

# the inside track

Dec. '89/Jan. '90



**FORT WAYNE  
TRACK CLUB**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

# FANNY FREEZER 5K

**February 17, 1990  
Foster Park — 2 p.m.**



## **Attend the Annual Fort Wayne Track Club Banquet**

**February 17, 1990 6 p.m.  
at the  
Southwest Conservation Club  
*Bluffton Road***

# 1990 Fort Wayne Track Club

## Officers and Board Members

### Officers

President — Jerry Diehl  
Vice President — Robert Wyatt  
Secretary — Herman Bueno  
Treasurer — Don Lindley  
Inside Track Newsletter — Editor, Rodger Puckett  
Asst. Editors, Bob & Shirley Loomis  
Publicity Coordinator — Mike Ducey  
Equipment Coordinator — Mark Brattoli  
Advertising Coordinator — Jack & Barb O'Neil  
Membership — Randy Lavine  
Runner Week Director — Ann Jamison  
Interim President — Judy Tillapaugh  
Race Schedule Chairman #1 — Richard Vorick  
#2 — Steve Caswell

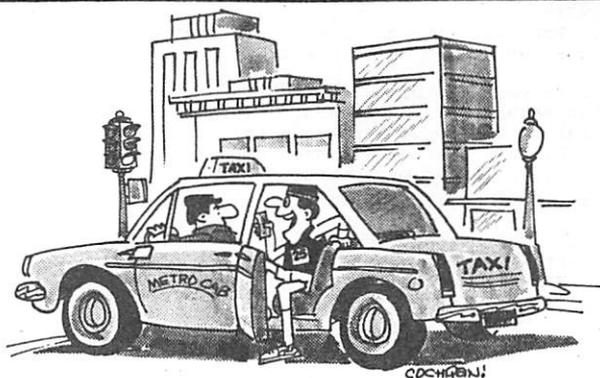
### Board Members

Valerie Puckett	David Lallow
Joyce Butlér	Craig Hartmen
Tom & Sherri Yoder	Stan Lipp
Randy Lavine	Jack Hilker
Ken Disler	Calvin King
Tom Loucks	Gary Kuhn
Jack & Barb O'Neil	

# THE INSIDE TRACK

As Editor of the *Inside Track* I have accepted the responsibility of publishing a quality up-to-date 100 percent accurate newsletter. Our newsletter has been restructured from a monthly to a bi-monthly publication. Any articles to be published in the newsletter will have to be in my hands by the 15th of each odd numbered month. As editor I'm asking race directors, board members and all other members to please assist me by being on time. Feel free to write articles on running related events and send all articles to Roger Puckett, 2811 Northgate Blvd., Fort Wayne, Indiana 46835.

## FUN 'N' GAMES with COCHRAN!



"Keep the change, Mac. And there's plenty more where that came from if I win this marathon."

# PRESIDENT'S *Final* COLUMN

Imagine for a moment a road race. Focus especially on a special assembly of runners in the lead pack. There's probably atleast a half dozen, maybe more. Each is a unique individual yet their maintaining a consistent quick pace together. Their goals are equal - to do their best for that chosen distance plus to support these fellow team-mates efforts. In the end everyone is a winner. Those that followed their path also achieved personal satisfaction. Together they had useful support and motivation. Their togetherness paid off.

Group efforts can promote meaningful end results. This concept holds true for our FWC programs and services. If it wasn't for our loyal group of board members, club volunteers, and supportive spouses/friends our events would not exist. These are the people that provide the man/women power to translate ideas into action.

We are an outstanding volunteer organization devoted to support active, healthy, and happy living. Running and/or fitness walking is an automatic part of our lifestyle. A priority!!

To get beneficial club events we are dependent on volunteers to give time and energy for "the good of the Club". They freely give their assistance. Because of this we're able to have Ingrid Trach on club newsletter, a T.V. show Runners Week directed by Ann Jamison, Nutra Runs, Don Lindley's Prediction Race, A Hilly & Miller directed by John Treleaven, equipment available for race directors to rent, clinics, an annual banquet ect... We are a high energy, quality club. The devoted volunteers make it all possible. They believe in all the running benefits. This has helped keep me committed to our club.

This is my final presidents column. Like leaders change in road racing so must our leadership change. It's an opportunity to take advantage of refreshing ideas and new professional talent so our programs and services will continue to be quality rich. During those past 2 years I've learned much, met so many neat people, and experienced exciting challenges. It's been worth all the hours. Running will always be apart of my lifestyle and I hope to keep on enjoying it with all my fellow runners.

Definitely I could not have mastered these past 2 years without the help of our FWC Board members and club volunteers. Thanks to and all. These individuals especially contributed much energy to your programs and services: Mike Kast, Don Lindley, Jerry Diehl, Mike Ducey, Jim Bushney, John Treleaven, Ann Jamison, Chuck Okorowski, Clem Getty, Rob Wyatt, Dave Tallow, Mark Brattoli, Sharon and Bob Panley, and Roger and Valerie Puckett.

Jerry Diehl is your new club president!! He's been an active runner and club member for many years. Currently he works in the chemistry lab at IPFW Univ. Plus he's their men's and women's cross country coach. With his expertise, caring attitude, determination, and strong belief in our organization I'm sure he'll be a great club leader. Give him your support.

At our November membership meeting we also elected 3 other officers. Vice President - Dr. Rob Wyatt  
Secretary - Herman Buceno  
Treasurer - Don Lindley  
Congratulations!!

We also have many new board members. Their running experiences and personal skills will help enrich our club more. Look over the board member roster on the first page - their names are their. We have a new board for 1990 but we could use your help too.

INDIANA UNIVERSITY  
PURDUE UNIVERSITY  
AT FORT WAYNE

Office of the Chancellor  
(219) 481-6103



November 27, 1989

Mr. Don Lindley  
Fort Wayne Track Club  
Post Office Box 11703  
Fort Wayne, Indiana 46860

Dear Mr. Lindley:

Thank you for your recent gift for the benefit of Indiana University-Purdue University at Fort Wayne.

Your gift has been recorded as follows:

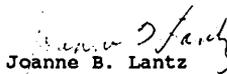
Donor: Fort Wayne Track Club  
Amount: \$400.00 Recognition group: Coach's Circle  
Purpose: Royal Dons Club  
Paid to: Indiana-Purdue Foundation at Fort Wayne

Your gift comes at an important milestone--the 25th anniversary of IPFW. Throughout 1989-90, we will be celebrating the founders, supporters, alumni, faculty, students and staff of IPFW. Mr. Lindley, you are especially appreciated by all.

I encourage you to get involved with our 25th anniversary celebrations. Learn and see firsthand how IPFW continues to make important differences in northeastern Indiana lives.

Thank you for your investment in the region's future.

Sincerely yours,

  
Joanne B. Lantz  
Chancellor

JBL:kjz

Document Number: 70438  
Please retain for your records.

Fort Wayne, Indiana 46805-1499

INDIANA UNIVERSITY  
PURDUE UNIVERSITY  
AT FORT WAYNE

Office of Athletics  
(219) 481-6643

THE NEW YORK CITY MARATHON

November 5, 1989

Larry Averback	3:14:19
Alan Bradley	3:48:34
Velma Bradley	5:28:26
David Brandon	3:54:47
Bernie Burgette	3:38:26
Joyce Butler	3:34:09
Vern Chovan	4:33:04
Jerry Diehl	3:10:30
Joan Gary	3:48:27
Jim Ellert	2:52:22
Rudi Florreich	4:36:30
Don Ford	3:35:31
Bob Hockensmith	4:49:57
Ann Jamison	3:40:38
Hal Lewis	4:18:26
Bill Mack	4:18:24
Chuck Mills	4:23:55
Barb O'Neil	4:17:19
Jack O'Neil	4:27:58
Roger Puckett	3:59:56
Valerie Puckett	4:33:35
Bob Schendel	2:50:43
Barb Scroggham	4:33:38
Ray Sibrel	3:20:45
Judy Tillapaugh	3:26:41
Dave Winters	3:51:32

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November 16, 1989

The Fort Wayne Track Club would like to thank the following individuals for helping out at the Veteran's Day 5 Mile Race, Saturday, November 11: Dave Winters, Hal Lewis, Jerry Diehl, Marilyn Mills, Judy Tillapaugh, Linda Brooks and Friends, Joel Wise, Becky Tacket, Ken Clark, and any others we may have missed.

