

the inside track



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

PLEASE HELP VOLUNTEERS NEEDED!

- **Scholarship Fund Run 5K CC**
IPFW, October 21, 1989 8:00 a.m.
Jerry Diehl, 481-6300
- **Summit City 10K**
Grand Wayne Center, October 29
Mike Ducey, 482-9606
- **Veteran's Day 5 Mile**
November 11 11:00 a.m.
Mike Ducey, 482-9606



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, OCTOBER 4TH - IPFW: WALB MEMORIAL - 7:00 P.M.
WEDNESDAY, NOVEMBER 15TH - DOWNTOWN YMCA - 7:00 P.M.

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

DCR 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. Check THE INDIANA RUNNER for more races.

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 Steve Bruns (419)628-3507	9:30am
OCT	4	WED	FWTC & IPFW FUN RUN *Runner's Clinic with Scott Wareham //////////////////////////////////////	6:00pm 7:00pm
OCT	4	WED	*8TH ANNUAL OFFICER'S FALL BASH, TOLEDO, OH 5-Miles, John Bergener (317) 472-4336	6:30pm
OCT	7	SAT	*FLOWER MEMORIAL HOSPITAL, SYLVANIA, OH 5200 HARROUN RD., SYLVANIA, OH 43560 Sue Wambold (419)885-1444	10:00am
OCT	8	SUN	10TH ANNUAL PT. CLINTON MARATHON & RELAY MARATHON John Galati (419)625-7979	8:00am
OCT	8	SUN	10TH ANNUAL CAK HARBOR APPLE FESTIVAL 10K Nancy Leaser (419)898-0479	1:00pm
OCT	8	SUN	*TWIN CITIES MARATHON, MINNEAPOLIS, MN	8:00am
OCT	14	SAT	*THE DOUBLE EAGLE WALK/RUN (10M, 5M & 5M WALK) Indpls. ps bald-headed category & free walking stick to all finishers Proceeds to Save the Bald Eagle Fund	9:00am
OCT	15	SUN	*AMJA 50KM & 50 MILES, CHICAGO, IL	7:00am
OCT	15	SUN	9TH ANNUAL GREAT PUMKIN RUN 10K, Oregon, OH St.Charles Public Relations (419)698-7246	1:00pm
OCT	21	SAT	*SCHOLARSHIP FUND RUN 5K CROSS COUNTRY, IPFW ATHLETIC CENTER, Jerry Diehl (219)481-6300 Same Day Registration - 7:30 am	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	21	SAT	*RED RIBBON RUN 1M/5K, TOLEDO, OH (Family Run) Cathy Sperling (419)241-8904	9:00am
OCT	21	SAT	*THE OLIVE GARDEN RUN & WALK, INDPLS. IN	9:15am
OCT	22	SUN	13TH ANNUAL DAYTON RIVER CORRIDOR, 1/2 Marathon Ary Olfky, 9400 Meadow Woods, Spring Valley OH 45370	9:00am
OCT	28	SAT	*CINCINNATI INVITATIONAL - Women 5k -Open (<30) & Master (30+) Men 5m - Open (<20, Submasters (30-39), X-C Masters 40+	11:am

OCT	29	SUN	*SUMMIT CITY 10K, GRAND WAYNE CENTER Mike Ducey (219)482-9606	2:00pm
OCT	29	SUN	*OLD STYLE MARATHON, Chicago, IL 223 W. Erie, Chicago, IL 60610 (312)951-0660	9:00am
OCT	29	SUN	WOLFPACK FALL CLASSIC 50K/6 Hours, Columbus, OH John White, 4865 Arthur Pl, Columbus, OH 43229 (614)459-2547	8:00am
OCT	29	SUN	JEWISH COMMUNITY CENTER 10K, TOLEDO, OH Alan Albert (419)531-7187	9:00am
NOV	5	SUN	FT MEIGS TRCC HALF MARATHON, PERRYSBURG, OH Bruce Beverage (419)478-9086 or (419)865-4131	11:00am
NOV	5	SUN	MARINE CORPS MARATHON (703) 640-2225	
NOV	11	SAT	FT WAYNE'S VETERAN'S DAY 5 MILE RUN & WALK Ken Long & Assoc., 107 W. Loretta, Indpls., IN 46217	11:00am
NOV	12	SUN	*10TH ANNUAL COLUMBUS MARATHON P.O. Box 26806, Columbus, OH 43226	9:30am
NOV	12	SUN	*14th ANNUAL LOUISVILLE MARATHON	8:30am
NOV	12	SUN	*RUN THE MCUNDS, MOUNDS STATE PARK, ANDERSON, IN 5 Mile X-C, Ed Ferris (317) 642-0292	2:00pm
NOV	25	SAT	SY MAH SEAGATE ULTRAMARATHONS, 60k, 50m, 100k Tom Falvey, 3743 Woodmont Rd, Toledo, OH 43613 (419)475-0731	7:00am
DEC	2	SAT	*KENTUCKY 50 MILER, LOUISVILLE, KY. Nita Bernat, (502)426-8712, 8712 Whipps Mill Road, 40222	7:00am
DEC	9	SAT	FWTC JUST PLAIN 10K, FOSTER PARK J.P. Jones (219) 745-7339 Same Day Registration	2:00pm
DEC	9	SAT	ROCKET CITY MARATHON, HUNTSVILLE, AL 35802 Huntsville Track Club, 8811 Edgehill Dr, Harold Tinsley (205)881-9077	
DEC	10	SUN	MUNCIE TEN (10 miles), MITCHELL SCHOOL John Primmer, (317) 289-8062	1:00pm
DEC	17	SUN	ST. LOUIS TRACK CLUB ULTRA-CHALLENGE, St. Louis, MO Dan Maloney, 6611 Clayton Road, Suite 200, 63117	7:00am

* Contact Don Lindley for applications.

Welcome To The Club

NEW MEMBERS

KENT FRANK
GLENN MCORE
FRED HICKS
R. MATT NIETERT
BILL RYAN
BILL OSTEEHALT

PRESIDENT'S COLUMN

October and November are partner months. Together, they contain many fine fall running events. On every weekend there's a quality event to attract any runner. Some of the more popular ones are: Tuxedo Brother's Biathalon on October 7th in Indianapolis; Scholarship Fund Run(5 Km) October 21st in Fort Wayne on the IPFW campus; Summit City 10 Km run and 5 Km walk on October 29th in downtown Fort Wayne; Chicago Marathon on October 29th; New York Marathon on November 5th; and the Columbus Marathon November 12th.

Peak performances are possible at any of these or others. Pick your event for a personal achievement. You may choose to focus on a 5 Km, 10 Km, or marathon. There's no better time than the present. Anything is achievable if you've got the will to do your best.

