

the inside track



**FORT WAYNE
TRACK CLUB**

**AUGUST -
SEPTEMBER '89**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

PREDICTION RUN

POTLUCK IN THE PARK

**WEDNESDAY EVENING
AUGUST 16, 1989
6:00 P.M.
FOSTER PARK**



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 Scrogam -- 484-8938

Board Member - Tom Loucks -- 622-7108

MEMBERSHIP MEETINGS

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

TUESDAY, SEPTEMBER 12TH - 6:00 P.M. - PIZZ HUT NORTHCREST

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

PORT WAYNE TRACK CLUB
1989 Area Race Schedule

CONDITIONS, WHETHER OR NOT RACE HAS BEEN POSTPONED OR CANCELLED, CALL RACE DIRECTOR AND WHEN WRITING TO RACE DIRECTOR ALWAYS SEND SASE FOR APPLICATIONS.

AUG 12	SAT	*HOT AIR AFFAIR 4 miles, Van Wert, OH 45891 Van Wert County Fairgrounds, Steve Haubert, 1321 Kathy St., (419)238-3799	8:30am
AUG 13	SUN	*SYLVANIA END LIGHT TRIATHLON, Sylvania, OH Clander Lake, 1.5K swim, 40K bike, 10K run	7:30am
AUG 16	WED	PWTC PREDICTION RUN-POULUCK IN THE PARK, 4-miles, Foster Park	6:00pm
AUG 19	SAT	*TOLEDO ROAD RUNNERS 24 HOUR RUN, SYLVANIA, OH Dave Fayette, Box 5656, Toledo, OH 43613 419-473-1341	Noon
AUG 19	SAT	PORAGON STATE PARK - AUL/GOVERNOR'S SERIES 8K Race & 5 Mile Walk, 1/2K Pee Wee Race	
AUG 20	SUN	LEADING LADIES 5K RUN/WALK, Indpls., IN Karen McQuiklin, 1520 E. 58th St., Indpls, IN (317)255-6325	8:00am
AUG 26	SAT	BEARS OF BLUE RIVER 5K & 10K, Shelbyville, IN 46176 Vernon Sharp, 1122 Meridian St., 317-298-8759	8:30am
AUG 26	SAT	KENDIAN STATE FAIR RUN FOR GLORY, Indpls., IN Ken Long, 107 W Loretta, Indpls., IN 46217, 317-786-8812	
AUG 26	SAT	*NINTEN ANNUAL BRYAN-PEPSI RUN, Bryan, OH 43506 10K, 5K, 3M-WALK, IN Fun Run, Paul Langevin, 519 John St., (419)636-3640	8:00am
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	
AUG 27	SUN	RUN IN THE PARK, FOSTER PARK	5:00pm
SEP 2	SAT	JAMBOREE JOG II 5K, Montpelier, IN 47359 Dick Burchard, 6488E St. Rd.18 North, 317-728-5260	6:00pm
SEP 4	MON	BLUEBERRY STONE, 15K, Plymouth, IN Ray Gangeloff, 219-936-6459	10:00am
SEP 9	SAT	DON LINDLEY'S PREDICTION RUN 13.1 Miles Foster Park, 219-456-8739 "No pre-registration, Race Day Only"	8:00am
SEP 9	SAT	POPCORN PANIC 5 MILE, VALPARAISO, IN Youth Service of Porter County, 219-464-9585	7:30am
SEP 9	SAT	*POTATO CREEK STATE PARK - AUL/GOVERNORS CUP SERIES	
SEP 9	SAT	RAINBOW RUN V, 10K RUN/SKRUN-WALK, Elkhart, IN 46514 Ted Notfessinger, 54631 Briarwood, (219)264-3924	9:00am
SEP 23	SAT	PARTOR CITY TROT 13.1 Miles, Jeni Hirschy, 219-824-3808	8:30am
SEP 24	SUN	THE BLADE 10,000 METER RUN, Toledo, OH Bill Heminger, 2523 Meiva Ct, Toledo, OH 43611 419-726-4336	8:30am

SEP	24	SUN	10TH ANNUAL WILD WILD WILDERNESS RUN, X-C Kennekuk Road Runners, 1645 N, Gilbert, Danville, IL 61832 (217)431-4243	11:00am
SEP	30	SAT	HILLY FOUR, Homestead High School, Ft Wayne, IN John Treleaven, 219-432-5315	9:00am
OCT	1	SUN	OKTOBERFEST CLASSIC 10K, Minstser, OH	9:30am
OCT	21	SAT	SCHOLARSHIP FUND RUN 5K CROSS COUNTRY, IPFW ATHLETIC CENTER, Jerry Diehl (219)481-6300	8:00am
OCT	21	SAT	*MID-AMERICA FESTIVAL OF RUNNING, Muncie, IN 47305 50K, Marathon, 10K, 5K, 5k Walk, Muncie Family YMCA, 500 S. Mulberry, Jan Gilbert (317)288-4448	8:00am
OCT	29	SUN	SUMMIT CITY 10K, GRAND WAYNE CENTER Mike Ducey (219)482-9606	2:00pm
OCT	29	SUN	*CLD STYLE MARATHON, Chicago, IL 223 W. Erie, Chicago, IL 60610 (312)951-0660	
OCT	29	SUN	WOLFPACK FALL CLASSIC 50K/6 Hours, Columbus, OH John White, 4865 Arthur Pl, Columbus, OH 43229 (614)459-2547	8:00am
NOV	25	SAT	SY MAH SEAGATE ULTRAMARATHONS, 60k, 50m, 100k Tom Falvey, 3743 Woodmont Rd, Toledo, OH 43613 (419)475-0731	7:00am

