

the inside track

Feb. - Mar. 1990



FORT WAYNE
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

CATCH THE WAVE OF RUNNERS

RUNNERS WEEKS



THURS. 8:00PM

SAT. 2:30PM

CHANNEL 10

1990

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Jerry Diehl, 622-7387
Vice President	Robert Wyatt, 420-0370
Secretary	Herman Bueno, 749-6113
Treasurer	Don Lindley, 456-8739
Inside Track Newsletter	
Editor	Rodger Pucket, 486-4500
Asst. Editors	Bob & Shirley Loomis, 639-3253
Publicity Coordinator	Mike Ducey, 482-9606
Equipment Coordinator	Mark Brattoli, 493-6240
Advertising Coordinator	Jack & Barb O'Neil, 482-2383
Membership	Randy Lavine, 493-2420
Runner Week Director	Ann Jamison, 627-8450
Interim President	Judy Tillapaugh, 424-6723
Race Schedule Chariman	
#1	Richard Vorick, 489-1582
#2	Steve Caswell, 636-7308

BOARD MEMBERS

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

Time	10 KM	15 KM	20 KM	25 KM	30 KM	Marathon
4:30	27:54	41:51	45:00	55:48	59:00	1:09:44
4:45	29:27	44:11	47:30	58:54	1:02:16	1:13:38
5:00	31:00	46:30	50:00	1:02:00	1:17:30	1:33:00
5:15	32:33	48:50	52:30	1:05:08	1:21:07	1:37:59
5:30	34:06	51:09	55:00	1:08:12	1:25:07	1:42:18
5:45	35:39	53:29	57:30	1:11:18	1:28:23	1:46:57
6:00	37:12	55:48	1:00:00	1:14:24	1:31:39	1:51:36
6:15	38:45	58:08	1:02:30	1:17:30	1:34:55	1:56:15
6:30	40:18	1:00:27	1:05:00	1:20:36	1:38:13	2:00:44
6:45	41:51	1:02:47	1:07:30	1:23:42	1:41:29	2:05:33
7:00	43:24	1:04:06	1:10:00	1:26:50	1:44:46	2:10:12
7:15	44:57	1:07:26	1:12:30	1:29:54	1:48:03	2:14:51
7:30	46:30	1:09:45	1:15:00	1:33:00	1:51:19	2:19:30
7:45	48:03	1:12:05	1:17:30	1:36:06	1:54:36	2:24:09
8:00	49:36	1:14:24	1:20:00	1:39:12	1:57:53	2:28:48
8:15	51:09	1:16:44	1:22:30	1:42:12	1:59:10	2:33:27
8:30	52:42	1:18:03	1:25:00	1:45:24	2:01:26	2:38:06
8:45	54:15	1:21:23	1:27:30	1:48:30	2:04:43	2:42:45
9:00	55:48	1:23:42	1:30:00	1:51:36	2:07:59	2:47:24
9:15	57:21	1:26:02	1:32:30	1:54:42	2:11:16	2:52:03
9:30	58:54	1:28:21	1:35:00	1:57:48	2:14:33	2:56:42
9:45	1:00:27	1:30:41	1:37:30	2:00:54	2:17:49	3:01:21
10:00	1:02:00	1:33:00	1:40:00	2:04:00	2:20:00	3:06:00

Remember to send this information in early. With the bimonthly issues of the "Inside Track", we need to know by the 10th of the month before publishing.

Richard Vorkick
 1416 Windsor Woods Bldgs.
 Fort Wayne, IN 46845
 Steve Caswell
 204 West Hazel
 Albion, IN 46701
 H - 636-7308
 W - 429-6719

ideas for the schedule to: know someone who is, let us know. Send us any information and your more local races to our schedule. If you are putting on a race or something else that we, Richard and I would like to do, is to add you, the membership, the more the track club can do for you. We also need people to help. Race directors and volunteers are vital to make an event work. The more support and help we get from

know. see other races, walks or maybe some children's events, let us The Track. Watch for this one this summer. If you would like to will reappear from the past. One of those will be the Hour Run On past. A few will return from last year's schedule. Some others to have many of the same races that, as members, we have had in the and myself, Steve Caswell, we hope to do just that. We would like the members. As the new Race Schedule Chairman, Richard Vorkick This year should bring many new and many familiar things to you,

Greetings Fort Wayne Track Club members:

PRESIDENT'S COLUMN by Jerry Diehl

Outside activities in the winter can be an adventure, the cold weather shouldn't put an end to your exercise and fun. The key is using some common sense, staying active and motivated. Walking, cycling, running, and of course skiing are great ways to get into the great outdoors and avoid those wintertime blues. Make allowances for weather conditions and you are well on your way to an enjoyable winter season.

Be sure to dress for the conditions, many people make the mistake of overdressing. Even with moderate exercise, the body temperature will rise significantly. Remember to dress in layers, wearing several layers of loose-fitting clothing. Wearing proper gloves, shoes, and cap will also make those winter workouts more enjoyable.

Remember to warm up and stretch properly before and after each workout, those muscles need to be properly warmed, especially in cold weather. Good nutrition and proper hydration are a must to provide the body with the fuel and fluid that it needs to perform properly.

The wind-chill factor is very real, be sure to dress and workout accordingly. Remember to keep moving, if you must stop exercising for any length of time outdoors, put on extra clothes before you start to chill.

Motivation is the key to winter activities, if you can't get yourself out the door, look for those that continue to run, bike, etc. throughout the winter. It helps me get going knowing that I will be meeting others for a workout. The Track Club continues to have training runs leaving from the IPFW Athletic Center, tuesdays and thursdays at 6:00 p.m. and saturdays at 9:00 a.m. There are other informal running groups gathering at the YWCA, YMCA, and Foster Park. I would encourage everyone to join one or several of these groups, find one that fits into your schedule, everyone is welcome, come join us, the more the merrier!

The 1990 area running season starts with the Fanny Freezer 5K on February 17, held in Foster Park at 2:00 p.m. This is a great race to come out and have a good time, don't worry about your speed there will be plenty of races for that. Following the Fanny Freezer is the 1990 FWTC Banquet held at the S.W. Conservation Club. The starting time is 6:30 p.m. for the pot-luck meal. Please come out for good food and fellowship. Ann Jamison, Director of Runner's Week and myself, will team up to present our club's recognition awards, and other surprises.