How do you get ready for a special event? Do you follow a specific work-out plan? I'd be interested (other Inside Track readers, I'm sure, would be too) to know your training scheme and/or success story. Everyone has to do what works best for them. Many times, gaining knowledge of what others do can be personally beneficial. Please consider sharing your successful routines with others in the FWTC. Write up a brief article on your steps to success. Send it to the FWTC address. We'll print it in the Inside Track.

This November 5th, about 30 FWTC runners will travel to the "Big Apple" via bus for the New York City Marathon. Watch for us on TV that Sunday. Start time is 10:00 AM. Ann Jamison is doing a Super job coordinating our schedule. Thanks, Ann! Some of the New York marathoners are: Valerie and Roger Puckett, Barb and Jack O'Neil, Velma and Alan Bradley, Barb Scroggum, Joyce Butler, Larry Averback, Bob Schendel, Jim Ellert, Don Ford, Jerry Diehl, Dave Winters, and Rudolf Florreich.

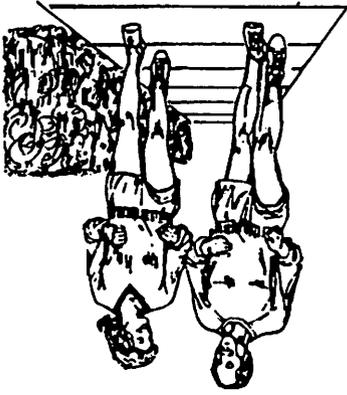
The Chicago Marathon will also have some quality FWTC runners. Tom Loucks, Rob Wyatt, and Mary Connolly are a few that will fly over the fast course in the Windy City. Best of luck to all fall marathon runners. Go for the distance.

No one should just go out and do a long run. The key to success is BEING READY. This tuning up process has to begin many months prior to the event. My chosen 4 phases of readiness are:

1) RUN 2) REST 3) REFRESHMENT 4)RELAX

Each of these are essential for personal achievements. One without the other leads to failure and disappointment (A BAD APPLE). So plan ahead to be fully prepared.

Run! This is obvious. You have to run regularly to finish a race, or you'll finish and your body will hurt horribly. The amount, speed, and frequency of running you do depends on your running goals. For example, a marathoner will average 50 to 80 miles weekly for 4 to 8 weeks prior to the race. They'll taper to 25 to 40 miles a week to 2 weeks prior to D-Day. If you have training questions, please consult an expert. If you don't know one, call me and I'll get you in contact with one.



Rest! Get adequate sleep each night. Allow easy running days or take off a day or two each week. Rest periods are crucial for muscle recovery after intense runs. Rest makes you stronger. Don't expect yourself to run hard and long everyday.

Refreshment! Good food is fuel for fitness. Like our cars need high octane gas for par performance, we also must get the best. The ideal meal plan for athletes is a variety of foods from all food groups--high carbohydrate, moderate protein, low fat. The best muscle fuel comes from carbohydrate foods like milk, breads, cereals, fruits, and vegetables. Remember to drink water regularly! Water intake has to be adequate for good sweat production. Prevent dehydration.

Relax! Nerves can ruin your day. Stay cool! You can only do your best for each given moment. The best runs I've had are those days when I go easy on self--pressure. So think about running well, resting regularly, eating refreshments for energy, and relaxing for a good state of mind. Together, they may help you run a PR (personal best).

The Summit City 10 km run/ 5 km walk is Sunday, October 29th. Yes, the ever popular Pee Wee Run for 2 to 6 year olds is back, too. Bring your kids to participate. Also, invite any fitness walkers to come and take part in this outstanding event.

New this year is Club Competition! Be a FMTC team runner. Get together 4 runners, and send in your applications at the same time. You'll be competing against other club teams from around the Midwest, like Indy runners. Clubs can enter as many teams as desired. Note that each runner is still eligible for age group awards.

Another good event to devote time to is the Runner's Clinic Wednesday evening, October 4th. Topic is "Cardiovascular Health and Running" by Scott Wareham, M.A. Start time is 7:00 PM in the Walb Memorial Union on the IPFM campus. Come learn more about good heart health!

Run well this fall!



scholarship fund run

5K cross country
oct. 21 8:00 a.m.

IPFW Athletic Center

Same Day Registration - 7:30 a.m.

\$5.00 Entry Fee

All funds raised will be donated to the IPFW Cross Country Team to be used for scholarships.

IPFW Towels to the first 30 registrants

Ribbons to the top twenty male and female runners

Race Director Jerry Diehl

Questions 481-6300

GLVC CONFERENCE CROSS COUNTRY CHAMPIONSHIP MEET FOLLOWING FUND RUN



White River Park STATE GAMES

FOR MORE INFORMATION, CONTACT:
CHRISTOPHER VARNAU
PUBLIC RELATIONS MANAGER
(317) 237-5000

News Release

FOR IMMEDIATE RELEASE
JULY 24, 1989
VOL. VII, #120
AUTHOR: AMY ANDERSON

Par. American Plaza
201 S Capitol Ave. Suite 1200
Indianapolis IN 46225
317-237-5000 (Indianapolis)
1-800-HI-FIVES (State wide)

Get Into The Games!

NO RAIN, BUT PLENTY OF RECORDS FALL IN STATE GAMES

Threatening rain clouds lingered over the starting line at the intersection of West and Ohio Streets, clearing up just in time for the start of the Five-Mile Run in the White River Park State Games.

As the sun broke through the grey skies, the 90-plus degree day cooled off some for the 180 Finalists who ranged in age from six to 67. Ahead of them lay the course that stretched around the White River Parkway and finished at the I.U. Track and Field Stadium on the I.U.P.U.I. campus.

Mark Stauffer, 19, from Fort Wayne, crossed the finish line first with a time of 26:05. Almost three minutes later, Amy Koontz, 20, of LaPorte, was the first female finisher with a time of 29:48, a new record for the female 19-24 division. Koontz now holds two State Games records in the Five-Mile run; her 1987 record of 30:27.91 in the female 16-18 division still stands.

Todd Messer, 17, from Reelsville, not only finished second overall, but his time of 26:14 was a new record for the male 16-18 division. Buff Domeier, 19, from Fort Wayne, was the third finisher overall, and second in the male 19-24 division behind race champion Stauffer.



Official Corporate Sponsors



Kids! Families! Joggers!

Callithumpian Canter

5-K Race and 1-Mile Fun Run!

Sunday, Oct. 22, 1989
Fun Run at 1:30 p.m.
5-K Race at 2:00 p.m.
at Bellmont High School
Decatur, Indiana

DIVISIONS:

MEN	WOMEN
Under 13	Under 14
14 to 16	14 to 19
17 to 19	20 to 29
20 to 24	30 to 39
25 to 29	40 and over
30 to 34	
35 to 39	
40 to 49	
50 and over	

COURSE:

Accurate 5-Kilometer Cross-Country course with time splits every mile.