* Contact Don Lindley for applications.

NEW MEMBERS

RUSSELL WOLPERT
 GEORGE PARK
 DEB VORNDRAN
 JOHN UNDERHILL
 DIANE BEYER
 ARTHUR DRAGO
 BILL FOLEY
 MEL MAURER
 BRAD & CHRIS COOPER
 JAY & JASON OSBORN
 ED DAX
 GARY L. KING
 GENE SCHEUMANN
 ELIZABETH O'BRIEN
 PATRICK J. KELKER

PRESIDENT'S COLUMN

PRESIDENT'S COLUMN

Thought for this month

"We Move Towards What We Picture In Our Mind".

Dr Robert Anthony

Think again about this phrase. What does it mean to you?
Can you relate it to a personal running goal?

Now is the time to start planning for a fall running achievement. I am sure many of FWTC runners are preparing for October's Summit City 10km. I also know there plenty of area runners getting ready for a marathon. Chicago, New York, Columbus, and Louisville marathons will definitely include Fort Wayne runners, especially New York. Ann Jamison is coordinating events for a Fort Wayne group to travel east for the New York City Marathon. Hopefully everyone who promptly sent their application back will get in. It is a waiting game till New York Marathon officials give word on who is officially entered. We just have to be patient. I am hoping to go. It is a challenge I have always wanted to accomplish plus being a home grown New Yorker to support it is a must for me. It is the largest east coast city running tour.

No marathon should ever be approached lightly. Thinking ahead is important. If we Fort Wayne runners want to make the distance and still be ok at the end we must train physically, mentally, and emotionally for it. A runner needs to complete 40 to 60 miles per week several weeks prior to a marathon. The body has to be gradually prepared for the event. If you have got questions on how to train for a marathon do not hesitate to contact an experienced Fort Wayne Track Club Marathoner like Mike Kast, Don Lindley, Jerry Diehl, Jack Hilker, Bruce Tisdale, Barb Scrogham, or Mary Connolly. All these people are successful runners and would be glad to assist you. With a little help from fellow runners you can more easily think and train yourself to a personal victory.

Our club newsletter is a vital communication tool. It serves many purposes. The primary functions are to: list a schedule of races and report on results; provide news of club events; disseminate RRCA information; and provide a forum for members to voice opinions and submit original articles. A successful newsletter will inspire the membership to be active in the club, to train effectively, and to support the RRCA. A successful newsletter will have distinctive characteristics that make it appealing. It will show the personality and caring of the editor and reflect the editor's awareness that the newsletter is what ties the membership together.

Because of its many purposes it is definitely essential to produce newsletters regularly. It is a club decision on how often it is to be produced, what the format will be, and how much we want to spend on it. In the past we have been distributing a newsletter 10 times a year. We cannot continue this frequency anymore due to man power and printing costs. Chuck Okorowski has saved our club a tremendous amount of money this past year because he has done all the preparation work. There have been no layout costs. But this cannot continue. It is too time consuming for one person.

At our July membership meeting it was proposed and approved to have bimonthly newsletters. It starts with this issue. You will get the Inside Track 6 times a year instead of 10. This will help us meet our newsletter budget guidelines plus make it easier for the newsletter editor. The quality of the newsletter will continue. If any essential information needs to be distributed between newsletter announcement letters will be mailed.

Remember if you ever want to contribute to the Inside Track please do! This is your newsletter. All articles, race results, letters, or comics are welcome.

Each FWTC member will still get The Indiana Runner. This is a Track Club benefit. It still will come out 10 times a year. Being a state publication it will help stay informed of What's Happening In The Indiana Running World.

In other club news, there are many upcoming club events to participate in. Check out the race calendar.

On August 16th there will be a Foster Park Pot Luck Picnic. A 4 mile run will kick off the evening starting at 5:30 p.m.

A new event is coming! "Run In The Park" will be August 27th. Starting at 5:00 p.m. there will be a 5 mile, 2 mile, 5 km walk, and pee wee run. After the fitness events there will be a BBQ.