Super job gang!!! Keep up the good work.

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November 16, 1989

The Fort Wayne Track Club would like to following volunteers for the super job they did at the Fort Wayne Track Club Booth during the Veteran's Day Health Fair & Expo: Rob Wyatt and Sandy, Julie Hargarten, Jerry Diehl, Don Ashton, Jack Hilker, Steve Goldthwaite, Roger Puckett, Judy Tillapaugh, Mike Donlon, Bob and Sharon Pauley, Connie Householder and Mike, Don Anderson, Joan Gary, and any others we might have missed.

Thanks again gang for all your help, keep up the good work!!!

Note the change on the membership application. We'd like all of you to be a volunteer. The more helpers we get the less work for a select few. Give a little bit to the FWTC in 1990!! Choose your area of assistance. All tasks are simple and enjoyable.

1990!? Our club has much potential. There's 400 of us and we're growing. We're different ages, various speeds, and all sizes. To each his own! What a group of fitness leaders.

Have A Merry Fitness And A Healthy New Year!

Judy T.

### THE 1989 NEW YORK CITY MARATHON

November 5, 1989

by

Jerry Diehl

The bus seats seemed to be shrinking as we boarded the bus bound for New York City. Our merry group from the Fort Wayne Track Club, were excited as we left the parking lot on our pilgrimage east. Everyone came prepared with pillows, blankets, food, drink, and plenty of good conversation.

Our drivers did a great job driving, the long trip also gave us a chance to try out all possible seating positions, but the best was yet to come. After a restful night on the bus we arrived safely at our hotel just in time for check-in. We were now ready to pick up our race packets and check out the expo. So so much merchandise to buy and so little money.

There was still plenty of time to check out Central Park, just a few blocks from our hotel. I wanted to get a first hand look at the finish area, I knew tomorrow I wouldn't be in the state of mind to fully appreciate it. Workmen were putting the finishing touches on the finishing area, as the many walkers, runners, cyclists rushed by. A large tent was erected next to Tavern On The Green for the prerace dinner for the runners. We arrived early for the traditional carbohydrate feeding frenzy, but still found seating to be a premium. After a quick check of the weather forecast, most of the group turned in early to catch a few zzz's.

After a good night's sleep I was ready to face the challenge at hand. This course had got the best of me in 1986, and I didn't plan on this happening today. First I had to face another bus trip from the New York City Public Library to Ft. Wadsworth, our home away from home for the next three plus hours. When we arrived many people had already arrived and set up camp. Some of the people were being led in exercises, the rest of us were content with a cup of hot coffee and a spot close to the port-o-johns. We picked out a nice sunny spot and snacked on some goodies. This gave us a chance to check out the people, from all over the world, in all shapes and sizes. Most everyone had a chance to check out the world's longest urinal, a very popular spot for the heavy coffee drinkers. One last stop to drop off our excess gear in the busses gave us a chance to keep loose, we were starting to loose our morning sunshine and the activity felt good. Now all that was left to do was wait to be let into the staging area at the Verrazano Narrows Bridge.

After a slight delay the sea of humanity was on it trek to Central Park. My plan was simple, get as close to the front as possible, and run even splits throughout the race, easier said than done. There was no problem of going out too fast in this crowd and I settled into a comfortable pace. Our group were wearing singlets with our names on the front, which the crowd picked up on right

away. I remembered the crowds from 1986, but it is always a high to experience such a happening. I knew not to expect fast times on this course, my mission was to qualify for Boston, and I was well on my way. The halfway point came and went with the crowds continuing to grow. Leaving the Queensbough Bridge is always such a high, which made the trek up first avenue a real joy. Jay Jamison was out there somewhere in all that humanity capturing us on video, at least that was the plan.

The twentieth mile, while being "the wall" to some, is also a benchmark for marathon performance. Hearing that I was on 3:10 pace, I felt confident that I would be able to maintain my pace into Central Park. Once in Central Park I knew from experience, that even with the tremendous crowds, the mind games would really begin. Those that have not had the opportunity of experiencing a two hours plus endurance event, cannot fully appreciate the mental gymnastics that have to go on for the physical body to continue functioning at optimum levels. As I went through my bag-of-tricks, playing one mind game after the other, I was slowly getting closer to the elusive finish line. Most of you know that by this last stage of the marathon, that fancy sports watch on your wrist is the last thing you are interested in, my reaction was similar, but it seemed such a waste to throw it into the crowd, even if I did have the energy.

My only focus now was on the finish line two tenths of a mile ahead of me, I didn't even hear my family screaming at me along the sidelines. The beautiful, beautiful finish line, what a great feeling to finally be doing something other than running.

It was only later as I was leaving the finish chute and being attended to, that it dawned on me that I had attained my goal. What seemed like a two mile trek to the buses gave me time to reflect on the race, and savor the moment. After all these years I was finally going to Boston, the dream of marathoners, I had to pinch myself to make sure I wasn't dreaming.

At the reunion area I caught up with some of our group, we all had a chance to swap stories, and congratulate one another. It was interesting seeing the race unfold through the eyes of others, the excitement, joy, disappointment, but the feeling of accomplishment was everywhere.

That evening at the awards ceremony it was a joy to see so many people interested in health, fitness, and being active. I hope the media attention of such events can be a catalyst to everyone throughout the world. After the awards many went to the disco party, some to celebrate at the local pub, others just needed to crash in their rooms.

Monday morning brought with it a light rainfall, as we packed our bags for the trip home. After a picture taking session at the hotel we boarded our bus and headed west. Most people know how comfortable bus riding can be, but after a marathon, the word comfort takes on a whole new meaning. We settled into a pattern of sleeping, moving, talking, moving, and more moving. A rest stop to take on fuel, and eat diner did help, but those steps to and from the bus were very very painful.

After the last stop of the evening, I must of got a "sugar high", no sleep for me, it was kind of scary, other people were actually able to sleep. Fortunately there was Jamison popcorn to be eaten and a few people were still awake and talking. The parking lot at Jamisons looked great, now a short trip home and into bed.

For the many of you who were not on the bus I must tell you that the bus jokes are all in fun. We were treated to a great trip, well organized and executed by Jay and Ann Jamison. All of us had a great time and would love to do it again . . . in a few years.



**FORT WAYNE  
TRACK CLUB**

P.O. BOX 11703  
FORT WAYNE, IN 46860

November 13, 1989

Dear Fort Wayne Track Club Volunteers,

On behalf of The Fort Wayne Track Club, St Joseph Medical Center, and WAJI MAJIC 95.1 Fm I want to express my appreciation for all your help at the Summit City 10 Km run, 5 Km walk, and Pee Wee run events held October 29, 1989. Truly it's the race volunteers that make an event successful for everyone. Every volunteer task is important for a smooth race. Thank you for your outstanding assistance.

I would also like to express my gratitude for all volunteer help provided at the Veterans Day Run and Walk held November 11, 1989. This event was sponsored by Hook's Drug Stores. I only heard good comments about it. You volunteers are the ones that kept the participants happy. Thanks for all your time and energy.

Good Running and Walking,

*Judy Tillapaugh, P.D.*

Judy Tillapaugh

President FWTC

**COME RUN WITH US**

INDIANA UNIVERSITY  
PURDUE UNIVERSITY  
AT FORT WAYNE

Office of Athletics  
(219) 481-6643

November 16, 1989

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

Dear Judy:

Todd, our cross country teams, and myself would like to thank the Fort Wayne Track Club for the generous gift of \$400.00 for our scholarship fund. Through the years the Fort Wayne Track Club has been very supportive with equipment, personnel, and scholarship money. Without this type of support our programs could not continue to function on the current level or continue to grow and improve.