AWARDS:

Free T-Shirt guaranteed to all pre-registrants
Late registrants will be awarded T-Shirts as available.
OVERALL: Large Trophy to overall male and female winners.
BY DIVISION: Trophy to winner in each division and awards to next four places in each division.
DRAWINGS for Door Prizes.

REGISTRATION:

PRE-REGISTRATION: All pre-registrants are guaranteed a Free T-Shirt. Deadline for pre-registration is October 13, 1989. Return entry form and check or money order.

5-K Race, \$5
1 Mile Run, \$4

LATE REGISTRATION: Runners may register the day of the race, Sunday, Oct. 22, 1989 at Bob Worthman Stadium, Bellmont High School, Decatur, Ind. from 12 Noon to 1:00 p.m. Late registrants will not be guaranteed a T-Shirt.

5-K Race, \$6
1-Mile Run, \$5

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Age _____ Sex _____ T-Shirt Size _____



ENTRY & RELEASE OF ALL CLAIMS: In consideration of the acceptance of my entry in the Callithumpian Canter on Oct. 22, 1989, I release The Callithumpian Committee, The Decatur Dairy Queen, Decatur Bank & Trust and Decatur Daily Democrat, Adams Co. Memorial Hospital, Dr. S.P. Bennett, O.D., the city of Decatur, the Decatur Chamber of Commerce, North Adams Community Schools county of Adams and their respective employees, agents and any other entries and individuals who are in any way connected with this event (including volunteers assisting with the event) from any liability or claims for any injury or illness that I sustain during my participation in this event or that in any other way related to this event. I understand that this release applies to myself and my personal representatives, heirs and assigns. I represent that I adequately trained to participate in this event, recognize that risks of injury accompany such participation and acknowledge that this release is being relied upon by the above persons in permitting me to participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures recording and any other record of this event for any legitimate purpose.

Signature _____ Date _____

Entry blank must be signed by participant. If participant is under 18, signature of legal guardian is required.

RUNNERS INSTRUCTIONS: Runners should be at the Starting Point 1 1/2-hour before their race for final instruction. Plenty of parking available. Restroom facilities available before and after the race.

Return entry form with check or money order to:
Callithumpian Canter
c/o Decatur Chamber of Commerce
125 E. Monroe St.
Decatur, IN 46733

Co-Sponsored by:

Adams County
Memorial Hospital
Stay Alive & Well Health Promotion

Decatur Bank
& Trust Co.

Moose Lodge
Decatur, 1311

Decatur
Dairy Queen

Dr. S.P. Bennett
O.D.

Decatur
Daily Democrat



There's no telling where Fignon could have made up
eight seconds on LeMond... Cor Vos photo.

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

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 at 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

Highlight Your Calendar Today! All runners are invited to participate!

GLENBROOK SQUARE
NEXT TO THE ICE RINK
484-4322



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

Air Pegasus
(Women's)



Air Pegasus
(Men's)

**PEGASUS
IMPROVED.**

Attitude

by

Charles Swindoll

"The Longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on one string we have, and that is our attitude...I am convinced that life is 10% what happened to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes."



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& Hardwood Floors*

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LONG RUN**

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CARPETLAND[®]

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coverings for over 54 years.

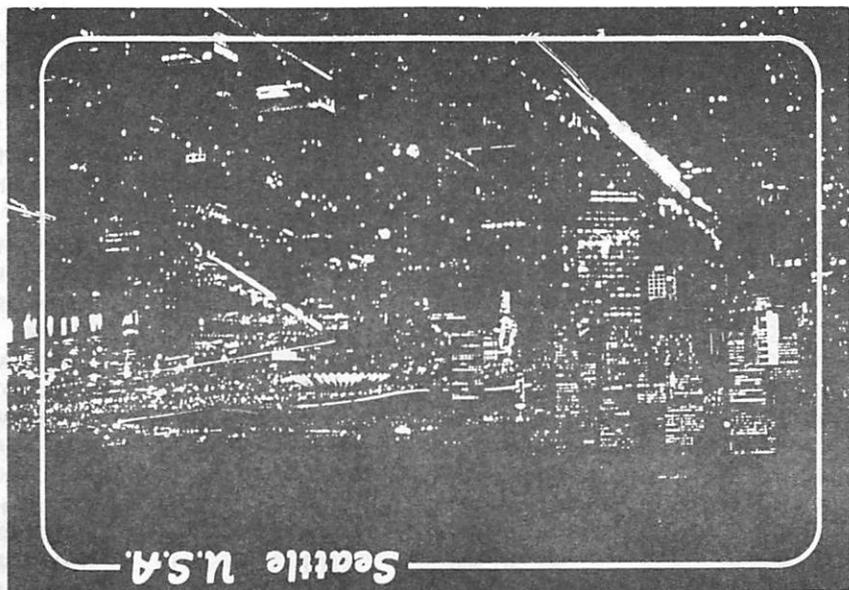
1111 W Washington Center Rd., 489-4584

AUGUST 31, 1989

FORT WAYNE TRACK CLUB
TREASURER'S REPORT
AUGUST 31, 1989

	Y-T-D	BUDGET
BEGINNING BALANCE JANUARY 1, 1989	3,464.02	
INCOME: Members/Family		
Membership Total 406/427	3,357.00	5,200.00
Rental Income	1,250.00	1,350.00
Advertising Income	1,045.00	1,200.00
Race Entry Fees	402.28	400.00
Contributions	1,407.50	2,800.00
Interest Income	154.68	170.00
TOTAL INCOME	7,616.46	11,120.00
EXPENSES:		
Printing	3,495.82	5,000.00
Postage	684.60	1,000.00
Subscriptions	949.55	1,540.00
Advertising	175.00	275.00
Banquet & Awards	782.59	1,100.00
RRCA Dues & TAC Dues	275.50	235.00
Insurance	120.00	285.00
Office Supplies	52.66	200.00
Fees		10.00
Race Aids	199.85	600.00
New Equipment		500.00
Equipment Repairs		200.00
Runners Week		1,000.00
Contributions		400.00
Misc. Expenses	117.18	155.00
TOTAL EXPENSES	6,852.75	12,500.00
BALANCE AUGUST 31, 1989	4,227.73	





July 23, 1989

Seattle Marathon

(4:08:56 - 1981 Detroit)

Personal Best

4:04:44

Jack O'Neil

CONGRADUATIONS!