March 8-11 is the RRCA convention in Miami, Florida, several of us are going, this is your chance for a warm weather vacation. Remember the tenth annual Nutra Runs, March 24, Woodside Middle School, at 2:00 p.m. There is a race for every pace, if you can't run, come out and watch or volunteer.

Plans are now being made for the 1990 Fort Wayne Track Club events. This is your club, please feel free to express your opinions, come out to the membership meetings, help out at FWTC events, our club is talent rich, show your talents.

Last, as newly elected president I would be remiss if I didn't express many thanks to past president Judy Tillapaugh, who has provided direction and leadership the last two years. Judy can be proud of her accomplishments, I can only hope to be as successful. Judy has taken on a new leadership role as the Indiana RRCA State Representative, please give her your support. Yours in fitness and health, best of luck in the 90's!!!

P.8. February membership meeting: February 14
7:00 p.m.
IPFW Athletic Center

March membership meeting: March 14
7:00 p.m.
IPFW Athletic Center

Everyone is welcome.

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.

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ROAD RUNNERS CLUB OF AMERICA

January 9, 1990

Rodger Puckett
Newsletter Editor
Fort Wayne Track Club
P.O. Box 11703
Ft. Wayne, IN 46860

Dear Rodger:

As always, it was a tough decision to make, because the three nominees for the Scott Hamilton Award for Outstanding RRCA Club President were excellent. However, I have made the decision and have chosen Paul Butzen as the recipient of that award for 1989.

Paul was an original founder and then president of the Fond Du Lac Runners club for many years. Paul's numerous contributions over the last decade to his club as well as the running community at large were factors in his being chosen.

However, it is not an easy decision because of the quality of the candidates, and I would hope that you would nominate Judy again for 1990. Her devotion and contributions are worthy of the Scott Hamilton Award and she certainly should be recognized as a superb nominee by your club. **PLEASE** submit her for next year, Rodger.

I would also suggest that you submit her letter of nomination to your club newsletter to be printed so that all can recognize the qualities (if they don't already) that contributed to your nomination of her for this honor.

Thank you for taking the time to nominate Judy; she is a superlative nominee and I appreciate becoming aware of all she has done. Nominations like hers are what makes it so hard to choose among the RRCA clubs' presidents when they are submitted.

Warm regards,

Henley Gibble

cc: Joan Laird, Central Director

November 15, 1989

Henley Gibble
3208 E. Blvd. Dr.
Alexandria, Va. 22308

REF: RRCA SCOTT HAMILTON AWARD

Dear Henley:

Please accept this tardy nomination of Judy Tillapaugh for the 1989 NIKE/RRCA Scott Hamilton Award. During the past year, Judy has served the Fort Wayne Track Club as our president. During the past year, Judy has donated over 2,000 hours of her time in order to help keep our track club and its 400 members in total contact with the running world. Judy not only serves as our president, but as our track club nutritionist as she is a registered dietician.

Monthly, Judy writes an article on nutrition for our monthly newsletter and submits several nutritional recipes for our readers to enjoy.

Judy helps out at several track club functions including helping at several races, as director, timer, water stops or any place she is needed.

Recently Judy accepted a position in the RRCA as a State Representative for Indiana. She spends countless hours meeting with anyone interested in running, whether a potential club member, a group wanting to put on a running event or members being encouraged to take on club responsibilities. The result has been a big increase in the number of new faces helping with club management. Judy is the prime factor in our clubs success as a club.

Yours truly,



Rodger Puckett
Newsletter Editor
Fort Wayne Track Club

Fort Wayne Track Club Board Meeting

Downtown YMCA

December 13, 1989

Members present: Mike Ducey, Brian Shepherd, Ken Disler, Stan Lipp, Bob Loomis, Don Lindley, Roger Puckett, Valerie Puckett, Jack Hilker, Rob Wyatt, Jack O'Neal, Judy Tillapaugh, Calvin King, Joyce Butler, Steve Caswell, Tom Yoder, Terry Diller, Rick Vorick, and Jerry Diehl.

The meeting was called to order by newly elected president, Jerry Diehl. Jerry welcomed both old and new members and introductions were made.

Don Lindley gave the treasurer's report for November and presented the 1990 budget. The total membership for 1989 is 414, with 100 to 150 members expected to join in December for next year. The treasurer's report for November and the 1990 budget were approved by the Board.

Our newsletter is edited and produced by Roger and Valerie Puckett, with the mailing done by Bob and Shirley Loomis. Roger proposed changing the format of the newsletter as a cost savings. The Board agreed to let Roger change the newsletter format based on cost savings for setup and printing.

Steve Caswell and Rick Vorick, Race Schedule Coordinators proposed several new races for the new year, and Brian Shepherd proposed bringing back the Northrop One Hour Run. An executive meeting will be held after the first of the year to work out details for renting equipment and club sponsorship of races. Steve proposed having generic business cards printed that could be used by the officers of the club. Brian Shepherd proposed starting the points races again to get more involvement in small races. Jack Hilker was interested in getting more walkers involved in our programs.

Judy Tillapaugh, RRCA State Representative announced the annual convention being held in Miami, March 8 - March 10. For more information see Judy or Don Lindley.

Insurance for the club was discussed by Terry Diller. TAC insurance that we have been using, only cover those specific TAC sanctioned races. A program for the National RRCA was proposed and endorsed through Signa Insurance. \$1,000,000 of liability coverage is included for a premium of \$2.25 per member. This would cover many club activities TAC did not cover. Things such as bicycles, baby strollers, or field events in a track meet would not be covered. Terry is going to look into the cost of Director and Officer coverage for the club and coverage for equipment the club rents out for races.

St. Joseph Medical Center has dropped sponsorship of the Summit City 10K. Mike Ducey noted that other sponsors are being contacted. Jerry Diehl sent around a scholarship letter to be sent out with the dues letter that will go to the membership.

Don Lindley stated that for tax purposes the club is considered a (501c), a not-for-profit organization.

Next month's meeting will be Wednesday, January 10, 7:00 p.m. at the IPFW Athletic Center. A run at 5:30 p.m. will be held for anyone interested.

Past president Judy Tillapaugh was given a Christmas bouquet in recognition for all her contributions to the club the last two years.

The meeting was adjourned by Jerry Diehl.