We would like to take this time thank each and everyone in the Fort Wayne Track Club for all the years of continued support, and belief in our programs. We are fortunate to have your organization solidly behind us.

Thanks so much for all of your help.

Yours in fitness and health,

Jerry Diehl  
IPFW Cross Country Coach

**TENTH ANNUAL NUTRA RUNS  
EVENTS: 20 KM. (12.4 MI.),  
5 MILE AND 1 MILE RUNS  
Saturday, March 24, 1990**



**PLACE:** Woodside Middle School, Fort Wayne, Indiana  
Restrooms Water (no showers) come prepared to run

**TIME:** 2:00 p.m. - 20 km and 5 mile runs; 2:15 p.m. - 1 mile run

**COURSE:** Over the hills and plains of Homestead

**REGISTRATION:** After 1:00 p.m. day of race only. (No pre-registration)

**AWARDS:** NUTRITIOUS & DELICIOUS!

**AGE GROUP AWARDS PLUS**

- Casa D'Angelo's Gift Certificates  
To top 3 men and women in both the 20 km & 5 mile runs.
- Whole Wheat Plus Bread to all age group winners.
- Surprise bonus for breaking course record  
Steve O'Connell; 1989, 1:07:55

**FEES:** FWTG members - \$1.00; Non-members - \$2.00  
Plus all runners are asked to bring an edible food (non-alcoholic) for post race enjoyment! (Example: fruit, pretzels, or nutrilite cookies.)

**DIRECTIONS:** Woodside is located next to Homestead High School at the corner of Homestead and Aboite Center Roads. To reach the school from 69 take RT. 24 exit, go east to Aboite Center Road (1st stop light). Turn left. Drive 2 miles to Woodside Middle School.

**RACE DIRECTOR:** Judy Tillapaugh Assisted by Mike Kasst; Phone: Home 424-6723

**ASSISTANTS:** WFLC(OMED)! Contact Judy or Mike if interested.

COME CELEBRATE NUTRITION MONTH WITH US

**Fort Wayne Track Club Board Meeting**  
Downtown YMCA  
November 15, 1989

Members present: Steve Caswell, Herman Bueno, Tom Loucks, Jerry Diehl, Jack Hilker, Cal King, Ken Disler, Mike Ducy, Joyce Butler, Roger Puckett, Rob Wyatt, Tom Yoder, Don Lindley, Judy Tillapaugh, Rick Vorick.

The meeting was called to order at 7:08 p.m. by president Judy Tillapaugh. Judy welcomed both old and new members and introductions were made around the room. Judy recognized board members from last year for their contributions to the club.

Don Lindley gave the treasurer's report for September and October. The total membership is up to 410 with possible expansion by the end of the year. The 1990 budget should be ready to present to the board by the December meeting.

Don gave an update on the repairs made on equipment, noting that several units are getting old and may need replacement in the near future. One of the print timers were fixed by Mark Brattoli and Clem Getty.

Judy opened the floor for nominations for President. The position was left open until the other positions were filled. Judy and Don then explained the duties of the officers and committees. Don Lindley nominated Jerry Diehl for Vice President, Tom Loucks seconded the motion, and he was voted in by the board. Jerry Diehl nominated Herman Bueno for Secretary, seconded by Rob Wyatt, and he was voted in by the board. Don Lindley was nominated by Jerry Diehl for Treasurer, seconded by Rob Wyatt, and he was voted in by the board. Rob Wyatt was elected as second Vice President.

Tom Yoder suggested that the officers work together to find a candidate for President. A meeting was set up to make this determination and report back to the board at the next meeting.

Race schedule report: Turkey Trot, November 23 at Jerry Mazock's house, 8:00 a.m. J. P. Jones 10K, December 9, 2:00 p.m. in Foster Park

Rick Vorick and Steve Caswell were elected Race Schedule Coordinators. Herman Bueno and Mike Ducy were elected Publicity Coordinators.

Mike Ducy gave a Summit City 10K Run/5K Walk summary. He thanked the Fort Wayne Track Club for all its help. The numbers were down from last year, there were 868 registered runners. Suggestions of training runs and clinics to help build numbers were made.

The annual Fort Wayne Track Club Banquet will be held February 17, 1990, at the Southwest Conservation Club, the same day as the Fanny Freezer Race.

The Fort Wayne Track Club donated \$400.00 to the IPFW Cross Country Team Scholarship Fund.

Mike Ducy brought up discussion on RRCA insurance and TAC insurance, he will try to find out more on this and report to the board.

Roger Puckett is coordinating material for the "Inside Track", which Robert and Shirley Loomis are taking over from Chuck Okorowski. All material should be directed to Roger Puckett, 2811-6 Northgate, Fort Wayne, IN 46835.

New Business: Don Lindley is updating the RRCA membership list, and could use volunteers.

Next month's meeting will be Wednesday, December 13, 7:00 p.m., at the downtown YWCA.

The meeting was adjourned by Judy Tillapaugh at 8:32 p.m.

Respectfully submitted,

Jerry Diehl



• Jan Kreuz, 41, set yet another ultradistance record and stunned the ultrarunning community when she turned in an amazing time of 6:19:05 at the Wolfpack 50-Miler, Columbus, April 9. This smashes Sandra Kiddy's record of 6:24:19, set in 1981. Kreuz came out nowhere to take the lead at the 40 mile mark, and then turned on the afterburners to complete the rest of the race. John Ryder, 40, was the men's masters winner with a time of 7:38:34.

Jan Kreuz, W40, finishes first overall in 6:19:05 at the National Masters 50 Mile Championships, Columbus, Ohio, April 9.

# Speeding up with caffeine could slow you down



## Sports Med-Line

By Dr. Stephen Henry and  
Regina White Durbin

The increased use of caffeine by athletes comes at a time when drug abuse in sports is at a near panic level.

Like steroids, amphetamines and cocaine, caffeine is a drug with important effects on the body. Many professional and amateur athletes are convinced caffeine improves athletic performance without exposing the athletes to risks.

Caffeine is a stimulant found in numerous plants, for example tea leaves, cola nuts and coffee beans. It is an ingredient in coffee, tea, cocoa, chocolate and soft drinks. Of the most commonly used beverages, percolated or drip coffee has the highest caffeine concentration (100-150 milligrams per 5 ounces). Tea products are less concentrated with 10-50 mg. of caffeine in each cup. The concentration varies with time of brewing.

Although once thought to have a high caffeine content, soft drinks usually have less caffeine than either coffee or tea (14-27 mg.).

Athletes consuming excessive caffeine (750-1,000 mg. or five to six cups of coffee), may experience symptoms of nausea, diarrhea, anxiety and heart irregularities. Despite these adverse effects, many athletes continue to use large amounts of

caffeine before competing, primarily because research has found caffeine increases the use of fat as a primary energy source.

This allows the body to reserve glycogen (sugar) for emergency energy storage. Early use of fat during exercise reduces the body's oxygen debt and increases the athlete's endurance.

A study by Dr. David L. Costill, of Ball State University's Human Performance Laboratory in Muncie, compared exercise endurance in two groups of competitive cyclists. One group consumed caffeine prior to exercise and a second group did not.

Athletes taking caffeine had a marked elevation of fatty acids (fat breakdown) in the blood and were able to exercise 20 percent longer. According to one study, dosages of 300-400 mg. of caffeine are necessary before significant use of fatty acids will occur.

Many athletes have mistakenly concluded increased muscular endurance is equivalent to increased muscular strength. Caffeine has not been proven to increase muscular strength.

Although caffeine is a legal drug, the International Olympic Committee discourages the use of excessive caffeine. Ironically, well-trained athletes are the individuals who least need caffeine. Trained athletes develop efficient fat-burning muscles and benefit little from caffeine.

For the poorly trained athlete, large amounts of dietary or supplemental caffeine can be dangerous because it promotes

increased urine production and fluid loss (so be cautious in hot weather), increased blood pressure and heart palpitations and irregularities.

Athletes whose intake of caffeine is minimal (one to two cups of coffee or tea) should have little concern about the ill effects. But the competitive athlete who takes excessive supplemental caffeine or the middle-aged athlete whose diet has a significant caffeine load should be cautious.