4-MILE PREDICTION RUN-IN-THE-PARK POTLUCK
WEDNESDAY, AUGUST 16, 1989

PLACE	NAME	OVERPL	PRED.TIME	ACTUAL TIME	DIFFERS
1	J.P. JONES	17	36:36	36:29	:07
2	BOB LOOMIS	15	32:00	31:52	:08
3	KEN CLARK	11	30:00	29:49	:11
4	BOB GENSHEIMER	14	31:29	31:51	:22
5	DAVID LALLOW	13	31:23	31:45	:22
6	DON LINDLEY	10	29:05	29:48	:43
7	SHARON PAULEY	20	78:00	78:50	:50
8	RAY SIBREL	8	27:50	26:55	:55
9	TOM REHRER	6	27:25	26:22	1:03
10	BOB HOCKENSMITH	18	38:00	36:53	1:07
11	ROB WYATT	5	23:15	24:23	1:08
12	GENE STRIGGLE	16	32:00	33:40	1:40
13	CHRIS NORRICK	2	24:15	22:35	1:40
14	HERMAN BUENO	3	25:30	23:45	1:45
15	TOM LOUCKS	1	24:20	22:35	1:45
16	BEV DEGLER	12	31:55	30:05	1:50
17	GARY L. KING	9	32:00	28:01	3:59
18	JUDY TILLAPAUGH	7	31:50	26:54	4:56
19	DAVID L. MOORE	4	32:00	24:03	7:57
20	DAVID GENSHEIMER	21	46:00	59:06	13:06

2 MILE WALK

1	MAURINE GENSHEIMER (2m)	19	27:05	27:50	:45
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MANY THANKS TO THOSE THAT HELPED TO MAKE THIS RUN A SUCCESS. BUD STIFFLER OF ANDERSON, LARRY AVERBECK, AND JOYCE BUTLER DID AN EXCELLENT JOB WITH THE FINISH LINE AND RESULTS DONE BY JULIA HARGARTEN AND JUDY TILLAPAUGH. AWARDS AND A FEAST WAS ENJOYED BY ALL. I FEEL SORRY FOR THOSE THAT DID NOT MAKE IT. THERE WAS ENOUGH FOOD FOR EVERYBODY AND NOBODY WENT AWAY HUNGARY. A SHORT MEETING CONCLUDED THE EVENING AND I GAINED ABOUT 3 POUNDS, BUT THAT WAS OKAY, I NEEDED IT FOR THE UPCOMING ULTRA.

THE LINDLEYS

Harlan 10 K Race Saturday, August 5 1989

Dan Moard	M 32	35:03.9	Barb Scroggarn	F 42	48:28.6
Matt Nietert	M 18	36:18.8	Phil Littman	M 41	48:34.6
Greg Weisser	M 26	36:55.3	Jeffery McCann	M 46	49:15.2
Michael McBride	M 16	38:51.5	Donald Swary	M 40	49:52.2
Scott Christian	M 18	39:38.6	Adam Kittman	M 10	50:01.0
Derrick Brown	M 15	40:44.3	Michelle Bartkowiak	F 25	50:05.1
Jamie Gorrell	F 19	40:45.8	Robert Erexson	M 27	50:25.0
David Meyer	M 16	40:57.2	Dusty Sarrazine	M 16	50:31.2
John Klien	M 46	41:16.9	Mary Cook	F 40	51:28.8
Pat Beuchel	M 30	41:47.0	Mickie Gorrell	F 16	52:24.5
Todd Wanley	M 28	41:53.4	Alan Neuker	M 16	53:05.4
Dan Manly	M 16	41:54.2	Jeanette Klein	F 47	53:19.7
Dick Furnish	M 20	42:05.4	William Kinder	M 48	53:21.7
Gary Kuhn	M 32	42:15.4	Dean Sharp	M 42	53:48.0
Keith DeMeritt	M 31	42:36.6	Ribert Leeper	M 62	54:33.8
Dick Harnly	M 51	42:57.0	Sally Bork	F 35	55:17.8
Don Ford	M 39	43:12.8	Michael Hendricks	M 39	55:31.5
Joe Hilger	M 31	44:10.8	Edwin Knouse	M —	57:25.9
Fred Weisser	M 49	44:15.1	Rob Hockensmith	M 61	59:14.6
Ken Clark	M 50	44:56.5	Julia Wilson	F 49	1:00:11.5
Brad Deel	M 50	45:08.9	Velma Bradley	F 37	1:00:49.3
Duane Voemel	M 48	46:07.8	Dick Roth	M 46	1:00:50.2
Charles Davis	M 45	47:36.0	Marilyn Mills	F 40	1:01:12.1
Joan Gary	F 52	48:18.6	John Jedinak	M 56	1:01:54.0

INDIANA UNIVERSITY
PURDUE UNIVERSITY
AT FORT WAYNE

Indiana Wesleyan Invitational

September 9, 1989

Men's Team Results

Office of Athletics
(219) 481-6643

<u>PLACE</u>	<u>INDIVIDUAL</u>	<u>FINISH</u>
28	Mike Schoudel	29:47
33	Rich Schweyer	30:44
41	Brandt Douglas	31:29
45	Tim Wehnert	31:37
48	Mark Schoudel	31:57
50	Jeff Ryder	32:03
53	Dave Kiess	32:43
57	Jamie Summers	33:14
64	Aaron Betts	34:21
68	Rob Baller	34:47
70	Jim Fritzinger	36:43

TEAM

1. Taylor
2. Indiana Wesleyan
3. Manchester
4. Valparaiso
5. Goshen
6. IPFW

Indiana Wesleyan Invitational

September 9, 1989

Women's Team Results

<u>PLACE</u>	<u>INDIVIDUAL</u>	<u>FINISH</u>
20	Sara Noll	23:21
25	Connie Coonan	24:03
37	Christa Cook	26:36
42	Pam Edwards	32:34
43	Amy Hogan	32:39
45	Frannie Godair	33:55

TEAM

1. Valparaiso
2. Taylor
3. Manchester
4. IPFW
5. Goshen
6. Indiana Wesleyan

ULTRAMARATHONS

By: Don Lindley

24-HOUR RUN AT OLANDER PARK IN SYLVANIA, OHIO.
AUGUST 19-20, 1989

Fifty eight runners from seven states and Canada participated in the first annual 24-Hour Run at Olander Park, Sylvania, Ohio at noon Saturday.

Dick West, 47, of Highland, Michigan, was the top male runner, finishing 115.65 miles. West slowly picked off the leaders and avenged an earlier defeat by Jim Maganas, 61, of Southfield, Michigan, finished 113.40 miles. Marie Thompson, 39, of Clio, Michigan, finished among the six competing women with 104.42 miles. This was a very competitive event for the leaders and the outcome was in doubt with 30 minutes remaining. Mrs. Thompson maintained a slim lead throughout the race over Sally Middleton of Perry, Michigan. Neither runner reportedly stopped for rest breaks during the 24-hour run.

The run was hosted by the Toledo Roadrunners Club. All proceeds from the run benefited the Cystic Fibrosis Foundation. Tom Falvey, assistant race director, said this run was one of the top 10 long distance races in the United States.

The average age for competing women was 40 years old. For men, the average age was 42.5 years. Two participants walked the entire course around 1.12 mile loop around scenic Olander Lake. The competitors ran on an asphalt road and 1/4 mile crushed stone path through a wooded area. The race concluded at noon Sunday.