In September (the 30th) we will have the famous Hilly 4 run over the Homestead Hills! It starts at 9:00 a.m. at the Homestead High School! Take on the challenge. This is the oldest FWTC run.

We will have a full education workshop on October 4th at IPFW's Walb Memorial Union. Exercise specialist Steve Wareham will speak on "Running and Cardiovascular Fitness! It will start at 7:00 p.m. This event may help you move towards better heart health.

What you think you will believe!

Good Running,



July 9, 1989 5PM

Meeting minutes

Treasurers report

4,161.19 May
4,113.39 June

12 new members
430 family
396 individual

Newsletter

Discussion re: Chuck cannot continue to do the layout as it is too time consuming. Proposed to decrease the frequency to every other month. Decision made to have same format bimonthly, beginning Aug/Sept. Motion by Don Lindley. Judy T. seconded motion. Passed.

Convention- Regional newsletter contest

Publicity- no report

Advertising- no report

Equipment- Booked 3 races. Print timers- only one of three

work. Joel at IUPUI will try to fix. Print timers are old and need to be replaced if it's a chip problem. Mike Ducey has old timers we could use if we run into a problem.

Race schedule- Aug 27, 5 PM, Foster Park- Run in Park- 2 mile, 5 mile, walk. \$2000 prize money. Track Club will get 50¢ per runner. Crossroads- benefactor. Lutheran- sponsor. Kroger

Nov 11- Veterans Day Run- Hooks National Health Fair-

We can have a booth Sat. 12/7 and Sun 12/8 at Coliseum-

5 mile run, 5 K walk at Johnny Appleseed. Awards at Health-fair.

Summit City 10 K Run October 29, there will be team track club competition - 4 runners per time.

Old/New Business: August 16, pot luck (Wednesday) 4 mile prediction run. "Picnic in the Park"

There is a new RRCA National Volunteer Award (each nominee had to give 2000 hours of service to the club). Judy nominated 5 members:

Don Lindley
Mike Kast
John Treleaven
Sharon Pauley
Larry Lee

First meeting for the board in 1990 (the nominating committee will be past presidents) is August 2, 1989, 7:00 p.m. at Azars in Northcrest.

Larry Lee, Mike Hill, Gary Dexheimer, Jim Bushey,
Mike Robbins, Charlie Brandt, John Treleaven,
Don Goldner

Ron Horan does not wish to on board. Ch. 15's Joe Gregory willing to be more active in club runners week, etc...

Don Lindley stated that for 1990 membership renewal he would like to know what ~~members~~ ^{members} can do for the club during the year. This will be added to next years membership applications.

Next meeting: August 16, "Picnic In The Park" (Foster)
5:30 - 4 mile run
6:00 - picnic

Meeting attendance: Judy Tillapaugh
Roger Puckett
Valerie Puckett
Ducy
Chuck Okorowski
Barb Scrogham
Clem getty
Don Lindley

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

*Desiring God's will for their lives
and believing that includes each other*

Lorri

and

Brian

together with their parents

Mr. and Mrs. A. Wesley Arendt

and

Mr. and Mrs. Steve Shepherd

invite you to share in their joy

as they vow their lives to one another

and become united as one in Christ

on Saturday, the nineteenth of August

nineteen hundred and eighty-nine

at one o'clock in the afternoon

Flemington Assembly of God

Flemington, New Jersey

*Refreshments following
Church Fellowship Hall*

PREDICTION RUN-POTLUCK IN THE PARK

LET'S ALL GET TOGETHER

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

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

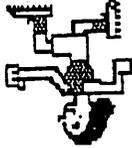
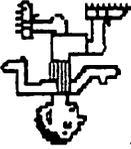
YOU'LL NEED WRENCHES AND TISH.

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 !





1989 WOMEN IN SPORTS

OFFICIAL
5K/10K CHAMPION

5&10 KILOMETER RUNS FOR WOMEN



PARKVIEW

run, jane,run.

DATE: Sunday, September 24, 1989

LOCATION: Foster Park Pavilion
(near golf pro shop)
Fort Wayne, Indiana

TIME: 8am late registration
9am 5K & 10K runs begin

DISTANCE: 5K (3.1 miles); 10K (6.2 miles); also, Wheelchair Division

ENTRY FEE: Pre-registration: \$12.00 with T-shirt; \$6.00 without T-shirt
Late registration: \$14.00 with T-shirt; \$7.00 without T-shirt

DEADLINE: Pre-registration deadline: Friday, September 15

AGE CATEGORIES

19 and under
20-29 30-39
40-49
50 and over

AID STATIONS At 2.5K, 5K and finish

AWARDS: Medals to overall winner and first three age group finishers. First place, Wheelchair Div. Medals sponsored by Fort Wayne Orthopaedics P.C.

DIRECTORS: Kris Haworth Connerly, Family & Children's Services, (219)744-4326
Donna Reed, Parkview Memorial Hospital, (219)484-6636 ext. 4321

REWARD YOURSELF! See Incentive Award information on reverse side.