Calculate your caffeine intake. If you consume more than 400-500 mg. daily and have

symptoms associated with excess caffeine, consult your physician about your general health and exercise program.

### Caffeine content

(Mg./5 oz. of beverage)

130.....Coffee, drip

70.....Coffee, instant

5.....Coffee, decaf.

28.....Iced tea

40.....Hot brew tea

Chocolates:

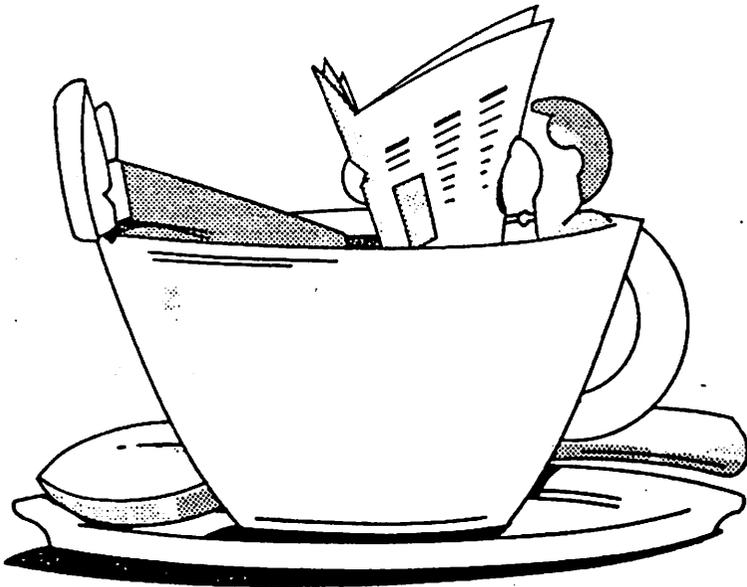
23.....1 oz. Hershey dark

35.....1 oz. baking

70.....1 oz. Hershey, dry cocoa

8.....½ cup fudge pudding

5.....6 pieces, Hershey kisses



# Attend the Annual Fort Wayne Track Club Banquet

February 17, 1990 6 p.m.  
at the  
Southwest Conservation Club  
Bluffton Road

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## POT LUCK DINNER

*(Bring one dish and a salad or dessert,  
your own table service.) Drinks will be  
provided by the club, coffee, pop and beer.*

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## ENTERTAINMENT PLUS

*Highlights of Runners Week this past  
year on a large screen television.*

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## AWARDS

*Annual awards will be given out.*

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## FUN

*A chance to relax and have some fun.*

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**—PLAN NOW TO ATTEND—**



RUN FOR SIGHT  
3 Mile Run/Walk  
September 30, 1989

PL	CLAS	BIB	NAME
1	0	1631	KEITH HORTON
2	1	1609	KEN BABCOCK
3	1	1667	JOSEPH GUNDBER
4	1	1625	PHILLIP SUEZLER
5	2	1620	PAUL KNOTT
6	3	1670	CHARIS EDINGTON
7	2	1632	MIKE MCKINNEY
8	2	1638	JOSEPH DILLON
9	1	1630	RONALD MOTYCKA
10	1	1611	JOE ZIEGLER
11	1	1634	DON LINDLEY
12	2	1691	ROLLY BARDREK
13	2	1612	GARY BEAR
14	2	1642	PETER ADGALANIS
15	0	1590	LINDA CONNAD
16	1	1643	JAMES KLIMKOFSKI
17	2	1666	FRAN GANDEL
18	3	1598	ROBERT GENSHEIMER
19	3	1633	THOMAS AGUIRRE
20	1	1636	PHYLIS SUEZLER
21	2	1593	MICHAEL KASTER
22	3	1640	JAMES PAYNE
23	4	1629	JAMES SHARPE
24	2	1601	ART MCCOY
25	1	1602	MARSHA SCHMIDT
26	4	1673	KEVIN OLSZOWY
27	1	1582	JULIE GILLIAN
28	3	1592	TOM JACKSON
29	5	1629	DAVID SALUS
30	2	1617	CATHY BUX-FERGUSON
31	0	1594	WILLIAM KNIDER
32	3	1674	MURRAY KAHNIN
33	1	1671	MARLENE SHEA
34	4	1677	JIM MALIN
35	2	1588	MARGARITA THROOP
36	4	1606	MARK METERT
37	3	1635	MARK METERT
38	3	1635	MARK METERT
39	2	1604	RONALD BEPKA
40	5	1641	BRAVO LONG
41	6	1665	JON SHARPE
42	3	1626	DEB USINA
43	7	1637	ARTHUR POWELL
44	4	1596	LARRY FIANO
45	4	1623	DICK BURDEK
46	2	1621	KATHY KNOTT
47	4	1608	ROBERT HOCKENSMITH
48	5	1608	ROBERT HOCKENSMITH
49	5	1589	MICHAEL THROOP
50	5	1609	JOSEPH GARCIA
51	5	1664	ROBERT COLBURN
52	1	1600	JULIA WILSON
53	1	1608	COLLEEN GARCIA
54	4	1610	MARY NASON
55	3	1619	DONNA BRADBURY
56	2	1579	JEAN HARTMAN
57	6	1639	KENT HORMANN
58	6	1581	CHARLES BOLYARD
59	2	1587	DIANE DETTLER-ZAPP
60	7	1675	MATT FLETTER
61	8	1582	NONDA BOLYARD
62	8	1580	NANCY BOYER
63	9	1583	NAT ZWEIF
64	5	1577	BARRBARA WEICHSSELFELDER
65	4	1607	NAN AMSTUTZ
66	3	1597	MAURINE GENSHEIMER
67	3	1596	THERESA BAILEY
68	2	1614	ROSIE O'KEEFE
69	5	1577	BARRBARA WEICHSSELFELDER
70	5	1577	BARRBARA WEICHSSELFELDER
71	5	1577	BARRBARA WEICHSSELFELDER
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77	5	1577	BARRBARA WEICHSSELFELDER
78	5	1577	BARRBARA WEICHSSELFELDER
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99	5	1577	BARRBARA WEICHSSELFELDER
100	5	1577	BARRBARA WEICHSSELFELDER

CL TIME

# Canterbury Green

SEPTEMBER 2, 1989

## Male

## Female

0-14 Michael Lindley 19:55  
Brett Reichwage 29:12

15-19 Joseph Gunder 16:28

Stacy Shirk 29:51

20-24

Michelle Branstetter 25:23

25-29 Paul Knott 16:35  
Kurt Miller 19:29  
David Mizicko 19:43  
Bob Scheele 25:24  
Garth Nisbet 26:22

Karen Spatz 20:56  
Sharon Albert 23:48

30-34 Brad Maisto 16:49  
Michael Tellez 19:24  
William Ryan 20:43  
James Thompson 20:48  
Doug Rhodenbaugh 23:52  
Jeff Thorn 25:14  
James Lewis 27:23  
Steve Habig 27:20

Deb Using 24:55  
Linda Engle 25:56  
Mary Mason 26:56  
Judith Kilgore 38:42

35-39 John Treleaven 17:30  
Gary Bear 19:20  
Joe Patterson 19:35  
Steve Trenknev 20:17  
Harry Quandt 21:16  
Mortaza Karim 22:10  
John Trenklner 24:18  
Larry Ward 25:27  
Mark Craig 27:39

Brenda Wolfe 24:30  
Vicki Jacobs 27:14  
Gail Schlatter 27:50  
Barb Feeshy 28:19  
Nonda Bolyard 34:35

40-44 Phil Wisniewski 19:32  
Jerry Lotzen 20:54  
Wayne Unsell 22:20

Carol Warnell 30:46

45-49 Donald Lindley 19:03  
Tom Tucker 19:07  
Jim Martin 22:31  
James Heymann 22:39  
Ron Geabler 22:44

Judy Hollander 32:32

50-54 Glenn Moore 20:30  
Frank Schneider 24:50  
Chuck Bolyard 34:34

55-59 Robert Habig 26:50

60 and + Vern Chovan 22:39

Polly Jacobs 32:53

BEST OVERALL: Joseph Gunder 16:28

Karen Spatz 20:56

Russell Athletic Sweats from

# SPORTS TECH



## Styles Galore!

- Hooded Sweatshirts
- Crewneck Sweatshirts
- Sweat Pants (in X-Long, too!)
- Zippered Hoods
- Printed Sweats

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You'll find Russell sweats in an entire spectrum of shades -- including pastels. Adult and youth sizes.