This was the conclusion of my triple crown series. I wanted to see if I could run three ultras every other week. This race was the last of this series. I was very excited about doing my first 24-hour run. My goal was to run 100 miles.

The 24-Hour Run began with a cannon, which sent many runners and spectators scurrying for cover.

As usual, I started out too fast. I shared the lead on the first lap with Marie Thompson. Then I took over the lead for the next four laps. After a short break, I continued on but only to lose the lead each time I stopped for food and drinks. My car was parked close to the running surface, so I had aid throughout the 24 hours. The temperature reached a high of 76 and a low of 59. The sky was partly cloudy during the day. At night a full moon and stars provided light from 10:00 PM, until a rainstorm hit at 7 AM and lasted until 9:30 AM. The wooded areas at night was well lighted by latherns, so at least I didn't have to carry a flashlight.

There was much camaraderie among all of us including the spectators and campers. I enjoyed running with so many friends. I was called the machine with the smiling face. WTVG 13 made 3 visits to Olander Park and WTOL 11 appeared twice. Over 40 dedicated volunteers worked the organized race, I wish we could get that many volunteers at our own races.

I kept a diary of each lap after 20, mainly just to keep track of my own laps compared to the lap counters. It was not boring at all, the scenic route made undifficult to conquer, especially every three hours you changed directions, you got to see all of the runners running behind you.

Listed below is a recap of each lap, please remember I stopped and took a break each 1.1228 mile loop:

Times recorded from official race course clock see lap 22.

20 - 3:18 - consuming 1/2 cup of water	68 - 8:48 - still drizzle
21 - 3:34 and Max.	69 - 9:09 of rain.
22 - 3:45 - watch battery died!	70 - 9:29 - rain stopped.
23 - 3:58 (Good Marathon	Change shoes, since it stopped
24 - 4:12 Time)	raining. Took 2 aspirins
25 - 4:27	71 - 9:55 Goal do 90 miles
26 - 4:48	72 - 10:08 - Quick drink of
27 - 5:00	73 - 10:21 coke and water

- 28 - 5:13
 29 - ?
 30 - 5:40
 31 - 5:59
 32 - 6:13 Supper - 1/2 baked potato
 33 - ? Supper - wasn't hungry, after
 34 - 6:48 drinking 1 qt of Max and water,
 35 - 7:04 stomach didn't feel good.
 36 - 7:21 - ate pretzels and drink Coke.
 37 - 7:37
 38 - 7:52
 39 - 8:11
 40 - 8:25
 41 - 8:48
 42 - 9:04
 43 - 9:21
 44 - 9:42 - feel real good, ate 1 baked potato
 45 - 10:14 and 1 slice of wheat bread with honey.
 46 - 10:30
 47 - 10:47
 48 - 11:04
 49 - 11:23
 50 - 11:40
 51 - 11:59 - 100 miles looks good at this point.
 52 - 12:25 - Midnight snack, ate 2 slices of hot Dominos pizza
 53 - 12:47 - Can't stay awake on a full stomach, decided to take a nap for
 54 - 2:32 for 1 hour, oops! I had no wake up call.
 55 - 2:48
 56 - 3:06 - Beautiful night with full moon and bright stars.
 57 - 3:24 - Ate donut
 58 - 3:48 - Put on radio headset to get weather report: schattered thunder
 59 - 4:18 showers at day break.
 60 - 4:36 - Couldn't stay awake, decided to hit the sack again on next lap.
 61 - 5:10 - Sleep!!!!!!!
 62 - 6:41 - Got to get some laps in before it rains.
 63 - 7:01 - Starts to rain and when it rains it pours.
 64 - 7:24 - Got the umbrella.
 65 - 7:44 - "Singing In The Rain" (100 miles, no way!)
 66 - 8:05 - Walked with a friend.
 67 - 8:25 - Drizzle rain

- 74 - 10:34 each lap, here
 75 - 10:47 after.
 76 - 11:00
 77 - 11:13 - past leaders two
 78 - 11:27 times.
 79 - 11:37 - feel great
 80 - 11:48
 81 - Didn't count, must
 compete full lap, no
 partial lap counted at
 end.

THE END

11TH PLACE OVERALL AND
 89.82 MILES

CLANDER PARK 24 HOUR RUN		SYLVANIA, OHIO		AUGUST 19-20, 1989	
1.	Dick West	47	Highland, MI	115.65 miles	103 laps
2.	Jim Maganas	61	Southfield, MI	113.40	101
3.	Ron Berby	47	Lansing, MI	108.91	97
4.	Marie Thompson	39	Clio, MI	104.42	93
5.	Carl Thompson	39	Clio, MI	104.42	93
6.	Sally Middleton	39	Perry, MI	103.29	92
7.	Don Gjurasin	44	Holland, OH	102.17	91
8.	Tom Gerick	49	Inkster, MI	101.06	90
9.	Ronald Ross	31	Medina, OH	101.06	90
10.	Barry Erickson	46	Cincinnati, OH	92.07	82
11.	Don Lindley	45	Ft. Wayne, IN	89.82	80
12.	Burnsie Holder	45	Elgin, IL	87.67	78
13.	Donald Crescio	33	Tecumseh, MI	87.67	78
14.	John Simon	50	Sylvania, OH	84.21	75
15.	Harold Foote	48	Sylvania, OH	84.21	75
16.	Paul Hullinger	45	Oregon, OH	83.08	74
17.	Carter Sherline	29	Ann Arbor, MI	83.08	74
18.	Don Williams	53	Richmond Hts., OH	80.84	72
19.	William Hagy	36	Westlake, OH	78.59	70
20.	Patricia Pavette	37	Sylvania, OH	77.47	69
21.	Dave Payette	53	Sylvania, OH	77.47	69
22.	Michael Moilanen	43	Mt. Pleasant, MI	77.47	69
23.	Leland Clunk	44	Bay Village, OH	75.222	67
24.	Edward Dibble	58	Sylvania, OH	72.98	65