Send form with check or money order made payable to:

Fort Wayne Women's Bureau, Inc.
PO Box 10554
Fort Wayne, IN 46853

For more information, call
(219)424-7977

run, jane,run.

The 9th annual run, jane, run offers 14 sports events for amateur female athletes, including non-competitive walk-a-thon, aerobathon and bicycle tour for women, men & families. run, jane, run raises funds for the Fort Wayne Women's Bureau, Inc., a not-for-profit social service agency. Join the fun September 13-24! Call the Women's Bureau at (219)424-7977 for all the details.

OPENING CELEBRATION: Wed., 9/13, 6pm, Botanical Conservatory, 1100 S. Calhoun. FREE and open to the public!

DINNER WITH WILLIE WHITE, 5-time track & field Olympian. Fri., 9/15, Holiday Inn Downtown. Tickets are \$12 and must be purchased in advance by calling (219)424-7977.

1989 run, jane, run 5K & 10K Runs for Women

Name _____

DIVISION: 5K 10K

Address _____

Wheelchair: 5K 10K

City/State _____ Zip _____

Age on 9-24-89 _____ Birthdate _____

WAIVER: I hereby for myself, my heirs and executors, agents and administrators, waive and release any and all rights and claims for damages I may have against run, jane, run and its respective agents, representatives, successors, sponsors, and assignees for any and all injuries which may be suffered by me in connection with my participation in this 5K & 10K run.

Signature _____

Parent or guardian if under 18

Are you paying for a T-shirt?

yes; no. If yes, circle size:

SM MED LG X-LG

TOTAL ENCLOSED \$ _____



PASTA PRIMAVERA

Ingredients

- 1/2 pound dry pasta - mostaccioli or zita
- 2 large tomatoes
- 1 1/2 cup (cooked) broccoli florets, tender crisp
- 1/4 cup frozen peas, thawed
- 1 cup (8 oz) low calorie Italian Dressing
- 1 Tbsp fresh basil or 1 tsp dried
- 8 oz mozzarella cheese, grated
- 1/4 cup Parmesan cheese

Method

1. Cook pasta and cool (according to package directions)
2. In a large bowl combine vegetables, herbs, and dressing.
3. Add cheeses + pasta to seasoned vegetables.
4. Toss all lightly + chill
5. Makes 10 side dish servings or 6 main entrees.

If desired add a small amount of diced chicken, turkey, or fish.

Recipe from: Judy Tillapaugh, R.D.



*Carpet, Vinyl, Ceramic
& Hardwood Floors*

**BEST FOR THE
LONG RUN**

CARPETLAND USA

Leader in fine floor
coverings for over 54 years.

1111 W Washington Center Rd., 489-4584

CHOICES: PICNIC FOOD

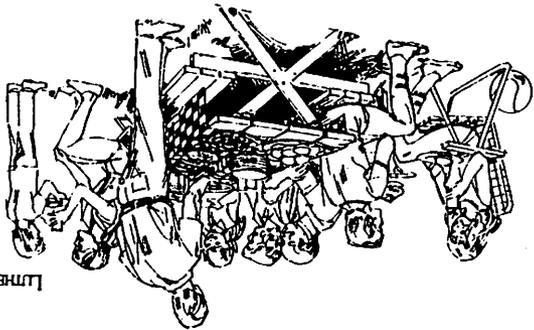
There's no question that numbers can be helpful, especially when you're trying to compare a variety of foods. Since summer picnic season, we've listed some of the many tempting items you may see at a picnic. An awareness of the fat and calorie content may help you choose more wisely. Don't try to remember actual values, just recognize relative numbers. As always, numbers are approximate, for comparison purposes only. (from Bowles and Church's Food Values of Portions Commonly Used.)

PICNIC FOOD CALORIES GRAMS OF FAT

	CALORIES	GRAMS OF FAT
- "THE WIND UP"		
Potato Chips, 1 oz	150	10
Cheese, 1 oz, slice	100	9
Deviled Egg, 1/2	60	6
Strawberries, 1 cup	45	0
Melon Wedge, 1/4 melon	35	0
Pretzels, 1 oz.	111	1
Carrot Sticks, 1 cup	25	0
Regular Dip, 2T	50	5
Low Fat Dip, 2T	10	0
- "THE PITCH"		
Potato/Macaroni Salad, 1/2 cup	180	12
Coleslaw, 1/2 cup	90	8
Baked Beans, 1/2 cup	130	2
Mixed Bean Salad, 1/2 cup	100	(0)
Pickled Beets, 1/2 cup	100	(0)
Corn on Cob, 1-4" ear	100	1
before butter		
Fruit Salad, 1/2 cup	60	0
- "EVERYTHING LOADED"		
BBQ'd Ribs, 6 med.	400	35
Chili, 1 cup	360	20
Ham Salad Sandwich, 1	320	17
Steak, 6 oz. Sirloin	350	15
Hamburger/Bun 1	320	15
Hot Dog/Bun 1	260	15
Salmon, 4 oz.	150	8
Fried Chicken, 1 drumstick	120	7
- "TAKE A WALK"		
Apple Pie, 1/6	530	23
Ice Cream, 1 cup	300	16
Brownie, 1	130	5
Frozen Yogurt, 1/2 cup	90	2
Graham Crackers, 3 squares	80	1