Respectfully submitted,
Rob Wyatt



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

**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: FWTC 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 nutritive 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 Kast; Phone: Home 424-6723

ASSISTANTS: WELCOMED!! Contact Judy or Mike if interested.

COME CELEBRATE NUTRITION MONTH WITH US

Attend the Annual Fort Wayne Track Club Banquet

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



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.*

ENTERTAINMENT PLUS

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



AWARDS

Annual awards will be given out.

FUN

A chance to relax and have some fun.

—PLAN NOW TO ATTEND—

PERUN 1989 RACES ON RUMBLE

PRESENTED BY THE FORT WAYNE TRACK CLUB

ANN JAMISON - HOST & PRODUCER

'90 SHOW DATE

('89 RACE DATE) HOST & COMMENTS

Feb-1-8 Fanny Freezer 5K (2-17)

Jim Heymann

8-10 Nutra Run 20K & 5mi. (3-11)

Harry T. Connelly

15-17 North Amer. Van Lines 15K (4-22)

Ann Mize

22-24 "We Are Winning" 5K (5-6)

Ann Jamison

March 1-3 Central Soya 1 & 5 mile (6-17)

Ann Jamison

8-10 3-Rivers Bathlon / Golf (7-12)

Mary T. Connelly

15-17 ARC Night Games 5K/SK/ing (8-4)

Ann Jamison

22-24 "Run In The Park" 2 & 5mi. (8-27)

Judy Tillapaugh

29-31 Run Jane Run 5 & 10 K (9-24)

Ft.Wy.Womans Bu.

Ap. 5-7 Summit City 10K (10-29)

Mike Ducey

12-14 NYC Marathon

(11-5)

Judy Tillapaugh
& Jerry Diehl

Ap. 19-21 Veteran's Day 5mi.(11-11)& J.P. 10K(12-9)

CAMERA OPERATORS: Jay Jamison, J.P. Jones, Jim Heymann, Dave Wolf

Chris McCain, Clem Getty, Mary Connelly, Judy Tillapaugh, Patty

Fleming, Mike Kast, Karen Bartig, Andrea Jamison & Bob Pauley.

FORT WAYNE
TRACK CLUB



THURSDAY 8 PM

SATURDAY 2:30 PM

CHANNEL 10



Jamison
Media

DON LINDLEY'S RACE SCHEDULE

Check FWTC's race schedule for other local and area races. 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.

- 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 11 SUN 13TH ANNUAL BLIZZARD BREAKFAST, 3 & 9 Mile Prediction 9:00am
 Rossford Recreation Bldg., Rossford, OH. \$2.00 includes breakfast, TRRC Event, Pam Graver, 691-6064
- FEB 18 SUN FROSTBITE 5 MILE, CENTERVILLE, (513)433-4519 2:00pm
- 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 MILE & 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 includes 8K Run.
- MAR 4 SUN 23RD ANNUAL CHURCHILL'S HALF MARATHON, Fort Meigs, Perrysburg, Ohio, Rich Lachowski, 385-4599 2:00pm
- MAR 11 SUN TOLEDO ROAD RUNNERS 25K RACE, Oak Openings Park, Mallard Lake TRRC Event, Dennis Scott, 487-6405 10:00am
- MAR 17 SAT WEAR'N OF THE GREEN 10K PREDICTION RUN, Wildwood Park, Toledo, OH, part of course is x-c, Mike Snyder, 255-9122 10:00am
- MAR 24 SAT MT. GOAT HILL RUNS OF 2.2-4.4-6.6 Mile Runs, Kickapoo State Park, Kennekuk Road Runners, 1645 N. Gilbert (217) 431-4243 Danville, IL 61832
- MAR 25 SUN CINCINNATI HEART MINI-MARATHON 15K (513)281-4048
- APR 1 SUN KISS-A-PIG 3K WALK/8K RUN, TOLEDO OH 9:00am
 American Diabetes 841-5992
- APR 7 SAT RUN FOR STRITCH 5K, OREGON, OH, Jim Kubacki, 693-0465 9:00am
- APR 8 SUN COOKIE CLASSIC 10K PRED., TOLEDO, OH, Bill Lindeman, 693-3896 Pearson Park, \$1 or 1 dz cookie entry.
- 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
- APR 29 SUN TOLEDO ROADRUNNERS 5K RUN, SWAN CREEK, Toledo, OH 2:00pm
 Pete Buehler, 472-0164
- 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
- MAY 6 SUN CAMELBACK 10K RACE, 5K WALK, YOUTH 2K & YOUTH 1/4 MILE NOON
 Sandusky County Courthouse, Fremont, OH, Bob Semer, (419)0164

- JUN 10 SUN TRIAL TRAIL 5 MILER AT KICKAPOO PARK, Danville, IL 61832 9:00am
Kennekuk Road Runners, 1645 N. Gilbert, (217)431-4243
- JUL 14 SAT YMCA HEALTH CLUB & KRR BIATHLON at Kennekuk Cove County Park
Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL, 61832,
(217)431-4243
- SEP 30 SUN THE WILD WILD WILDERNESS RUN, 7.6 Mile, x-c, Kickapoo State
Park, Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL
61832 (217)431-4243
- NOV 24 SAT KRR TURKEY TROMP 4 & 8 Miler - Couples 8 Miler - Kids Miler -
Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL 61832
(217)431-4243

* Contact Don Lindley for applications.

Local running

SATURDAY'S RESULTS

JUST PLAIN 10K

At Foster Park

MEN

Jerry Gerig 32:55; Rich Hamlin
33:22; Hal Pearson 34:12; Randy Hisner
34:21; Mike Shouder 34:36; Mike
McManus 34:52; Beniy Solero 34:56;
John Treleaven 35:05; Carl Risch 35:43;
Cal King 35:53; **Age group winners:** 19-
younger, Juff Mundt, 42:21; 20-29,
Gerig; 30-39, Pearson; 40-49, Gary
Dexheimer, 37:49; 50-59, Jack Morris,
39:45; 60-older, Don Anderson 41:45.

Women

Mary Connelly, 39:00; Judy Tilla-
pough 42:37; Bev Degler 45:32; Karen
Vachon 46:48; Bernice King 47:58. **Age
group winners:** 19-younger, Sara Pear-
son 58:54; 20-29, Degler; 30-39, Con-
nelly; 40-49, Marilyn Mills 54:28; 50-59,
Fran VanWagner 49:53; 60-older, Polly
Jacobs 1:03:14.