25.	Terry Hawkins	37	Brillion, WI	72.98	65
26.	Robert Cairns	53	Toledo, OH	71.85	64
27.	Bill Mack	48	Dediance, OH	71.85	64
28.	<u>Marge Potter</u>	51	London,ONT., CAN	69.62	62
29.	Ron Kusz, Sr.	52	Toledo, OH	67.36	60
30.	Edward Prenen	34	Westlake, OH	67.36	60
31.	Norman Carlson	55	Spencer, IN	66.24	59
32.	Fred Davis III	41	East Cleveland, OH	66.24	59
33.	Don Mars	50	Jackson, MI	66.24	59
34.	Rich Radez	40	Indianapolis, IN	63.996	57
35.	Mike Pelechaty	35	Toledo, OH	62.87	56
36.	Barry Smoloff	35	South Euclid, OH	62.87	56
37.	James Kulwicki	36	Maumee, OH	61.75	55
38.	David Treece	34	Zeeland, MI	60.63	54
39.	Allan Karl	38	Flint, MI	60.63	54
40.	Steven Gross	38	Beachwood, OH	60.63	54
41.	David Kaminski	46	Sylvania, OH	56.14	50
42.	Paul Muneio	30	Sylvania, OH	56.14	50
43.	Richard Levy	46	Dearborn Hts., MI	56.14	50
44.	Robert Wolverton	55	Avon Lake, OH	56.14	50
45.	Jim Wahl	42	Walled Lake, MI	55.01	49
46.	Charlie Steinmetz	59	Indianapolis, IN	50.52	45
47.	<u>Gave Hetzer</u>	37	Clio, MI	50.52	45
48.	Richard Sims	24	Indianapolis, IN	42.66	38
49.	Norm Roof	52	Mansfield, OH	42.66	38
50.	Gary Yamane	32	Des Plaines, IL	40.42	36
51.	Gregory Helbig	33	Morgantown, WV	40.42	36
52.	Rick Sowers	35	Toledo, OH	35.92	32
53.	Randy Gehring	36	W. Lafayette, IN	33.68	30
54.	Denny Fryman	42	Dayton, OH	29.19	27
55.	Bill Schultz	37	Collingdale, PA	28.07	25
56.	<u>Nancy Diab</u>	37	Toledo, OH	28.07	25
57.	Wayne Richard	42	Windsor,ONT., CAN	28.07	25
58.	Michael Wilhoyte	26	Waterville, OH	25.82	23



INDIANA UNIVERSITY
PURDUE UNIVERSITY
AT FORT WAYNE

Office of Athletics
(219) 481-6643

September 3, 1989

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

Dear Judy:

I would like to thank the Fort Wayne Track Club for helping with the IPFW Cross Country Invitational held Saturday, September 2 on the IPFW campus. Without you, Mike Kast, Don Lindley, Clem Getty, and others to help, coordinate, and staff our race, it would have been difficult to put on this kind of event.

It was a great day for racing, temps were in the 70's, the sun was out and the wind was not a factor. Over an inch of rain the day before did make the course muddy in a few places, but this did not slow the excellent times turned in by the runners. Indiana Wesleyan and Tri-State were front runners for the men, while Butler and Siena Heights had strong showings for the women.

Our runners placed very well, growing stronger and improving to meet the competition. Our next meet is September 9, at Indiana Wesleyan, followed by the Taylor Invitational, September 16. Enclosed are copies of the race results. Thanks again for all your help.

Keep running,



Jerry Diehl
IPFW Cross Country Coach

1989 IPFW Cross Country Invitational
Men's Team Results
September 2, 1989

<u>PLACE</u>	<u>TEAM</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Steenbergh/Sommers, Rob	Indiana Wesleyan	33:50
2	Sommers, Ryan/Whitton	Indiana Wesleyan	33:53
3	Carey/Roth	Huntington	34:14
4	Bechler/Boyle	Marian	34:25
5	Smith/Ernst	Indiana Wesleyan	34:30
6	Browder/Danison	Tri-State	34:38
7	Head/Bauer	Tri-State	34:42
8	Rheinheimer/Lampton	Tri-State	34:54
9	Douglas/Little	Goshen	35:13
10	Tebbe/Hoffbauer	Tri-State	35:28
11	Wehnert/Wise	IPFW	35:32
12	Debrander/Chambers	Tri-State	35:34
13	Brown/Kelly	Huntington	35:40

14	Bridwell/Graeb	Marian	35:57
15	Schoudel, Mike/Summers	IPFW	36:02
16	Romanowski/Davis	Siena Heights	36:11
17	Adams/Turner	Defiance	36:17
18	Thompson/Ogden	Tri-State	36:18
19	Leuthold/Smith	Bluffton	36:20
20	Lysaght/Brace	Tri-State	36:24
21	Walton/Alsup	Indiana Wesleyan	36:29
22	Arriaga/Schroeder	Siena Heights	36:32
23	Collins/Jones	Defiance	36:34
24	Ellis/Kell	Tri-State	36:35
25	Ryder/Douglas	IPFW	36:36
26	Shumway/Tyndall	Siena Heights	36:54
27	Baller/Schweyer	IPFW	37:03
28	Reynolds/Darby	Tri-State	37:15
29	Scholeno/Naylor	Tri-State	37:28
30	Spencer/Hallet, W.	Tri-State	37:31
31	Hoover/McDonald	Huntington	37:44
32	Loucks/Whitcomb	Tri-State	38:01
33	Foreman/Mozena	Siena Heights	38:03
34	Potter/Chrismer	Bluffton	38:27
35	Carpenter/English	Defiance	38:31
36	Betts/Schoudel, Mark	IPFW	38:32
37	Clothier/Corne	Tri-State	39:02
38	Kelly/Ash	IN Wes./Tri-State	39:16
39	DeMien/Sitzman	Marian	40:04
40	Browning/Turner	Tri-State	40:07
41	Kimpler/Hartman	Goshen	40:20
42	Fritzinger/Kiess	IPFW	40:21
43	Van Alst/Bailey	Marian	41:43
44	Shaw/Gault	Tri-State	42:00
45	Wingert/Kosik	Bluffton	43:36
46	Hallet, S./Farnsley	Tri-State	44:13
47	Lyons/Miner	Bluffton	54:16

1989 IPFW Cross Country Invitational
Women's Team Results

September 2, 1989

<u>PLACE</u>	<u>TEAM</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Scherschel/Seal	Butler	29:07
2	Padilla/Solterisch	Siena Heights	30:31
3	Demmon/Brooks	Butler	30:55
4	Ray/Bruner	Butler	31:14
5	Martin/Woodliff	Siena Heights	31:29
6	Tillapaugh/Kline	Huntington	31:42
7	Mask/Smith	Butler	31:57
8	Aelker/Youtsey	Defiance	34:24
9	Bacher/Wenger	Goshen	34:35
10	Noll/Coonan	IPFW	34:52
11	Miller/Bailey	Siena Heights	35:25
12	Curry/Adams	Siena Heights	36:04
13	Tebbe/Kowaleski	Tri-State	36:38
14	Leatherman/Rumsey	Tri-State	36:50
15	Mattheues/Harder	Defiance	40:04
16	Bauman/Rocket	Defiance	40:06
17	Deventer/Best	Tri-State	41:43
18	Crager/Welsh	Tri-State	43:57

Several months ago I submitted an article about the Auburn Track Club, a small group of runners that run together, race together and party together. As secretary, I thought some of the FWTC readers might like to try some of the things we have been involved in recently.