GOOD NEWS, BAD NEWS

The bad news is that homemade salads and baked goods will vary tremendously in fat content. Assume that people will bring traditional (read "fat-filled") foods and expect the worst! The good news is that you can make many of these typical picnic treats with less fat. Deviled eggs are a good example-mixing the yolks with additional whites and using a reduced-fat mayonnaise can cut the fat in 1/2. If you're not sure how they've been made, just be careful about how much you eat!



LUTHERAN HOSPITAL OF INDIANA



RUNNER'S CLINIC

"CARDIOVASCULAR HEALTH AND RUNNING" presented by Scott Wareham M.A.
Wednesday Evening October 4, 1989

Scott Wareham M.A. is an Exercise Physiologist for a large private practice group a St. Vincent's Hospital in Indianapolis. Nasser, Smith, Pinkerton Cardiology, Inc. is a major partner of the Indiana Heart Institute. Scott does treadmill and bicycle testing, exercise prescriptions, research, and is involved in all aspects of cardiac rehab. He's also their employee's Corporate Challenge team.

Scott's Running Achievements:

Marathon PR 2:29:30 at Louisville - 1982
73 completed marathons, average under 3:00
50 km - 3:11 Muncie, 1986
50 miles - 6:36 Toledo, 1979
Led first mile of the 1981 Fort Wayne Marathon
7 Fort Wayne marathons

Sponsors: Fort Wayne Track Club and The Cross Country Team of IPFW
Where: Walb Memorial Union on the Indiana/Purdue Fort Wayne Univ.
campus

Date: Wednesday Evening October 4, 1989

Time: 7:00pm

Cost: NO CHARGE

Everyone is invited!! Refreshments will be served.

Do Plan To Come!! Invest in improving your knowledge of "Cardiovascular Health And Running".



RACE ALERT!!

THE HILLY 4 IS COMING! THE HILLY 4 IS COMING! THE HILLY 4 IS COMING!

When: September 30, 1989

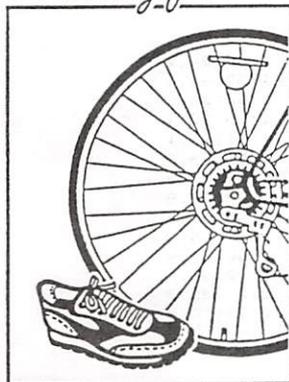
Where: Homestead High School, Fort Wayne, Indiana

Time: 9:00am

Race Director: John Treleaven 219-432-5315

ight Your Calender Today! All runners are invited to participate!

THE
FORT WAYNE
WOMEN'S
BUREAU
a working-force...



REDIMED

Three Rivers Festival
BIATHLON
'89

ACKNOWLEDGEMENTS

The Fort Wayne Women's Bureau, Inc. thanks the following for contributing to the success of the Three Rivers Festival Biathlon on July 12, 1989.

REDIMED, Biathlon Sponsor

Ann Mize, Director
Phil Suelzer, Assistant Director
South West Allen County Schools
Aboite Township Fire Department
Allen County Sheriff Department
Fort Wayne Radio Club
Don Hall's Guesthouse
Rogers Markets
Scott's Food Stores
Homestead High School
American Red Cross
Three Rivers Velo Sport Club
Fort Wayne Track Club
Imperial Trophy
All of our VOLUNTEERS!

MERCHANDISE DONORS

Denny's Bike Shop
Spiece
T.R. Meister Outfitters
Koehlingers Cyclery
Summit City Bicycles
Brendamour's
Sports Den

Thank YOU for competing...hope to see you next year!

1989 Three Rivers Festival Biathlon

3M Run 20M BIKE TIMES 3M Run

TEAMS

Men:

1st	John Treleaven/Jeff Cole	1:26:19.3
2nd	Tom Loucks/Mark Krauskopf	1:26:34.8
3rd	Sean Hoasfield/Jeff Thompson	1:27:23.8
	Douglas Carwford/Matt Eckert	1:29:21.8
	Joseph Gunder/James Doh	1:31:19.8
	Brian Shepherd/Scott Nieveen	1:31:47.5
	Bret Brewer/Mike Heyes	1:32:05.2
	Terry Coonan/Mark Loeffler	1:33:13.9
	David Schmidt/Rick Myers	1:34:07.4
	Patrick Leber/Bill Moore	1:34:10.9
	Roger Smith/Jim Miller	1:35:23.2
	Skiles/Ball	1:36:03.6
	Les Nivens/Kent Herman	1:36:05.8
	Jeff Hunn/Tim Wion	1:36:29.1
	Ken McDonald/Scott Derby	1:36:36.8
	Tim Bowers/Tony Gatton	1:37:00.6
	Steven Hammer/Carl Rouch	1:37:11.5
	Keesler/Munoz	1:38:00.5
	Rob Wyatt/David Lallon	1:38:06.8
	Pete Genken/Neil Winebrenner	1:38:28.4
	Ted Tiernon/Mike Miller	1:40:30.6
	Richard Hochatetler/Mault	1:42:21.5
	Ken Nelson/Scott Brune	1:43:15.7
	Al Saylor/Barry Adams	1:43:36.1
	Norman Gola, Jr./Ross Gottlieb	1:44:20.9
	Steve Knepple/Greg Fahl	1:47:40.6
	Dave Rogers/Pat Beuchel	1:48:08.0
	Steve Battell/Stan Ross	1:48:14.9
	Tim Eldon/Bruner	1:48:39.8
	David Moore/Gary King	1:49:53.8
	Howard Bash/Jay Powell	1:51:30.9
	Jon Ingleman/Wayne Daves	1:51:50.9
	Mike Dzado/Jonathan Olson	1:54:10.7
	Ley/Nard	1:54:11.1

Robert Loomis/T. Schindler	1:57:19.3
Bud Strouse/Jim Pepler	2:01:59.6
Michael Roat/Ray Clark	2:03:35.7
Mike Page/J. Tyaon	2:05:14.5
Steve Beghtel/Terry Reckard	2:07:58.6
Ketrow/Lee	2:10:56.8
Orrin Seasions/David Seasions	2:13:15.4
Dan Daniel/Mark Daniel	2:26:08.3

Mixed:

1st	Aay Cole/Scott Firestein	1:36:34.2
2nd	Tutwiler/Warren	1:37:45.1
3rd	Jim Schroeder/Judy Tillsbaugh	1:40:33.6
	Jim Goodwin/Julie Manger	1:43:42.2
	Jennifer Saylor/Larry Pressler	1:51:03.1
	Ann Linson/Sam Hadley	1:51:49.8
	Ed Ward/Willow Rilla	1:56:51.9
	Christi Habegger/Jeff Mahoney	1:57:38.9
	Joel Wise/Linette Wise	2:00:00.2
	Jan Seddon/Don Stoneburner	2:00:18.0
	Michelle/Mike Bartkowiak	2:00:21.4
	Linda Parish/Philip Byrde	2:02:46.4
	Rick/Rosalie Eversole	2:20:35.2
	Don Crouch/Kathy Nail	2:27:10.4

Women:

1st	Becky Borchelt/Jennifer Pancner	1:51:14.9
2nd	Anne Fremion/Beth Battell	1:54:49.5
3rd	Wylene Lengel/Jane Henn	1:56:46.3
	Rose O'Connell/Phyllis Suelze	1:59:15.1
	Cindi Delleitt/Krishna Longanecker	2:00:11.9
	Anne King/Tammy Wion	2:00:18.8
	Vicki Hughes/Joyce Willmeir	2:09:29.3
	Wuchter/Schultz	2:10:58.4
	Margaret North/Kim Hake	2:14:02.9
	Terri Johnson/Judy Hollander	2:17:56.5
	Barb Scroggum/Bradley	2:23:27.4



INDIVIDUALS

TIMES

Men Ages 18-24

1st	Eric Schwartz	1:36:10.7
2nd	Chuck Benson	1:39:58.0
3rd	Ronald Lapp	1:40:11.2
	Kostas Poulakidas	1:43:01.7
	Rich Lisaught	1:44:52.9
	John Spurgeon	1:45:54.1
	Doug Smith	1:47:12.6
	Rob Baller	1:48:41.4
	Doug Sawyer	1:49:54.7
	Dan Ingle	1:50:43.5
	Ronald Welsh	1:56:04.1
	Chris Ruckman	1:56:42.7
	Tracy Edgerton	1:58:45.5
	Jeff Lash	1:59:43.9

Ages 25-29

1st	Doug Thurston	1:32:34.0
2nd	Dean Schaidlapp	1:34:04.7
3rd	Rich Hamlin	1:34:15.9
	Todd Eagan	1:34:36.8
	Jeff Schlegel	1:36:00.1
	John Petrie	1:36:35.2
	Larry Crabill	1:39:00.3
	Marty Doak	1:40:30.2
	Ben Rettig	1:40:32.3
	Paul Knott	1:41:33.7
	Art Drago	1:43:30.2
	Scott Wagner	1:43:57.9
	Skip Watson	1:48:14.4
	Brian Barrett	1:48:49.7
	Tim Rosebrock	1:49:09.4
	Chris Holloway	1:50:38.1
	David Mizicko	1:50:41.5
	Scott Wittig	1:50:59.3
	Terence Laux	1:54:51.1
	Dave Wilkins	1:55:50.7
	Kevin Vachon	2:06:28.5

