAIR 4 miles, Van Wert, OH Van Wert County Fairgrounds	
AUG 13	SUN	SYLVANIA BUD LIGHT TRIATHLON, Sylvania, OH Olander Lake, 1.5K swim, 40K bike, 10k run	7:30am
AUG 19	SAT	*TOLEDO ROAD RUNNERS 24 HOUR RUN, Sylvania, OH Dave Payette, Box 5656, Toledo, OH 43613 419-473-1341	Noon
AUG 19	SAT	POKAGON STATE PARK - AUL/GOVERNOR'S SERIES 6K Race & 5 Mile Walk, 1/2K Pee Wee Race	

- AUG 26 SAT BEARS OF BLUE RIVER 5K & 10K, Shelbyville, IN 46176 8:30am  
Vernon Sharp, 1122 Meridian St., 317-396-8759
- AUG 26 SAT INDIANA STATE FAIR RUN FOR GLORY, Indpls., IN  
Ken Long, 107 W Loretta, Indpls., IN 46217, 317-786-6812
- AUG 27 SUN MUNCIE ENDURATHON, Muncie, IN 1.2 mi swim, 55.3 mi bike,  
13.1 run, Charlie Sura, Box 628, Muncie, IN 47308
- SEP 2 SAT JAMBOREE JOG II 5K, Montpelier, IN 47259 6:00pm  
Dick Burchard, 6488E St. Rd.18 North, 317-728-5260
- SEP 4 MON BLUEBERRY STOMP, 15K, Plymouth, IN 10:00am  
Ray Gangloff, 219-936-6459
- SEP 9 SAT DON LINDLEY'S PREDICTION RUN 13.1 Miles 8:00am  
Foster Park, 219-456-8739 "No pre-registration, Race Day Only"
- SEP 9 SAT POPCORN PANIC 5 MILE, VALPARAISO, IN 7:30am  
Youth Service of Porter County, 219-464-9585
- SEP 9 SAT POTATO CREEK STATE PARK - AUL/GOVERNORS CUP SERIES
- SEP 23 SAT PARLOR CITY TROT 13.1 Miles, Eluffton, IN 8:30am  
Jeni Hirschy, 219-824-3808
- SEP 24 SUN THE BLADE 10,000 METER RUN, Toledo, OH 8:30am  
Bill Heminger, 2523 Melva Ct, Toledo, OH 43611 419-726-4336
- SEP 30 SAT HILLY FOUR, Homestead High School, Ft Wayne, IN 9:00am  
John Treleven, 219-422-5315

\* Contact Don Lindley for applications.





# HARLAN DAYS

AUGUST 3, 4, & 5

parade  
 food  
 50's band  
 10 K race  
 food  
 tractor pull  
 rodeo  
 food  
 carnival  
 crafts  
 food  
 antiques  
 baseball  
 food  
 hot air balloons  
 kiddie parade  
 food  
 talent show  
 rock band  
 food  
 raffles  
 games  
 food  
 prizes  
 basketball  
 food  
 commercial display  
 clowns  
 food  
 rides  
 jazz band  
 food

DATE: Saturday August 5th, 1989  
 TIME: 7:00 am  
 PLACE: Harlan Community Center, Harlan, IN  
 PURPOSE: To promote health & fitness & to benefit Harlan Children's Park.  
 COURSE: The 10K race will be throughout the scenic countryside of Harlan & Grabill area.  
 AWARDS: T-shirts to all participants.  
 TROPHIES: Men & Women winners in each age category. Over all winners in Mens & Womens will receive a special Trophy & Gift Certificate to local sport shop. Awards Ceremony immediately following the race, just before the Harlan Days Parade.  
 EVENTS: Harlan Pancake Breakfast from 6:30 to 10:30 am, followed by the Harlan Days Parade. Men & Women winners will be escorted through the parade in a corvette.  
 AGE GROUPS: Men & Women: 16 and under  
 17-22 40-49  
 23-30 50 and over  
 31-39

-----DETACH-----

REGISTRATION FEE MUST ACCOMPANY FORM

\_\_\_\_\_ \$6.00 BEFORE July 25th, 1989

\_\_\_\_\_ \$8.00 AFTER July 25th, 1989 (\$6.00 no T-shirt)

PLEASE CHECK SHIRT SIZE (ADULT SIZES) S M L XL

WAIVER: I understand that Harlan Community Association, sponsors, and directors are not responsible for injury, loss of property, or death as a result of the said race. SIGNATURE \_\_\_\_\_

(if under 18 parent must sign)

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE \_\_\_\_\_ TELEPHONE \_\_\_\_\_

MAKE CHECKS OUT TO HARLAN COMMUNITY ASSOCIATION

MAIL TO:

THOMAS A. BUNNER, D.D.S  
 P.O. BOX 255  
 HARLAN, IN 46743  
 PHONE: 657-5197

# 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

JULY 9TH - 5:00 P.M. - SPORTS TECH, GLENBROOK MALL  
WEDNESDAY, AUGUST 16TH - 6:00 P.M. - FOSTER PARK

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## 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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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 \$9.00 (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)

\_\_\_\_\_

\_\_\_\_\_



**FORT WAYNE  
TRACK CLUB**

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