We had a Two-Mile Prediction Run/Walk as an unofficial annual meeting. Spouses and kids were encouraged to participate. Our course was cross-country through a woods and county roads, and of course the winner was the closest to their predicted time. Our wrinkle was the slowest person started first, 26 minutes predicted. The next walker started 30 seconds later since she predicted 25min,30 seconds. The fastest predicted time started ten minutes after the first walker. Theoretically, everyone should have finished together but it didn't happen, although the fast runners did finish with lots of slower runners around them. Miguel Mendez won first, and Jime Ellert's son Mike was second.

The Prediction Run/Walk was followed by a Bocce Ball Tournament. Again, all family members were encouraged to participate. First place was the Jim Ellert/Dave Wolff team, Second place was Rudi Florreich/Jeff Hess. Two teams that made the semi-finals before elimination were the Rick Hower/Brad Middleton team and the Bob/Jean Schendel team.

In our brief business meeting, between party times, we almost impeached our non-present president, Tom Dendinger. He has not run with us nor attended any races since his career threatening groin injury. In a great outpouring of sympathy, we re-elected him after consideration. In other business, we discussed hosting an "Ikedon", or whatever that race in New York was called that had countries competing as teams and their runners ran different legs of a race. If any other group of runners would be interested in a challenge, it might be fun. We are thinking along the lines of keeping the runners matched and having fun with it, winning would only be secondary. If interested, call me at 925-4510 during the business day.

The Auburn Track Club sent runners to the Bix-7 Race in Davenport, Iowa. While it is a five-six hour drive, it was one of the best races we've attended. We took four DeKalb Baron cross-country runners with us so they could feel the excitement a real big race has for runners. Over 15,700 runners, crowds the entire length of the course, led by the pros including Bill Rodgers, Nenow, & DeCastello, and one of the largest post race refreshments selections ever seen.

We extend to Ann Jammison a big "Thank You" for making the New York Marathon a possibility for several of the Auburn runners.

Dave Wolff, secretary

Children's Running Tips



take time to stretch

Stretching should be an important part of any running program.

Running offers a lot of benefits that keep you healthy and in shape, but too much running or not running correctly can sometimes lead to injuries or sore muscles or tendons.

Stretching can help reduce those injuries and sore spots.

Whenever we exercise hard, our muscles build up lactic acid and other waste products that cause our muscles to tighten up after we finish running. By doing gentle, easy stretching for about 10 minutes after running you can keep your muscles loose and supple for your next run.

It takes a little bit of extra time, but stretching will make your running safer and more enjoyable.

Alberto Salazar



CARBOHYDRATE TRIVIA QUIZ

Carbohydrate foods like breads, cereals, fruits, and vegetables are excellent to eat at every meal and snack. They are the fuels for fitness! Regular use of carbohydrate foods helps people get adequate daily calories, carbohydrate, protein, fiber, vitamins, and minerals. Healthy meals should be 50 to 60% carbohydrate calories.

Test your carbohydrate knowledge by taking this trivia quiz. It may make you a better eater.

For each statement below answer true or false.

1. Six ounces of orange juice supplies greater than the recommended daily allowance (RDA) for vitamin C.

2. Each of these are low fat, high carbohydrate treats: ginger snaps, graham crackers, fig bars, and animal crackers.

3. One ounce of potato chips contain less fat than one ounce of pretzels.

4. Banana chips are more grease than banana.

5. 1/2 cup sherbet has a lower carbohydrate content than 1/2 cup ice cream.

6. Jelly and jam are fat free.

7. One cup pasta has the same carbohydrate content as two bread slices

8. One sweet potato contains nearly twice the RDA for vitamin A, 1/3 the RDA for vitamin C, and a great deal of potassium.

9. Granola cereal has 36% fat calories and 126 calories per 1/2

cup. Raisin bran has 5% fat calories and 120 calories per 3/4 cup.

10. Bagels, english muffins, and croissants are all low in fat and high in carbohydrate.

TRIVIA QUIZ ANSWERS:

1. TRUE- Six ounces of orange juice has 73 milligrams of vitamin C. The RDA for vitamin C is 60 milligrams.
2. TRUE- Each of these contains less than 24% fat calories, Chocolate chip cookies, candy bars, and cake each have greater than 40% fat calories.
3. FALSE- One ounce potato chips have 150 calories and 10 grams of fat (60% fat calories). One ounce pretzels have 110 calories and 1 gram of fat (8% fat calories).
4. TRUE- Banana chips are a fried food so they contain greater than 30% fat calories. Fresh bananas are fat free and carbohydrate rich.
5. FALSE- Per 1/2 cup sherbet has 30 grams carbohydrate while ice cream has 15 grams of carbohydrate.
6. TRUE- Jelly and jam are pure carbohydrate - fat free. Per teaspoon they have just 15 calories. One teaspoon of butter or margarine have 33 calories.
7. TRUE- Both have about 30 grams of carbohydrate.
8. TRUE- One medium sweet potato has 11,350 IU of vitamin A and 30 milligrams of vitamin C. RDA for vitamin A - 5000IU, RDA for vitamin C - 60 milligrams.
9. TRUE- Granola cereals are made with fat while most whole grain flake cereals are not.
10. FALSE- A bagel and english muffin each have less than 2 grams of fat (7% fat calories). One croissant has 6 grams of fat (50% fat calories).

THINK FINE FOOD FOR FITNESS!!

Judy Tillapaugh R.D.
Judy Tillapaugh, R.D.
Nutrition Consultant

BUTLER DAYS ROAD RACE
(BK and Fun Run)
Aug. 12, '89

Presented by: YMCA of DeKalb Co. and Hook's of Butler

FINAL RESULTS:

Men 14 & under

1. Jeff Hurni 35:13
2. Phillip McCoy 36:07

Men 15-19

1. John Reinbehl 28:46
2. Mark Shondel 30:36
3. Greg Brown 32:51

Men 20-24

1. Brian Shepard 25:43
(OVERALL WINNER)
2. Mike Shondel 28:38
3. Fred Kohle 40:18

Men 25-29

1. Rowland Perez 26:15
2. Bret Brewer 31:11
3. Dick Furnish 31:41
4. James Ferrier 31:50
5. Kurt Miller 33:25
6. John Hinsey 34:09
7. Terry Whitney 35:43
8. Kirk Muri 39:00
9. Dennis Ulman 38:37
10. Joe Rynan 40:37

Men 30-34

1. Roger Smith 29:38
2. Chuck DeFord 32:16
3. Joe Kobiela 32:56

4. Bill Ryan 35:34
5. Myron Noward 38:08

Men 35-39

1. David Hockley 28:19
2. John Trelaaven 28:31
3. Randy Brown 29:06
4. David McPherson 31:21
5. Joe Patterson 33:13
6. David Clouse 35:19
7. Ned Lichtsian 43:24
8. Bob Woodward 45:33

Men 40-49

1. Jerry Warner 29:14
2. John Reinbehl 34:24
3. Darrell Douglas 34:58
4. Charles Davis 35:57
5. Jeff McCann 36:14
6. Jeff Hastings 37:56
7. Don Swary 38:26
8. Carl Fields 38:41