Ages 30-34

1st	Dan Moord	1:33:41.7
2nd	Lonnie Burns	1:34:55.7
3rd	Terry Olson	1:35:16.7
	Harold Vergiela	1:36:21.6
	Bob Curta	1:37:24.5
	Tim Murphy	1:37:32.3
	Trent Cozad	1:38:16.1
	Bryan Gaddis	1:40:19.4
	Larry Olinick	1:44:13.2
	Kevin Williams	1:45:43.8
	John Boger	1:47:10.6
	Dwayne Adrian	1:49:58.4
	Wally Stanley	1:50:46.2

	Bruce Emerick	1:51:09.0
	Keith Caudill	1:52:09.6
	Harper Peck	1:52:40.7
	James Scott Krieg	1:55:22.7
	Daniel Fisher	1:55:40.0
	Dave Dickson	1:57:19.7
	Mark Vander Myde	1:59:13.5
	Charles Koch	1:59:14.0
	Mark Conatant	1:59:16.2
	Dennis Schroeder	1:59:22.9
	Bob Campbell	2:02:39.0
	Scott Stuart	2:04:15.5
	Keith Hoffer	2:04:20.6
	Steve Eyers	2:05:04.7
	Jeffrey Brown	2:05:54.4
	Joe Peters	2:06:28.1
	Mike Maurer	2:09:52.4
	Bryan Love	2:09:59.0
	Clyde Teague	2:29:45.3

Ages 35-39

1st	Randy Baker	1:39:12.6
2nd	Dan Fineran	1:45:44.1
3rd	Joe Haas	1:46:27.5
	Randall Lowe	1:46:45.6
	Don Ford	1:46:46.4
	Mark Ardington	1:46:51.4
	Dennis Conner	1:47:17.2
	Roger Wilson	1:47:32.2
	Richard Beemer	1:47:48.0
	Alan Bradley	1:49:28.0
	Jerry Steinhoff	1:50:07.3
	Dennis Zech	1:50:54.7
	Jim Huffer	1:52:11.9
	Randy Auker	1:52:22.3
	Randy Miner	1:53:13.3
	Robert Boldt	1:53:56.6
	Michael Throop	1:57:13.7
	Bill Townsend	1:58:28.5
	Marvin Smith	1:59:11.5
	Bruce Hamilton	2:03:29.3
	John Horn	2:06:43.0
	Larry Davison	2:10:08.6
	Paul James Sabrack	2:10:17.7
	Mike Johnson	2:15:36.8
	Dave Judkins	2:18:23.3



Ages 40-44

1st	Pete DiSalvo	1:32:45.9
2nd	John Buhler	1:38:24.8
3rd	Dick Whicker	1:42:30.0
	Lynn Armstrong	1:46:21.4
	David Countryman	1:46:25.5
	Jeff Raff	1:48:27.4
	Steve Kelster	1:50:11.9
	Philip Newbold	1:50:23.7
	Mike Donlan	1:51:29.0
	Jim Schieltz	1:54:01.8
	Tom Mather	1:57:49.9
	Ed Beckner	1:58:08.1
	Gary Oden	1:58:08.6
	John Cook	2:00:05.2
	Chuck Mills	2:07:23.6
	Ron Heimburger	2:09:55.9
	Danny Martinaky	2:13:55.3

Ages 45-49

1st	Tom Wellmeier	1:33:19.7
2nd	Rodser Puckett	1:41:26.5
3rd	Lynn Smith	1:43:18.9
	Steve Adkison	1:48:42.9
	Don Lindley	1:53:04.3
	Art McCoy	1:55:29.7
	Mike Creighton	1:55:34.0
	Vern Senk	1:56:04.9
	Melvin Hochstetler	1:56:49.9
	Robert Clay	1:59:53.4
	Bill Sanders	2:12:27.2
	Tom North	2:19:00.3

Ages 50-59

1st	John G'racy	1:50:49.2
2nd	Bob Gensheimer	1:53:47.2
3rd	John Sturteant	2:01:13.5
	Lou Mertes	2:16:04.9
	Don Rhoades	2:17:20.4

Ages 60+

1st	H.Hinds	1:49:52.6
2nd	J.P. Jones	2:29:48.6

Women Ages 18-24

1st	Michelle Roper	1:41:33.1
2nd	Leah Long	1:49:31.9
3rd	Anna Buhler	2:00:24.4
	Angie Doak	2:03:42.6
	Erica Dekko	2:04:22.4
	Teddi Helarich	2:12:53.9

Ages 25-29

1st	Becky White	1:44:11.0
2nd	Kim Larsen	1:58:56.7
3rd	Judy Wilkins	2:06:22.6
	Cindy Eggemeyer	2:23:25.4
	Carol Montgoery	2:23:25.7