CHEROKEE ROAD RUNNERS
1989 KENTUCKY 50 MILER
 DECEMBER 3, 1989
 FINAL RESULTS

RACE NO.	NAME	AGE	HOMETOWN	MARATHON SPLT	FINISH TIME	PLACE
144	Steve Webster	36	Holland, MI	2:46:00	5:38:49	1
123	Don Rich	44	Mechanicsville, VA	2:55:00	6:19:47	2
141	John Dawes	23	Indianapolis, IN	2:59:00	6:20:17	3
159	John Spangler	33	Dublin, OH	2:52:00	6:22:04	4
116	Kevin Pazaski	27	Schamburg, IL	3:05:00	6:24:25	5
139	Joe Wuerth	38	Louisville, KY	3:06:00	6:28:36	6
128	Bill Chandler	23	Clendenin, W.VA	3:19:00	6:35:57	7
161	Matt Morris	31	Indianapolis, IN	3:26:00	6:39:56	8
105	David Jones	38	Eaglesville, TN	3:18:00	6:42:17	9
106	Damien Howell	40	Richmond, VA	3:15:00	6:46:42	10
118	Jerry Sluss	46	Bloomington, IN	3:32:00	6:58:19	11
147	Phil Hengren	45	Cincinnati, OH	3:27:00	7:01:23	12
127	Dave Fields	48	Clendenin, W.VA	3:19:00	7:03:12	13
166	Rob Apple	28	Lewisburg, KY	3:32:00	7:16:05	14
143	David Ingram	29	Alcoa, IN	3:36:00	7:35:54	15
156	Dave Tinnell	49	Louisville, KY	3:34:00	7:43:57	16
169	Lee Anderson	31	Louisville, KY	3:35:00	7:43:57	17
132	Ellis Bryant	43	Louisville, KY	3:56:00	7:44:57	18
104	Jack Beasley	53	Indianapolis, IN	3:41:00	7:45:48	19
145	Don Newhauser	49	Jeffersonville, IN	3:55:00	7:51:33	20
155	Nace Magner		Bowling Green, KY	4:05:00	7:54:59	21
103	Dave Powell	36	Louisville, KY	4:00:00	7:56:48	22
100	John Culbertson	43	Lexington, KY	3:56:00	7:58:49	23
146	Kerry Coyle	45	Ashland, IN	3:57:00	8:11:49	24
110	Gary Wright	38	Seattle, WA	3:49:00	8:17:27	25
149	Nancy Drach	30	Leasburg, KY	4:18:00	8:25:08	26
140	Judy Cole	43	Indianapolis, IN	4:28:00	8:29:07	27
111	Robert Steib	45	Lexington, KY	4:18:00	8:34:15	28
151	Joanna Ahler	28	Cincinnati, OH	3:57:00	8:42:19	29
160	Wayne Agee	47	Coneord, N.C.	3:40:00	8:42:46	30
120	Bob Platt	31	Cincinnati, OH	4:11:00	8:51:07	31
131	James Butts	45	Indianapolis, IN	4:28:00	8:51:35	32
108	Rodger Puckett	45	Ft. Wayne, IN	4:15:00	8:51:47	33
122	Don Miller	50	Louisville, KY	4:24:00	8:56:34	34
117	Bob Thompson	54	Carmel, IN	4:28:00	9:24:40	35
121	Bud Stiffler	51	Anderson, IN	4:16:00	9:31:58	36
170	Guy Meilleur	39	Cary, NC	4:32:00	9:31:58	37
109	Don Lindley	45	Ft. Wayne, IN	4:15:00	9:34:33	38
153	Glen Jividen		Dayton, OH	4:30:00	9:35:55	39
137	Jack Sargent	62	Kettering, OH	4:30:00	9:37:05	40
119	Jim Corbin	46	Fenton, MO	4:25:00	9:37:18	41
134	Larry Stephens	51	Indianapolis, IN	4:15:00	9:40:20	42
129	Jean Ann Waugh	29	Ironton, OH	4:32:03	9:44:03	43
142	Gene Dawes	48	Indianapolis, IN	4:53:00	9:48:45	44

COLUMBUS MARATHON - 11/12/89

Congratulations go out to two F.W.T.C. members for an outstanding effort and a great race at the Columbus Marathon.

Steve Caswell 3.05

Doug Fekete 2.47

Siberian Express
7.6 Mi X-Country
January 7, 1990
Danville, Illinois

The following 11 people listed below made an impressive showing for our Indiana runners that participated at Danville.

Brian Sheppard's second place finish was only ten seconds behind the winner who holds the course record.

Congratulations to all who participated.

<u>Name</u>	<u>Place</u>	<u>Time</u>
Brian Sheppard	2	41:50
Mark Furkis	4	42:21
Pete Bowman	5	42:50
Rick Veach	14	45:10
David Gribben	15	45:11
Jim Furkis	88	54:02
Rodger Puckett	91	54:07
Lucy Bowman	107	55:04
Don Lindley	130	56:46
Teresa Veach	144	56:50
Mel Hochstetler	166	58:40

ATTENTION BOSTON MARATHONERS AND FRIENDS

There are many people from the Fort Wayne area planning to participate or spectate in the 94th Annual Boston Marathon. It would be great for the Fort Wayne Track Club to have a group or groups, travel and/or stay together. If interested please drop a note to: Fort Wayne Track Club, P. O. Box 11703, Fort Wayne, Indiana, 46860. Please include name, address, phone, mode of transportation, date of departure, length of stay, lodging accommodations desired and any other related information.

QUESTIONS: please call 481-6300 or 622-7378

P.S. Now is the time to start training for that important Patriots Day race. Come out to the IPFW Athletic Center and train with us. Showers and lockers are available.

We run: Tuesdays 6:00 p.m.
 Thursdays 6:00 p.m.
 Saturdays 9:00 a.m.