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Purdue  
Michigan  
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- Sweat Pants
- Crew Neck Sweatshirts

Ball State  
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Snider  
Dwenger  
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Glenbrook Square By the Ice Rink 484-4322

# MANCHESTER COLLEGE

## 1989 TURKEY TROT RESULTS

### MEN'S 8000

PLACE	NAME	AGE GROUP	TIME
1.	Tim Wion	open	26:13.57
2.	Mark Furkis	30-39	27:12.70
3.	Scott Chamberlin	20-29	27:53.32
4.	Albert Munet	under 20	28:21.16
5.	Michael Waschek	20-29	28:47.25
6.	Joe Bontrager	under 20	29:13.09
7.	Mark Miller	under 20	29:13.43
8.	Peter Reist	20-29	29:26.75
9.	Randy Hisner	30-39	29:43.54
10.	Vaughn Smith	40 and over	30:06.70
11.	Larry Beck	under 20	30:08.65
12.	Mitch Semans	under 20	30:11.93
13.	Ty Zumbrun	under 20	30:25.52
14.	Mike DuBois	40 and over	30:32.58
15.	Jed Loomis	under 20	30:45.80
16.	Mike Demont	under 20	30:53.38
17.	Jason Heyse	under 20	30:56.07
18.	Steve Smith	20-29	31:11.27
19.	Keith Speckman	under 20	31:19.64
20.	Randy Overmyer	30-39	31:32.97
21.	Kevin Lochner	30-39	31:54.58
22.	Greg Hollinger	under 20	32:08.62
23.	Douglas Hohenberger	40 and over	32:22.36
24.	Mike Chumbley	under 20	32:38.61
25.	Larry Avenbeck	40 and over	32:45.39
26.	Larry Morningstar	40 and over	32:49.70
27.	Bill Thomas	under 20	32:58.30
28.	Howard Prater	30-39	33:23.93
29.	Gene Lightner	40 and over	33:32.17
30.	Dan Pavich	under 20	33:38.23
31.	Don Hendricks	30-39	33:54.64
32.	William Weaver	under 20	34:15.18
33.	Dick Miller	40 and over	34:16.61
34.	Jim Furkis	under 20	34:19.02
35.	Ed Oliphant	40 and over	34:43.91
36.	William Screeton	20-29	34:46.24
37.	Ed Rice	30-39	34:49.29
38.	Jim Huffer	30-39	35:42.78
39.	Edwin Beckner	40 and over	36:06.13
40.	Robert Sennett	40 and over	36:08.56
41.	Steven Hammer	30-39	36:34.58
42.	Leroy Wion	40 and over	36:52.77
43.	Alan Bradley	30-39	37:15.60
44.	Steve Knight	30-39	37:27.71
45.	Alessandro Mantron	under 20	37:51.46
46.	Erik Herendeen	30-39	37:54.08
47.	John Flory	40 and over	38:09.47
48.	Bob Klitzman	40 and over	38:47.93
49.	Mike Sterzik	40 and over	38:48.93
50.	Mike Yovanoff	under 20	39:13.95
51.	Dennis Horn	40 and over	39:50.04
52.	Jan Martin	40 and over	40:08.52
53.	Bill Berens	under 20	40:23.65
54.	Herb Johnston	20-29	41:01.94
55.	Steve Downs	40 and over	41:48.55
56.	Nick George	40 and over	41:53.03

57.	Jerry Jones	40 and over	42:23.89
58.	John Schwartz	40 and over	42:24.31
59.	Brian Miller	30-39	42:43.05
60.	Bill Duffy	30-39	43:24.74
61.	Charles Mills	40 and over	43:25.89
62.	Charles Martin	30-39	44:09.26

## MANCHESTER COLLEGE

### 1989 TURKEY TROT RESULTS WOMEN'S 5000

PLACE	NAME	AGE GROUP	TIME
1.	Brenda Ramsey	open	19:24
2.	Penny Grandstaff	20-29	19:52
3.	Rita Heyde	20-29	19:57
4.	Amy Heile	under 20	20:08
5.	Karen Reist	20-29	20:36
6.	Dawn Rice	20-29	21:44
7.	Mary Conolly	40 and over	22:16
8.	Betty Ann Oliphant	40 and over	22:55
9.	Joyce Butler	40 and over	23:15
10.	Merle Fulton	40 and over	23:21
11.	Tonya Black	under 20	23:23
12.	Amy Bruner	under 20	23:34
13.	Amy Mechling	under 20	23:35
14.	Shelley Sayers	under 20	23:42
15.	Sharon Delay	under 20	23:47
16.	Julie Peterson	20-29	24:24
17.	Kenna Klizman	under 20	24:43
18.	Pam Siefert	under 20	25:24
19.	Laura Kuhn	under 20	25:24
20.	Tara Wion	under 20	28:01
21.	Leigh Lisak	20-29	29:36
22.	Tom Wion	under 20	29:38
23.	Sally Weldy	20-29	31:11
24.	Ellen Davis	20-29	34:36
25.	Jacque Hoevel	20-29	36:41

OCTOBER 21, 1989  
5KM CROSS COUNTRY RACE

WEATHER: 38 CLOUDY

PLACE: IPFW UNIVERSITY CROSS COUNTRY COURSE

CONDITIONS: SNOW COVERED (YES SNOW) AND SOGGY

#### FINISHERS:

MEN			WOMEN		
1	MIKE ROBBINS (40)*	19:19	1	AMY COCKBURN (10)	26:09
2	PAUL CEARNS (19)	19:30	2	MARY COCKBURN (8)	28:08
3	RICHARD CARR (19)	19:39	3	JOAN GARY (53)*	30:36
4	MIKE MCKINNEY (32)	19:50	4	BETHANY COCKBURN (6)	34:08
5	ANTHONY BRAUMLETT (18)	20:52			
6	MAJRY SEAREY (40)	20:59			
7	MIKE LINDLEY (14)*	22:17			
8	DON LINDLEY (45)*	22:19			
9	LARRY PALMER (49)	24:50			
10	LANNY FISHER (45)	26:13			
11	LARRY LEE (45)*	32:14			