Men 50-59

1. Brad Deel 34:35
2. Hal Lewis 35:19
3. Allen Best 35:58
4. Jim Lawry 38:50
5. Don Rhoades 41:47

Men 60+

1. Dan Daniel 39:16

Women 15-19

1. Tammy Guy 33:02
2. Beth Deppler 35:39
3. Judy Hulbert 40:36

Women 25-29

1. Deb Stark 38:36

Women 30-34

1. Mary Connolly 29:46
(OVERALL FEMALE WINNER)
2. Mary Stewart 34:22
3. Teri Van Sickle 43:35

Women 35-39

1. Julie Manger 33:48
2. Connie Householder 37:35
3. Kathy Hastings 38:43

Women 40-49

1. Kathy Douglas 41:53

FUN RUN PARTICIPANTS

Janel Van Sickle
Ryan Woodward
Mark Flood
Amy Allmandinger
Adam Allmandinger
Ryan Gater
Jim Hoff
Penny Duke
Jay Trisel
Rudy Gonzales

Thanks, Kevin Schwieger

1904 Ferguson Road
Fort Wayne, Indiana 46807
August 16, 1989

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

Dear Friends:

Last fall at the annual Summit City 10K my name was drawn for the grand prize of two round trip airline tickets. You know how those drawings go -- it's always someone you've never heard of who wins -- so my daughter (Vicki) and I were completely surprised when my name was drawn!

My husband told Vicki and me that since we were the runners in the family, we could use the tickets (rather than he and I). Vicki and I decided it would be fun to do something related to fitness and after exploring a wide variety of options, we decided to spend a week at a fitness spa in Fort Lauderdale this past May.

What a glorious week (8 days/7 nights) it was!! Four exercise classes a day (some in the pool, some at oceanside, some in the exercise studio), nutrition lectures, low cal and delightfully delicious vegetarian cuisine, and much much more!! The spa was a beachfront property with all the amenities and pampering yet was surprisingly moderate in cost.

I want to take this opportunity to thank the hard-working officers of the club and all those who so faithfully give of their time to help make all of our local races possible. These are wonderful events that I truly enjoy participating in, and I'm sorry that more women over the age of 60 don't get involved. I'm a consistent back-of-the-pack runner, but even there I enjoy myself! While I had always been active, I didn't start a regular program of exercise and fitness until my mid 50's. Ten years later I find myself feeling better and more physically fit than ever! I give praise and thanks to the Lord for good health and a healthy set of genes that allow me to run, do aerobics, bicycle, walk, and do nautilus workouts.

Thanks again for last fall's race and for arranging for such a wonderful grand prize!

Cordially,

Mrs Polly Jacobs

(Mrs.) Polly Jacobs

THE BALANCE

The same pattern applies to anyone who wants to run this way. Ten-mile-a-week fun and fitness runner or 100-mile-a-week marathoner, the general advice is the same.

1. *There are but two speeds—gentle and all-out.* All-out running is tiring. It can't be done very often or for very long. Unless all-out efforts are rationed, they tear a person apart.

Gentle running gives the feeling that it can go on forever, a run-without-tiring feeling. It can be done as often and as long as good sense and enthusiasm allow. Gentle running builds.

Both kinds of running, gentle and hard, have their values when kept in balanced proportions—at least 10 gentle parts to every all-out one.

2. *The running pace is either gentle or hard, but not perfectly even within those extremes.* It changes as intuition dictates, not according to the hands on a stopwatch or the numbers on a pace schedule. "Gentle" doesn't always mean the slowest possible. "All-out" doesn't have to mean the fastest ever.

3. *There are three distances—short, average and long.* They're all based on the average of all the days' runs over the weeks and months. The average sets the boundaries.

Short runs are for rest and recovery. They're about half the daily average.

Long runs consolidate the gains of the week and give an extra shot of endurance. They're about twice the daily average, never more than three times.

Races, those rare all-out runs, aren't more than two or three times normal, either. Build the ability to go longer from the middle and bottom, not from the top.

4. *The running can be measured either by time or distance—*but not both at once. Combining known time with known distance creates the urge to break records, which runs counter to the purpose of gentle effort.

Of the two, running by time is more convenient than running by distance. With time, there's no need to measure courses or to stay on set routes, and there's no urge to hurry through a run. An hour can't be rushed. Eight miles can.

5. *The running is consistent, but each day is not the same as every other.* The weeks' running flows in waves, from long to short to average to short to long again, highs and lows following each other in natural sequence.

6. *There is a proper setting for each of the types of running.* Short gentle runs are like vacations or days off and require soothing surroundings—forest trails, parks, beaches.

Average runs are the workday runs. They are the biggest part of the formula. They're done close to home, when and where they're most convenient and fit into the daily routine with the least fuss. The easier they are to fit in, the more likely you are to keep doing them.

Long runs are special. They are the on-foot equivalent of a long weekend drive in the country. They deserve a countryside course.

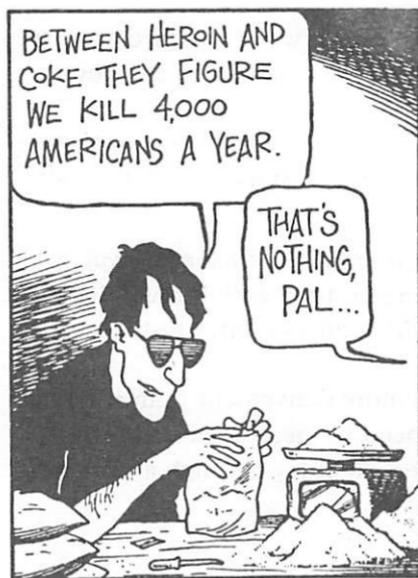
7. *The running can and should satisfy three psychic needs—*the need to be along and to look around and to clear the mind of cluttering thoughts, the need to be with like-thinking people and to talk with them, and the need to wrestle with yourself to see what's inside.

Solo runs, short and average distances, do the first.

Social runs make long distances pass quickest and easiest, and satisfy the second need.

Speed runs, hard races, take care of the third.

Keep the elements in proper balance, and they do the same for you.



Coming Events

Wednesday, October 4, 1989 - Runner's Clinic

IPFW: Walb Memorial - 7:00 p.m.

Saturday, October 21, 1989 - Scholarship Run

IPFW 5K CC - 8:00 A.M.

Sunday, October 29, 1989 - Summit City 10K

Downtown Fort Wayne - 2:00 p.m.

Saturday, November 11, 1989 - Veteran's Day 5 Mile

Johnny Appleseed Park - 11:00 a.m.

MEMBERSHIP MEETINGS

WEDNESDAY, OCTOBER 4TH - IPFW: WALB MEMORIAL - 7:00 P.M.

WEDNESDAY, NOVEMBER 15TH - DOWNTOWN YMCA - 7:00 P.M.

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