FEBRUARY 90

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Training run IPFW Athletic Center 6:00pm	2	3 Training Run IPFW Athletic Centnr 6:00PM
4 Ground Hog Seven Carmel IN	5	6 Training Run IPFW Athletic Center 6:00PM	7 Lunch Run IPFW Athletic Center Noon	8 Training Run IPFW Athletic Center 6:00PM	9	10 Training Run IPFW Athletic Center 6:00PM
11	12 Lunch Run IPFW Athletic Center Noon	13 Training Run IPFW Athletic Center 6:00PM	14 Run IPFW Athletic Center 5:30PM FWTC Meeting 7:00 PM	15 Run IPFW Athletic Center 6:00 PM	16	17 Fanny Freezer Foster Park FWTC Banquet 6-30 PM
18 Trail Run Quabache Park Bluffton IN 1:00 PM	19 Lch Run IPFW Athletic Center Noon	20 Training Run IPFW Athletic Center 6:00PM	21 Lunch Run IPFW Athletic Center Noon	22 Training Run IPFW Athletic Center 6:00PM	23	24 Training Run IPFW Athletic Center 6:00PM
25 Cross Country Ski Fox Island 1:00 PM	26 Lunch Run IPFW Athletic Center NOON	27 Run IPFW Athletic Center 6:00PM	28 Lunch Run IPFW Athletic Center NOON			

MARCH 90

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Training Run IPFW Athletic Center 6:00 PM	2	3 Training Run IPFW Athletic Center 9:00 AM
4	5	6 Training Run IPFW Athletic Center 6:00 PM	7	8 RRCA Convnetion Miami FL	9 RRCA Convnetion Miami FL	10 RRCA Convnetion Miami FL
11 RRCA Convnetion Miami FL	12	13 Traning Run IPFW Athletic Center 6:00PM	14 FWTC Board Mtg. IPFW Athletic Center 7:00PM	15 Training Run IPFW Athletic Center 6:00PM	16	17 Training Run IPFW Athletic Center 9:00AM
18	19	20 Training Run IPFW Athletic Center 6:00PM	21 Lunch Run IPFW Athletic Center Noon	22 Training Run IPFW Athletic Center 6:00PM	23	24 Nutra Runs Homestead HS 1:00 PM
25	26	27 Training Run IPFW Athletic Center 6:00PM	28 Training Run IPFW Athletic Center Noon	29 Training Run IPFW Athletic Center 6:00PM	30	31 Training Run IPFW Athletic Center 9:00AM

ON BEHALF OF THE FORT WAYNE
TRACK CLUB I WOULD LIKE TO
OFFER OUR SINCEREST
CONGRATULATIONS TO MIKE AND
CONNIE. MAY YOUR LIVES
TOGETHER BE LONG AND
WONDERFULLY HAPPY.

Rodger Puckett
RODGER PUCKETT

*Because you are an important
part of our lives,
Connie Jean Housholder
and
Michael William McKinney
would like you to be
present as we join our
lives in marriage
on
January 1, 1990
at two in the afternoon
at
Bixler Lake Park
Kendallville, Indiana*

Jamison
Meats

484-4158

CATERING

HOT OR COLD ENTRIES FOR ANY NUMBER

OFFICE PARTIES ~ TAILGATE PARTIES ~ OUTINGS
BUS TRIPS ~ GRADUATIONS ~ WEDDINGS ~ MEETINGS

3423 NORTH ANTHONY



FWTC MEMBERSHIP APPLICATION

Fort Wayne Track Club — for runners and walkers

Name/s _____ Birthday _____

Address _____ City _____ State _____ Zip _____

Business Affiliation _____ Business Phone _____ Home Phone _____

Age _____ Sex _____ New Member _____ Renewal _____

Dues:

Individual Membership \$12.00. Each additional Family Member \$6.00 (\$24.00 Maximum per Family).

List the names, birthdates, and sex of each family member.

Name _____ Birthdate _____ Age _____ Sex _____

Send application and dues to:

Fort Wayne Track Club

P.O. Box 11703

Fort Wayne, IN 46860

We would very much appreciate your volunteer help in at least one or two races a year. Please check those that seem best.

I will help with:

- | | |
|--|---|
| <input type="checkbox"/> Runner's Week | <input type="checkbox"/> NAVL Spring Classic 15 — April |
| <input type="checkbox"/> Equipment | <input type="checkbox"/> White River Park State Games — 5 miler |
| <input type="checkbox"/> Race Directing or Race Director Assistant | <input type="checkbox"/> Hilly 4 |
| <input type="checkbox"/> Banquet | <input type="checkbox"/> Scholarship Fund Run — October |
| <input type="checkbox"/> Aid Station | <input type="checkbox"/> Lindley's Prediction Run |
| <input type="checkbox"/> Social Activities | <input type="checkbox"/> Summit City 10km Run/5km walk |
| <input type="checkbox"/> Fanny Freezer 5km 2/17 | <input type="checkbox"/> Veteran's Day 5 mile/5km walk |
| <input type="checkbox"/> 10th Annual Nutra Runs — March | |