\* TRACK CLUB MEMBERS

DIRECTOR: JERRY DIEHL, COACH IPFW CROSS COUNTRY

DECATUR CALLITHUMPIAN CENTER SK RESULTS

Sunday, October 22, 1989

<u>Overall Place</u>	<u>Name</u>	<u>Age Division</u>	<u>Time</u>
1	Brian Shepherd	M20-24	16:26.7
2	Mark Sanderson	M25-29	16:33.3
3	Jerry Williams Jr.	M25-29	16:37.8
4	Gary Williams	M25-29	16:42.0
5	Randy Hisner	M30-34	16:47.6
6	Brent Munro	M25-29	17:14.7
7	Mike Schoudel	M20-24	17:24.9
8	Carl Risch	M30-34	17:31.5
9	Jason Washler	M14-16	17:47.9
10	Dan Green	M30-34	17:48.4
11	Gregg Drake	M14-16	17:51.8
12	Jason Hoff	M14-16	17:53.2
13	Tim Rayle	M20-24	17:55.4
14	Paul Cearns	M25-29	17:58.8
15	Marlin Howe	M30-34	18:00.8
16	Bob Milton	M40-49	18:32.9
17	Tom Titus	M17-19	18:46.9
18	Mike McKinney	M30-34	19:02.3
19	Douglas Sawyer	M20-24	19:15.9
20	Tim Davis	M14-16	19:20.4
21	Matt Liken	M14-16	19:25.6
22	Paul Shaffer	M30-34	19:29.1
23	Shawn Braun	M14-16	19:39.8
24	Al Welch	M40-49	19:46.1
25	Jonathan Zinnel	M30-34	19:55.8
26	Rick Gilbert	M30-34	19:59.8
27	Brian Johnson	M13&un	20:01.0
28	Randy James	M35-39	20:02.7
29	Tom Schakat	M20-24	20:10.4
30	Chris Ryan	M13&un	20:18.7
31	Tom Tucker	M40-49	20:26.7
32	Winter Troxel	M14-16	20:35.2
33	Joel Creek	M14-16	20:51.5
34	Trent Gump	M13&un	20:54.1
35	Travis Striggle	M13&un	20:59.9
36	Glenn Moore	M50+	21:37.9
37	Jeff Binkley	M14-16	21:56.9
38(F1)	Connie Coonan	F30-39	22:03.3
39	Amy Yoder	F13&un	22:06.3
40	Craig Miller	M50+	22:12.7
41	Kent Merritt	M13&un	22:14.6
42	Julie Manger	F30-39	22:22.1
43	Rob Tyler	M14-16	22:28.4
44	Michael Variell	M30-34	22:29.2
45	Pat Bailey	M14-16	22:39.1
46	Carrie Sheets	F14-19	23:17.6
47	Mike Yoder	M40-49	23:19.2
48	Martin Rybolt	M25-29	23:21.5
49	Lorraine Fox	F20-29	23:26.5
50	Tom Fuelling	M35-39	23:36.9

<u>Overall Place</u>	<u>Name</u>	<u>Age Division</u>	<u>Time</u>
51	Dixie Hook	F30-39	23:55.0
52	Katie Park	F13&un	24:07.3
53	Gary Selking	M25-29	24:09.1
54	Ellen Schwartz	F40+	24:10.2
55	Michelle Braden	F14-19	24:11.0
56	Robert Loomis	M50+	24:19.0
57	Bill Osterholt	M35-39	25:02.6
58	Judy Davis	F30-39	25:05.3
59	W.D.Greenhood	M40-49	25:07.3
60	Roger Zambardo	M35-39	25:08.0
61	Andrew Tyler	M13&un	25:16.7
62	Ken Disler	M50+	25:29.5
63	Rudy Kleinknight	M40-49	25:52.8
64	Don Merkler	M40-49	26:16.7
65	Eugene Striggle	M50+	26:18.1
66	Brian Milton	M14-16	26:48.3
67	Scott Cunningham	M20-24	26:51.1
68	June McClure	F30-39	26:58.1
69	Jeffrey Belknap	M25-29	27:25.4
70	Don Manger	M35-39	27:44.3
71	Sarah Kleinknight	F40+	28:55.4
72	Chad Zambardo	M13&un	31:30.8
73	Phil Yoder	M13&un	31:33.8
74	Matt Merkler	M13&un	33:32.3
75	Shawn Zambardo	M13&un	36:57.6

### 1 Mile FunRun Results

1 Male	Matt Liken	5:12.2
2 Male	Joe Steensma	6:07.6
3 Male	Brian Davis	6:54.0
4 Male	Ben Fenstermaker	7:17.2
5 Male	Chris Merritt	7:26.4
6 Male	Paul Ryan	8:18.0
7 Male	Erick Braun	8:19.2
1 Female	Tracy Striggle	7:27.6
2 Female	Jessica Borger	8:18.9
3 Female	Jenny Davis	8:45.5
4 Female	Michelle Manger	10:18.5
5 Female	Marcia Yoder	10:23.1

RUNNERS



KEEP A  
RECORD OF YOUR  
JULY-DEC. MILEAGE



SEND TO:  
JOYCE BUTLER  
2238 SKYHAWK DR.  
FT. WAYNE  
46815





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. Check THE INDIANA RUNNER for more races.

DEC 16 SAT	3RD ANNUAL JINGLE BELL RUN FOR ARTHRITIS 5M & 3M WALK, JANICE JOHNSON, 1100 E. WALNUT ST., EVANSVILLE, IN 47714 (812) 428-6110	9:30am
DEC 16 SAT	TURKEY TROT PREDICTION RUN, WILDWOOD METRO PARK, TOLEDO TRRC MEMBERS ONLY (MAY JOIN DAY OF RUN) TOM VOLLMER 478-3909	10am
DEC 17 SUN	THE AMBULANCE CHASE 5K ON TRACK (NATATORIUM), INDPLS. BOB BILLCRAIG, 11525 SOUTH COVE, 46236, (317)823-4926	9:00am
DEC 17 SUN	ST. LOUIS TRACK CLUB ULTRA-CHALLENGE, St. Louis, MO 50KM - 60KM Dan Maloney, 6611 Clayton Road, Suite 200, 63117	7:00am
DEC 24 SUN	12TH ANNUAL SPACE COAST RUNNERS ULTRAMARATHON, 50KM HENRY CAMPBELL, 155 SEACREST DR., MELBOURNE, FL 32951 Out & back along beaches of Brevard County	8:00am
DEC 30 SAT	LAST CHANCE 50 MILER AND RELAY RACE. LAKELAND, FL. BRIAN RENZ, 95 COUNTRY CLUB LN. MULBERRY, FL 33860 (813)425-3807, Repeat laps 2.75 mile asphalt bicycle path around scenic Lake Hollingsworth.	7:00am
JAN 6 SAT	JACKSONVILLE MARATHON, BOLLES HIGH SCHOOL DOUG ALRED (904) 739-1917	8:00am
JAN 6 SAT	TRRC ICICLE 5K PREDICTION RUN, PEARSON PARK, TOLEDO 1-MILE FUN, DICK CORADO, 693-0363	9:00am
JAN 7 SUN	* SIBERIAN EXPRESS 7.6 MILES X-C, DANVILLE, IL 61832 KENNEKUK ROAD RUNNERS, 1645 N. GILBERT (217)431-4243	12:00pm
JAN 13 SAT	FHP ARIZONA EAST VALLEY MARATHON P.O. BOX 32987, PHOENIX, AZ 85064 (602) 246-7697	8:00am
JAN 13 SAT	* BERMUDA 10KM	
JAN 14 SUN	* BERMUDA MARATHON	
JAN 14 SUN	DAVE'S RUNNING SHOP 10 MILE SHOE RUN, TOLEDO, OH DELTA HIGH SCHOOL. DAVE & SANDY MASON (419)822-3498	2:00pm
JAN 21 SUN	METRO-DADE MARATHON, TOPICAL PARK MIAMI RUNNERS CLUB, (305) 227-1500	6:30am
JAN 26 FRI	PENSACOLA SPORTS ASSOC. 24/48 HOUR INDOOR RUN PO BOX 12463, PENSACOLA, FL 32582 (904)477-9180	10:00am

JAN 27 SAT WORLD SNOWSHOE CHAMPIONSHIP, MAPLE GROVE, MN 63701 9:00am  
 KEITH KEHN, 11807 101ST AVENUE NORTH, (621)493-3442  
 Beautiful wooden course on bike and snowmobile trails.

FEB 3 SAT TALLAHASSEE MARATHON, WACISSA SPRINGS PARK 8:00am  
 CHRIS TEAF (904) 385-0601

FEB 10 SAT BTC 50 MILE RUN, BIRMINGHAM, AL 7:00am  
 RICK MELANSON, 2704 VESTAVIA FOREST TERRACE, BIRMINGHAM,  
 AL,35216 (205)979-1731. 6-mile loop scenic wooded state park.

FEB 10 SAT INDOOR TRACK, UNIV OF CINCINNATI, D.L. LIVINGTON,  
 ROOM B1 N22, 6210 CENTERFILL RD, CINCINNATI, OH 45224  
 (513) 634-5320

FEB 17 SAT FANNY FREEZER 5KM, FOSTER PARK 2:00pm  
 FWTC - DAY OF RACE REGISTRATION  
 P.O. BOX 11703, FORT WAYNE, IN 46860

FEB 18 SUN SPACE COAST MARATHON, bREVARD COMMUNITY COLLEGE (SOUTH) 8:00am  
 BILL DILLAR (407) 724-2510

FEB 24 SAT BLUE ANGEL MARATHON, PENSACOLA NAVAL AIR STATION n/a  
 JUDITH BAGSHAW (904) 452-3922

FEB 24 SAT 5TH ANNUAL PASSING FOR SANE 50 MILER & 50km Fun Run 7:00am  
 ST.PETERSBURG, FL 33712, GARY MacMATH, 1859 BONITA WAY SOUTH,  
 (813)867-5117. 1.8-mile loop flat bikepath Boyd Hill Nature Pk.