Ages 30-34

1st	Connie Parsons	1:54:52.3
2nd	Laura Williams	1:55:46.4
3rd	Anne Murphy-Karr	2:02:05.3
	Connie Coonan	2:15:46.9

Ages 35-39

1st	Suzie Miller	2:01:14.5
2nd	Jaretta Johnson	2:15:37.2

Ages 40-44

1st	Valerie Puckett	2:06:41.1
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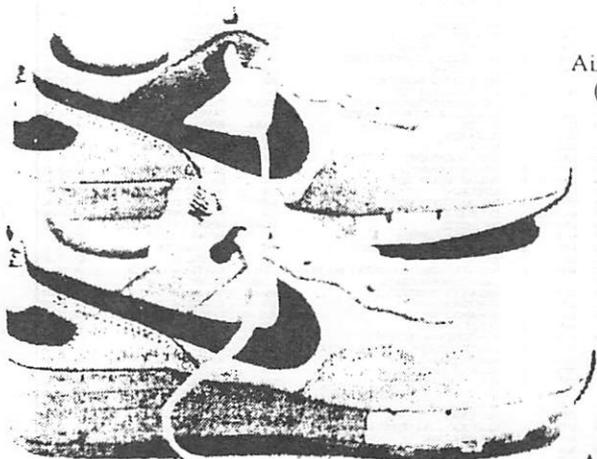
Ages 45-49

1st	Julia Wilson	2:16:19.6
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August, 1989

Qualifying Standards Eased for Boston

The Boston Athletic Association has announced new qualifying standards for the 1990 Boston Marathon on April 6. Based on new five-year-age increments, the new times for open and masters divisions will add a minimum of 10 minutes and as much as 15 minutes to previous requirements, depending on age category.

"The new standards represent more equitable requirements for all athletes," said Race Director Guy Morse. "While eased, the qualifying times remain a vitally important part of the Boston Marathon, and will be maintained as one of the 'traditions' that set Boston apart from other non-Olympic events."

All qualifying times must have been run at a TAC/USA certified and sanctioned marathon between January 1, 1989 and March 11, 1990, and are based on the age of the athlete on the day of the Boston Marathon.

QUALIFYING TIMES

Age Group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70-over	3:50	4:20

INDIANA UNIVERSITY
PURDUE UNIVERSITY
AT FORT WAYNE

Office of Athletics
(219) 481-6643

July 28, 1989

Judy Tillapaugh, President
Fort Wayne Track Club

Dear Judy and Track Club Members:

The summer is going by too fast and fall is almost here. We are getting ready for the upcoming cross country season, we have some seasoned runners returning along with a new crop of freshmen. Enclosed is a copy of our upcoming season, come out and support the kids if you get a chance. We have three home meets this year, and host the Great Lakes Valley Conference Meet on October 21.

Don't forget the Scholarship Fund Run 5K which will be held on campus right before the Conference Cross Country Meet. Why not come out and run the Scholarship Run and then watch the Conference Meet?

Keep running,



Jerry Diehl
Cross Country Coach

INDIANA UNIVERSITY
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AT FORT WAYNE

Office of Athletics
(219) 481-6643

1989 CROSS COUNTRY SCHEDULE

Saturday	September 2	IPFW 2-PERSON TAG TEAM INVITATIONAL
Saturday	September 9	Indiana Wesleyan
Saturday	September 16	Taylor University
Saturday	September 23	Manchester College
Saturday	September 30	Tri-State University
Wednesday	October 4	IPFW DUAL MEET WITH TRI-STATE
Friday	October 13	Indiana Intercollegiate Meet Purdue University
Saturday	October 21	GLVC CONFERENCE MEET AT IPFW NCAA II Regional Meet (Only if we do well at GLVC)



Coming Events

Sunday, August 27, 1989 - "Run In The Park", Foster Park at 5:00 P.M.
5 mile, 2 mile, 5km walk, Pee Wee Run.

Saturday, September 9, 1989 - Don Lindley Prediction Run, Foster Park at
8:00 A.M., 13.1 miles.

Saturday, September 3, 1989 - Parlor City Trot, Bluffton, Indiana,
8:30 A.M.

Saturday, September 30, 1989 - Hilly 4, Homestead High School, 9:00 A.M.

Wednesday, October 4, 1989 - Runner's Clinic - "Cardiovascular Health and
Running", 7:00 P.M. IPFW's Walb Memeorial
Union.

MEMBERSHIP MEETINGS

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

TUESDAY, SEPTEMBER 12TH - 6:00 P.M. - PIZZA HUT NORTHCREST

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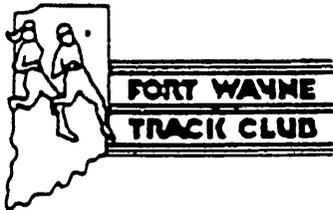
Fort Wayne Track Club and Mail To:

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)



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