Comments _____

NEW MEMBERS
&
RENEWALS

MIKE DONLAN	BILL MACK	KEVIN WARREN
JASON CLAGG	GORDON SMITH	MICHAEL RUMPLE
POLLY JACOBS	SUSAN PETERSON	ROBERT GEBFERT
MARK FURKIS	JOHN EDIS	NANCY GEBFERT
JIM FURKIS	DON ANDERSON	JERRY DIEHL
BRANCH LEW	BERNIE BURGETTE	BRENDA WOLFE
PHIL WAHLS	DONALD FORD	PAUL SCHAFFER
DAVID BUTLER	LYNN & SUE ARMSTRONG	ROBERT LOOMIS
LARRY PALMER	RICK VORICK	SHIRLEY LOOMIS
JEFF BEAM	DAVID MONTGOMERY	BERNARD MOTYCKA
JAY PRICHARD	CHARLIE BACKOFEN	MICHAEL KAST
DAVID MILLHOUSE	DAN DANIEL	BERNIE HUESING
VICKIE JACOBS	BEV CHRISTENSEN	ROBERT WYATT
EUGENE HAINES	RODGER & VALERIE PUCKETT	STAN LIPP
NANCY ZINK	KEN DISLER	TOM LOUCKS
DON LINDLEY	JUDY TILLAPAUGH	JOHN JEDENAK
MIKE CALLAHAN	HOWARD BASH	DAVID BOYLAN
GARY DEXHEIMER	TOM FELGER	FRED ROSS
JAMES THOMPSON	DAVID & JULIE WILSON	ED KERN
JERRY O'KEEFE	JOE ZIEGLER	TERESA WAITE
TOM BOYER	DAVID DORAIS	PAM LOCHNER
MICHAEL GILLAND	DENNY ZECH	DON JANTZ
KELLY CLEVINGER	BRAD DEEL	HAL LEWIS
CAROL WARNELL	CHUCK MILLS	ALFRED GUMBERT
DAVE WOLFF	RONALD WURST	GARY MULLENDORE
GEORGE PARK	TOM FISHER	ROGER PHILLIPS
JOHN BUHLER	ROBERT SCHENDEL	RICHARD DUGAN
MARSHA SCHMIDT	JOHN EAKINS	JOHN PETERSON
WILLIAM SCHMIDT	GARY KUHN	KING SULLIVAN
JOHN TRELEAVEN	AL WELCH	GREG JENNINGS
JEFF GORIS	JOE KUHN	JEFFREY RAFF
BOB MISHLER	CHARLES WELCH	KEVIN TRUELOVE
RON HORAN	JACK DYER	JOHNI RASMUSSEN
STEVE BEGHTEL	GREGORY FAHL	GEORGE KIRBY
JOAN GARY	JIM ELLERT	ED KERR
WILLOW RILLA	STEVE & BEVERLY O'BRIEN	LISA WARREN
MIKE ROBBINS	BRENDA SLOFFER	RANDY PATTEN
JERRY MAZOCK	ROSEANN SIMMONS	GARY KING
JACK MORRIS	DAVID MOORE	CHESTER FLEETWOOD
SUE ZIMMERMAN	STEVE ADKINSON	SHARON PAULEY
ANN MIZE	DAVID HOCKLEY	JOSEPH HUDEK
JIM TIM TURK	DEWAIN COBB	ALFRED MOORE
BILL RYAN	JOHN POWELL	LAWRENCE RANDALL
FRANCES MICHELE CHAUARRIA	TIM BOLIN	STEPHEN KING
LAWRENCE H. LEE	ART MCCOY	KEN MILLER
ELLEN SCHWARTZ	PHIL, PHYLLIS, JEFF, JERRY,	JOE SUELZER
STEVE GOLDTHWAITE	TERRY DILLER	HERMAN BUENO
RICHARD BURDEK	STEVE CASWELL	MELVIN HOCHSTETLER
JACQUE HOEVEL	JOHN HILKER	RICK HULLINGER
KEITH INGLE	JEANETTE KLEIN	PO POWELL COLLINS

Volunteers:

Dan Daniel	116 S. Whitley Col. Cty	46725	244-6545
Bernie Burgette	4830 Willowbrook Dr. FW	46835	485-5816
Eugene Striggle	R.R. 3 Churubusco	46723	693-3649
Don Lindley	6015 Landsdown Dr. FWA	46816	456-8739
Jerry Diehl	905 Wood Creek Ossian	46777	622-7378

THANK YOU FOR VOLUNTEERING

1990 Race Schedule

February	4	SUN	Groundhog 7 Carmel Clay Jr. High Indy Runners C/O Jim Hopkins 322 E. 47th ST. Indianapolis In 46205 (317) 283-7108	1:00 P.M.
February	10	SAT	HASH HOUSE RUN approx. 6 miles IPFW Athletic Center Fort Wayne In Jerry Diehl (219) 481-6300	9:00 A.M.
February	17	SAT	FANNY FREEZER 5K Foster Park Fort Wayne Steve Caswell (219) 481-6300	2:00 P.M.
February	17	SAT	FORT WAYNE TRACK CLUB BANQUET S.W. Conservation Club Fort Wayne Jerry Diehl (219) 481-6300	6:30 P.M.
February	24	SAT	2nd Annual Think Spring 5K, Ligonier Recreation Center, Brian Shepherd (219) 244-4330	10:00 A.M.
February	24	SAT	HASH HOUSE RUN, approx. 6 miles IPFW Athletic Center, Fort Wayne In Todd Eagan (219) 481-6300	9:00 A.M.
March	24	SAT	10th ANNUAL NUTRA RUNS 20K 5 MILE and 1 MILE Woodside Middle School, Fort Wayne Judy Tillapaugh (219) 424-6732	2:00 P.M.
March	25	SUN	HOOF TO THE ROOF Stair Climb Sue Schimdt (219) 456-4534	11:00 A.M.
April	20	FRI	2nd ANNUAL IPFW SPRING CLASSIC 5K CROSS COUNTRY, IPFW Athletic Center Fort Wayne Jerry Diehl (219) 481-6300	12:00 NOON
May	5	SAT	SPECIAL OLYMPICS, Carrol High School Fort Wayne, Mike Ducey, (219) 482-9606 call for time.	
May	19	SAT	FORTE ARTS 5K RUN/WALK IPFW Athletic Center Fort Wayne Mike Ducey (219) 482-9606	10:00 A.M.
June	30	SAT	WHITE RIVER GAMES 5 MILE RUN/3 MILE WALK Foster Park Fort Wayne Judy Tillapaugh (219) 424-6723	8:00 A.M.
July	20	FRI	HOOR RUN ON THE TRACK Northrup High School Fort Wayne Brian Shepherd (219) 244-4330	7:30 P.M.
August	17-19		RRCA REGIONAL MEETING Indianapolis Fort Wayne Track Club and Indy Runners Judy Tillapaugh (219) 424-6723	
August	26	SUN	RUN IN THE PARK 5 MILE, 2 MILE, 5K WALK Foster Park Fort Wayne	
September	29	SAT	HILLY 4 Homestead High School Fort Wayne John Treleaven (219) 432-5315	9:00A.M.
October	14	SUN	SUMMIT CITY 10K Grand Wayne Center Fort Wayne Mike Ducey (219) 482-9606	2:00 P.M.
October	27	SAT	SCHOLARSHIP FUND RUN 5K CROSS COUNTRY IPFW Athletic Center Fort Wayne Jerry Diehl (219) 481-6300	8:00 A.M.
December	8	SAT	JUST PLAIN 10K Foster Park Fort Wayne J.P. Jones (219) 745-7339	2:00 P.M.