MARCH 8-10 RRCA CONVENTION, MIAMI, FLORIDA

MAR 17 SAT FWTC NUTRA RUNS, 1-MILE, 5-MILE, & 20KM  
 JUDY TILLAPPAUGH, P.O. BOX 11703, FT.WAYNE, IN 46860

APR 14 SAT MASSANUTTEN MOUNTAIN MASSACRE V, 50 MILES, DETRICK, VA 6:00am  
 ANSTR DAVIDSON, 1601 N. POTOMAC ST, ARLINGTON, VA 22205,  
 (703)532-8820. 95% Rocky Trails of George Washington National  
 Park. Elevation ranges from 700' to 2600'.

APR 16 MON \* 94TH BOSTON MARATHON, 12 O'CLOCK NOON,1990 TAC NUMBER AND  
 PROOF OF QUALIFICATION IS REQUIRED.  
 SEND SASE TO BOSTON ATHLETIC ASSOCIATION  
 P.O. BOX 1990  
 HOPKINTON, MA 01748 PS CONTACT DON LINDLEY  
 I HAVE A FEW.

APR 22 SUN \* GLASS CITY MARATHON, TOLEDO, OH 8:00am  
 PAM GRAVER, 1103 SCHMIDLIN, OREGON, OH 43616 (419) 691-6064

MAY 5 SAT 12 ANNUAL STROLLING JIM 40, 41.2 MILES, WARTRACE, TN 7:00am  
 GARY CANTRELL, RT1 BOX 166D, WARTRACE, TN 37183 (615)389-6870  
 Single loop, 74% paved, 25% crushed rock roads, very scenic.  
 Delta Airlines is offering a 40% discount on travel to the race

\* Contact Don Lindley for applications.

# Children's Running Tips



# B

Barry Brown has shown that running is a lifetime sport, providing good health, fitness and excitement for years and years. While many top athletes stop competing after high school or college, Brown has continued his running without interruption well into his forties, and has become one of the top competitors in the masters division of the ARRA Circuit.

## stick with it

Just because you don't achieve success when you're young doesn't mean you can't reach the top some day. Whether we're talking about running or some other activity, perseverance is more important than natural talent in reaching the top.

Many of today's world-class runners were not "stars" when they were young. And conversely, many young running "stars" don't stick with it when they get older, and thus in running eventually paid off in faster times.

Rather than worrying too much about whether you're the best runner in your group, school, or town, concentrate on what you can do to improve yourself. If you enjoy what you're doing and keep at it, you'll feel satisfaction in the running you do. And no matter how much running talent any of us has, we can always enjoy the many benefits of improved fitness. So stick with it!

*Barry Brown*



**LET THE FORT WAYNE TRACK CLUB PUT  
THE FINISHING TOUCH ON YOUR RACE**

\$125.00 for complete equipment rental

includes: Digital clock

Printer

Race application inserted in 700  
issues of Inside Track.

Printing results in Inside Track.

— or —

\$100.00 Digital clock only

\$35.00 Printer only

12 x entry fee for insertion of race application  
(10 x entry fee if paid in advance)

\$40.00 for printing complete race results

For more information and to reserve the equipment for  
your race call Clem Getty, 219-638-4890 or write.

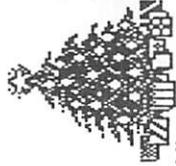
Fort Wayne Track Club, P.O. Box 11703,  
Fort Wayne, Indiana 46860

*(Delivery of equipment could incur additional charges)*





#### CELEBRATE THE SEASON NUTRITIONALLY



Holiday time is here! It is the best moments of the year. A time for much celebration. Family gatherings, neighborhood parties, and business socials are some of the special opportunities. Participation can bring great joy.

Eating is automatically a part of all celebrations. The time is right to make and enjoy special meals and snacks. But, often many healthy habits end and holiday pounds add up. This does not have to happen. People can keep their waist trim and still have tasty, satisfying holiday meals. The spirit of the season can be enjoyed nutritionally.

Think behavioral modification for healthy holiday eating. Eating is a behavior just like the way people shop and clean. Since behaviors are learned habits, traditional holiday habits that contribute to added pounds can be changed for pound prevention.

Many holiday foods are high in fat, cholesterol, sugar, salt, and alcohol. It is easy to eat extra calories without realizing it. For example if one ounce of fudge was eaten every day for 5 weeks in addition to regular food intake a person would gain one pound of fat. Note, one ounce of fudge has 112 calories. One ounce of fudge everyday for one week adds up to 784 calories. At the end of five weeks this adds to 3920 extra calories. One pound of fat has 3500 calories. How many people stop at one piece of fudge? Extra calories can add up quickly!

The best holiday pound defense is to focus on portion control and limiting fat toppings. By making simple meal modifications excess calorie intake is avoided. One modification could be to limit use of butter, margarine, and mayonnaise. For every tablespoon of these not used 100 calories are saved. Try modifying an entree recipe



to create more healthy meals. Cut down the fat amount. If the recipe calls for cheese use a cheese made with skim milk.

Think positive! Making meal plan modification is simple and tasty.

Use the chart below as a guide to modifying meals and recipes. Switch from high fat, high calorie choices to low fat, nutritious choices.

<u>FOOD</u>	<u>CALORIES</u>	<u>FOOD</u>	<u>CALORIES</u>	<u>SAVED</u>
Whole milk 1 cup	150	Skim milk	80	70
Ice cream 1/2 cup (16% fat)	175	Ice milk 1/2 cup	110	65
Beef, bologna 2 oz	178	Lean roast beef	115	63
Bacon, 3 strips	109	Extra lean ham 1oz	37	72
Potato chips 1 oz	170	Dick's chips	80	90
Peanuts, 1/4 cup	205	Popcorn, air 2 C	46	159
Apple pie 1/8 pie	300	Fresh apple, Med	80	220
Beer regular 12 oz	150	Light Beer 12 oz	110	40
Regular Pop 12 oz	150	Diet pop	1	149
Italian Dressing 1 TBSP	70	Oil free Italian 1 TBSP	4	66
Margarine 1 TBS	100	Margarine 1 tsp	33	67
Snickers Candy bar 1oz	138	Vanilla Wafers, 5	70	68
Fudge 1 oz	112	Jelly beans 10 pieces	66	46
Peanut brittle 1 oz	123	Mints, 7 pieces	52	71
Eggnog 1/2 cup	335	White Table wine 4 oz	80	225

Have a Healthy Happy Holiday Season,

*Judy Tillapaugh R.D.*

Judy Tillapaugh, R.D.  
Nutrition Consultant

# Ham and Spinach Dip

*A delightful holiday dip that has reduced fat because of lean ham and low fat dairy products. Try it!*

**1½ cups ground 93% lean ham (about 1½ pound)**

**1 10-ounce package frozen chopped spinach, thawed and drained**

**1 cup dry curd cottage cheese**

**1 tablespoon margarine**

**1 cup plain low-fat yogurt**

**½ cup light mayonnaise**

**2 green onions, chopped (include tops)**

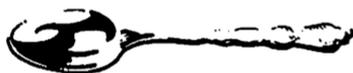
**1 teaspoon "light" seasoning or other reduced sodium seasoning blend**

**1 loaf round rye bread or French bread**

Combine margarine and dry curd cottage cheese in blender. Blend at a low speed until creamy. Be patient, it will take a few minutes, but don't try to hasten it by adding liquid.