Senate Bean Soup

1 pound navy, great northern or pea beans
4 quarts water
1 cup canned tomatoes, if desired
1 large smoked ham hock
3 potatoes, cooked and mashed
2 onions, chopped
1 cup diced celery
1 carrot, diced
2 cloves garlic, minced
1/2 teaspoon oregano
1 teaspoon salt
1/2 teaspoon pepper
dash hot pepper seasoning

Wash beans and cover with the water. Bring to a boil and boil 2 minutes. Remove from heat and let stand 1 hour. Bring to a boil again and simmer, covered, 2 hours or until beans begin to mush. Add all ingredients except last three seasonings. Simmer 1 hour longer. Remove bone, add salt, pepper and hot pepper seasoning. 4 quarts.

Cals. 147, Cho - 26, P - 9, Fat - 1, Na - 232, K - 566

Turkey Chili

1 1/2 lbs turkey meat, cut into bite-sized pieces
1 clove, minced
1 medium onion, chopped
1 green pepper, chopped
1 7ounce can red kidney beans
6 ounce can tomato paste, unsalted
2 8 ounce can tomatoes unsalted
1 bay leaf
1-2 tablespoons chili powder
1/2 teaspoon cumin seed

Combine turkey, garlic, onion and green pepper in non-stick skillet. Saute until vegetables are soft. Add remaining ingredients and cover. Simmer over low heat 30 to 60 minutes, or until flavors are blended.

Yield: 8 servings; serving size - 1 1/4 cup

Per Serving - 369 calories

47 gms carbo

26 gm pro

10 gm fat

50 mg sodium

65 mg cholesterol

Exchange per serving - 3 lean meats, 2 breads, 2 vegetables

Reference: Diabetes in the News

Split-Pea and Barley Soup
(Serves 8)

2 ham hocks
2 cups split peas
1/2 cup barley
8 cups boiling water
1 cup diced celery
1 cup shredded carrot
1 large onion, diced
1.2 teaspoon salt
1.4 teaspoon pepper

Simmer the ham hocks, split peas, and barley in the boiling water for 45 minutes. Take out the bones and trim the fat well, returning the meat to the pot. Add the remaining ingredients and simmer for another 45 minutes, adding water if the soup gets too thick.

Calories per serving: 275
Fat per serving: 2/5

Roman Rice and Beans
(Serves 6)

2 cups cooked pea or kidney beans (3/4 cup raw)
5 cups cooked rice (2 cups raw)
Oil as needed
2 cloves garlic
1 large onion, chopped
2 carrots, chopped
1 stalk celery, chopped
1 green pepper, chopped
2/3 cup parsley, chopped
3 tsp. dried basil
1 tsp. oregano
3 large tomatoes, coarsely chopped
Pepper to taste
1/4 cup parmesan cheese

Saute garlic, onion, carrots, celery and herbs. Add tomatoes, pepper and cooked beans. Saute 5 more minutes. Combine beans with rice and parmesan cheese.

Serve as an entree.

Nutrient Composition per serving (1 1/2 cups)
331 calories
13 m. protein
8 g. fat
5 mg cholesterol
154 mg. Sodium



LUTHERAN HOSPITAL OF INDIANA
HEALTH PROMOTION SERVICES

458-2345

FOCUS ON POTASSIUM

Milk and Bran flakes cereal for breakfast, a hearty bowl of bean soup for lunch, an afternoon banana snack, a pre-dinner tossed salad with dark greens and tomato wedges, a steaming baked potato with dinner, and a creamy low fat fruited yogurt before bedtime all are popular satisfying foods. They also share a common nutritional bond. Each one is an excellent source of potassium. Which is an essential mineral for good health and well being. High potassium foods aid in a number of body functions, offer good flavor, and are readily available. Consider meals enriched with high potassium foods rich in quality.

Potassium constitutes 5% of the total mineral content of the body. Like sodium it is an electrolyte. In the body it is vital for muscle contraction, fluid balance, transmission of nerve impulses release of energy from carbohydrates, proteins, and fats, regulation of blood pressure, and adequate functioning of the heart and kidneys. Potassium is not a calorie source. Think of it as an important mineral involved in a number of regulatory functions.

Regular exercisers especially need adequate daily potassium intake. Aerobic dancers, runners, swimmers, fitness walkers, cross country skiers, tennis players, and team sport players all would benefit by making regular potassium food choices. Adequate potassium intake can help an exerciser attain their personal fitness potentials. For example as a dancer moves through her routine potassium helps maintain proper muscle contraction and relaxation. She will have more constant feelings of pep and endurance. Lack of dietary potassium can cause muscle weakness, fatigue, and possible cramps.

The adult recommended daily allowance (RDA) for potassium is 2500 (milligram) per day. A safe and adequate potassium intake recommended by the National Academy of Science and National Research Council is 1875 mg to 5625 mg daily. Peoples needs vary depending on personal physical and lifestyle factors. A regular exerciser who is sweating and using major muscle groups would benefit by getting greater than 3000 mg per day. More than the recommended amount is not necessary in fact it could be dangerous. Excessive potassium in the blood can cause muscle paralysis and abnormal heart rhythms. Potassium supplements should only be taken if prescribed by a physician. For quality potassium intake healthy food choices is the answer. Potassium is high in numerous foods like potatoes, yams, legumes, green vegetables, bananas, oranges, and apricots. When individuals select a variety of wholesome foods potassium needs can be met. Deficiencies are actually rare. They may occur if a person has kidney disease, diabetic acidosis, excessive vomiting, regular diarrhea, or hyperfunction of adrenal cortex.

All foods have potassium, but some have a higher value than others. For instance 1/2 cup apple juice has 125 mg potassium while 1/2 cup orange juice has 250 mg potassium 1/2 cup grapes has 140 mg potassium while 1/4 cup raisins has 250 mg potassium.

Another potassium consideration is food preparation. Potassium dissolves in water. Food loses potassium when it is exposed to water during blanching or cooking. For instance a 1/2 cup boiled peeled potatoes have 80 mg potassium while a medium baked potato with skin has 500 mg potassium.

To ensure yourself adequate potassium intake learn what the high and low potassium foods are. Choose foods regularly that have a high potassium value. Make them readily available for meals and snacks. Give your body high performance foods!

Provided here is a table of high potassium foods. Scan over it to learn the best potassium buys.

Think fine food for fitness!

Judy Tillapaugh, R.D.