In mixing bowl, combine ground ham, spinach, blended cottage cheese and margarine, yogurt, light mayonnaise, green onions and seasonings. Refrigerate until ready to serve. With a sharp knife, cut top 1/3 off round rye loaf or French bread. Hollow out loaf, leaving a 1-inch thick shell. Cut bread into 1-inch cubes. Store bread cubes and shell in plastic bags until ready to serve. Just before serving, toast bread shell in 400 degree oven for 8 minutes (this prevents the dip from soaking into bread shell). Place the ham and spinach mixture in the bread shell. Serve with reserved bread cubes and vegetables. Makes about 4½ cups dip.

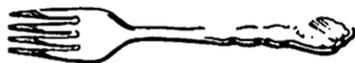
## Nutritive Values



(for one tablespoon)

Calories:	17
Protein:	2 gm
Carbohydrates:	1 gm
Fat:	1 gm
Sodium:	60 mg

## Diabetic Exchanges



(for 4 tablespoons or 1/4 cup)

1/2 medium fat meat
1 fat



## WOMEN RUNNING SMART

### The Road Runners Club of America's TIPS FOR RUNNING SAFETY

- 1 — **Carry identification** or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. *Don't wear jewelry.*
- 2 — **Carry a quarter for a phone call.**
- 3 — **Run with a partner.**
- 4 — **Write down or leave word** of the direction of your run. Tell friends and family of your favorite running routes.
- 5 — **Run in familiar areas.** In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
- 6 — **Always stay alert.** The more aware you are, the less vulnerable you are.
- 7 — **Avoid unpopulated areas,** deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
- 8 — **Don't wear headsets.** Use your ears to be aware of your surroundings.
- 9 — **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 10 — **Run against traffic** so you can observe approaching automobiles.
- 11 — **Wear reflective material** if you must run before dawn or after dark.
- 12 — **Use your intuition** about a person or an area. React on your intuitions and avoid if you're unsure.
- 13 — **Carry a whistle or other noisemaker.**
- 14 — **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

**FOR MORE INFORMATION CALL YOUR LOCAL RRCA CHAPTER.**



The Road Runners Club of America is a national organization of over 450 clubs in 46 states. For more information write RRCA, 629 S. Washington Street, Alexandria 22314. Phone: (703) 836-0558.



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**PEANUTS** By Charles Schulz



# Cranberry Bread

*It is worth the time to halve the cranberries; it will produce a sparkling fresh taste!*

**2 cups flour**  
**1/2 cup sugar**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**  
**Juice and rind of 1 medium orange**  
**2 teaspoons melted margarine**  
**Hot water**  
**1 egg, beaten**  
**1 teaspoon vanilla**  
**1 cup cranberries, halved**  
**1/2 cup chopped walnuts**

Traditional Recipe  
159 Calories



Per Serving Using  
Our Modified Recipe

Preheat oven to 350°.

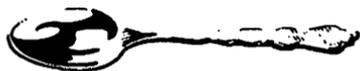
Combine halved cranberries and 1/4 cup sugar and set aside. Sift dry ingredients and other 1/4 cup sugar.

Measure together orange juice, grated rind and melted margarine; add enough hot water to make 1 cup. Stir liquid into dry ingredients. Add remaining ingredients.

Cut aluminum foil to fit the bottom of a 9 x 5-inch loaf pan. Spray sides of pan with vegetable pan spray. Add batter. Bake for 1 hour or until toothpick inserted in top of loaf comes out clean. Let stand overnight for easy slicing.

Makes 18 1/2-inch slices.

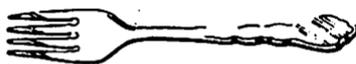
## Nutritive Values



(1/18 of loaf)

Calories: 103  
Protein: 2 gm  
Carbohydrates: 17 gm  
Fat: 3 gm  
Sodium: 102 mg

## Diabetic Exchanges

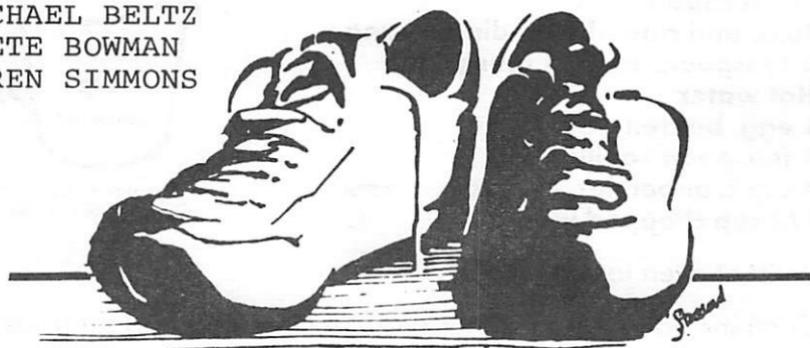


(1/18 of loaf)

1 starch/bread  
1/2 fat

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&  
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A black and white line drawing of three people running. On the left, a woman and a man are running together, with the man in front. On the right, another woman is running towards them. They are running on a path with trees in the background.

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# And the Best Fitness Activity Is . . .

Does walking provide as good a workout as tennis? How does an aerobics class compare with swimming?

Answers to these questions and more are offered in the following chart. By giving 1 point for a "low" rating, 2 for "moderate" and 3 for "high," you can arrive at some fairly accurate comparisons of the 17 activities listed. Our thanks to Harvey B. Simon, M.D., and Steven R. Levisohn, M.D., authors of the excellent book *The Athlete Within; A Personal Guide to Total Fitness* (Little, Brown, 1987), for their permission to use the chart.

Activity	Aerobic Power (Endurance)	Fat Loss	Strength	Flexibility
Brisk walking	moderate	moderate	low	low
Jogging	high	moderate	low	low
Running	high	high	moderate	low
Swimming	high	moderate	moderate	high
Rowing	high	high	high	moderate
Aerobic dance	high	high	moderate	high
Biking	high	high	moderate	low
Skating	high	moderate	moderate	moderate
Skiing				
Cross-country	high	high	moderate	moderate
Downhill	low	low	moderate	low
Tennis				
Singles	moderate	moderate	low	moderate
Doubles	low	low	low	moderate
Basketball	high	moderate	moderate	moderate
Soccer	high	moderate	moderate	moderate
Baseball	low	low	low	low
Golf	low	low	low	moderate
Bowling	low	low	moderate	low

# WARMUPS

## THE NEED TO RACE

Running and racing use the same action, but they aren't the same in content. Running, gentle running, is a pleasure to do while you're doing it. Racing is painful, and only becomes pleasurable on reflection, after the hurting has stopped. Everyday runs balance themselves between comfortable and uncomfortable. Races operate close to the jagged edge of exhaustion. The trick is to see how close to that edge you can push without falling over.

Distance runner Ona Dobratz says, "With long distances, the body is feeling at home in its environment, functioning as a 'part,' not 'apart.' It's being as one, just as natural as everything around you." But, in contrast, she says racing is "the meshing of mind, body and emotion into complete coordination, not being aware of your surroundings but only of your own movement through space... Just as our voices are not always meant to be calm and want to sing, our legs are not meant always to walk. They want sometimes to run—hard."

The runner running has time and energy to look around. The runner racing has neither. He has to concentrate fiercely on a competition, internal more than external. The demands of the race and the toll of fatigue turn him inside himself.

"Jogging through the forest is pleasant," writes Ken Moore, "as is relaxing by the fire with a glass of gentle Bordeaux and discussing one's travels. Racing is another matter. The front-runner's mind is filled with an anguished fearfulness, a panic, which drives him into pain."

"Exploring the forest is easy," Moore says. "Exploring the limits of human performance is excruciating." The runner who only runs comfortably sees only the flat and quiet forest floor. The racer seeks out the valleys and peaks of himself.

Despite all the logical reasons not to race, runners keep racing. The challenge is there, and they need to wallow in it. They need to know what's inside themselves, to tear themselves down a bit to see what they have built up.

Jock Semple, the colorful organizer of the Boston marathon, thinks compulsive racers are like impatient farmers. Racing, he says, "is like pulling up the carrots to see if they're growing."



# Coming Events

## FANNY FREEZER 5K

February 17, 1990  
Foster Park — 2 p.m.

### NEW YEAR'S EVE RUN

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