Judy Tillapaugh, R.D.
Nutrition Consultant

HIGH POTASSIUM FOODS

FOOD	MILLIGRAMS POTASSIUM
Milk 1 cup	350
Yogurt	400
Tomato Juice 1/2 cup	270
Orange Juice 1/2 cup	250
Grapefruit Juice 1/2 cup	200
Apricots 6 halves	300
Banana 1/2 Large	500
Figs 1/3 cup	330
Nectarine (1)	300
Orange (1)	266
Papaya 1/2 cup	355
Peach (1)	300
Raisin 1/4 cup	250
Rhubarb 1/2 cup cooked	273
Artichokes (1)	300
Avocado (1/4)	340
Beans - kidney, lima, navy, pinto 1/2 cup	350
Greens - beet, collards, turnip 1/2 cup	400
Broccoli 1 cup	420
Parsnips 1/2 cup	295
Pumpkin 1/2 cup	200
Spinach 1/2 cup	295
Split peas, black eyed peas	310
Tomato, raw (1)	350
Winter squash	470
Yams	470
Potato Baked (1 med)	500
All Bran cereal 1/3 1 oz	320
Raisin Bran 3/4 cup	200



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

NEW YEAR'S EVE FUN RUN

We had a nice turnout for the New Year's Eve Fun Run. Twenty-one celebrated the new decade at the IPFW Athletic Center. Some ran inside on the track, others took to the streets to bring in the new year. There were plenty of Runners Week tapes from Ann Jamison, and plenty of goodies for all to eat.

Ping pong was a popular activity for some while others tried out the basketball courts. A light snowfall made the roads a little on the slippery side. The auto traffic was very light during the run which was greatly appreciated. We were off the roads long before the drunks came out.

Thanks for coming out and bring in the new year with us. Stay healthy, happy and fit.

Russell Athletic Sweats from

SPORTS TECH



Styles Galore!

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

Colors and More!

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



PRINTED SWEATS

Indiana
Purdue
Michigan
Ohio State
North Side
Carroll

- Hooded Sweatshirts
 - Sweat Pants
- Crew Neck Sweatshirts

Ball State
Homestead
Snider
Dwenger
Northrop

Glenbrook Square By the Ice Rink 484-4322

"THE HASH": Dedication to Running, Drinking, and Good Times.

by Todd Eagan

Based loosely on the old English game of Hares and Hounds, the Hash is practiced at nearly 750 organized chapters in over 100 nations. Hashing is a very informal way to complete weekly non-competitive runs, as well as develop some comradery; and for those who wish, an opportunity to consume their favorite beverages.

Hashing was founded in 1938 in Kuala Lumpur by several bored expatriates whose local hangout was endearingly called the Hash House. At the end of a hash session, the hashers would all regroup back at the HH for some lighthearted rowdiness.

To hash, two "hares" mark a trail in advance with flour, chalk, or shredded paper. To slow the faster runners and allow the laggards a chance to keep up, the hares set lots of checkpoints, false trails, and loops. When the "hounds" are sure they're on the right trail, they yell "On! On!" which signals the other hounds the correct path to the On In. The On In is the final destination of a hash - usually a bar or park where the merriment begins.

A typical hash covers 5 to 7 miles in relatively unfamiliar territory, lasts 40 - 60 minutes, and gets the whole group to the On In at almost the same time. Those who wish to continue running may, while others prefer to celebrate the ending of a successful hash.

Anyone interested in hashing is invited to come February 10th and 24th to the IPFW Athletic Center at 9:00 a.m. Come prepared to run, showers and lockers are available.

Any questions, please contact: Jerry Diehl 481-6300
Todd Eagan 484-1979

FLASH! FLASH! FLASH! FLASH! FLASH! FLASH!

Thursday evening during a FWTC training run our running, roving, reporter catches up to three good samaritans helping a lady change her flat tire. Gary Kuhn, Mike Schoudel, and Mark Kuhn were spotted close to North Side High School helping a damsel in distress.

The group claimed that they were getting practice for the upcoming Indianapolis 500 race. Taking less than six minutes to change the flat, the group was on its way and up to speed at a blistering training pace. From what this reporter saw, Roger Penske and crew don't have too much to be worried about.

This is just another one of the many ways the Fort Wayne Track Club serves the community. Until next time, this is your running, roving reporter.

**FOR A FORT WAYNE TRACK CLUB UPDATE AND A
NEW HOTLINE INFORMATION SYSTEM PHONE**

219 481-6152

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)

12

We're
OPEN
24 HOURS

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6

Don't Move Without Us!

If you want to be assured of continuing to receive your bi-monthly issues of *The Inside Track*, please let us know when you change your address. Fill out the form below and return it to us before you move.

Send it to:

**Fort Wayne Track Club
c/o Don Lindley
P.O. Box 11703
Fort Wayne, IN 46860**

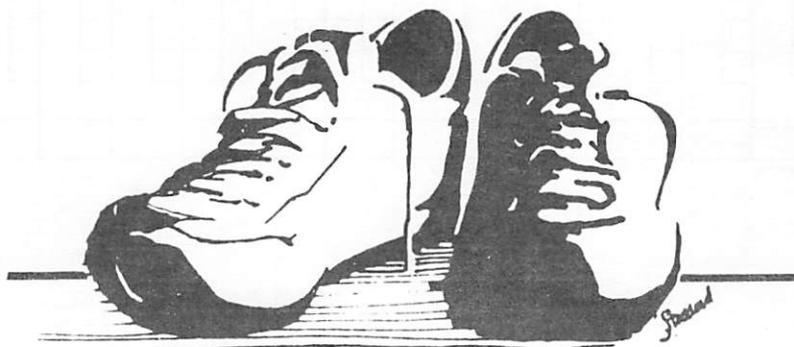
Name:

Old address:

New address:

New Phone:

Effective:



Coming Events

FANNY FREEZER

Saturday, February 17, 1990

2:00 p.m. - Foster Park

NUTRA RUN

Saturday, March 24, 1990

2:00 p.m. - Woodside Middle School

MEMBERSHIP MEETINGS

February 14th, 7:00 P.M. - IPFW Athletic Center

March 14th, 7:00 p.m. - IPFW Athletic Center

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 (10 x 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 500 issues bi-monthly.

RRCA
ROAD RUNNERS CLUB OF AMERICA



**FORT WAYNE
TRACK CLUB**

FWTC NEWSLETTER
P.O. Box 11703
Fort Wayne, IN 46860

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