

the inside track

April - May 1990



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

TRACK CLUB SOCIAL



**THURSDAY, MAY 31
PRE-SOCIAL RUN**

MEET AT IPFW ATHLETIC
BUILDING AT 6:00 P.M.

CHOOSE YOUR DISTANCE
AND SPEED (WE'RE NOT ALL JACK RABBITS)

SHOWERS ARE AVAILABLE
7:30-8:00 AT TJ PASTA



GOOD FOOD AND
CONVERSATION



HOPE TO SEE YOU THERE!

1990

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Jerry Diehl, Work: 481-6300 Home: 622-7378
Vice President	Robert Wyatt, 420-0370
Secretary	Herman Bueno, 749-6113
Treasurer	Don Lindley, 456-8739
Inside Track Newsletter	
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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
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#2	Steve Caswell, 636-7308

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PRESIDENT'S COLUMN

Warm mild Florida weather welcomed the Fort Wayne Track Club party to Miami, March 7. The 33rd Annual Road Runners Club of America's National Convention was attended by: Don Lindley, Judy Tillapaugh, Bob Loomis, Roger & Valerie Pucket, Terry & Deb Diller, and myself. I quickly put my time to good use attending the expo, meetings, workshops and talking to fellow runners from all parts of the country. We all had an enjoyable evening at the RRCA Banquet, the keynote speaker was Priscilla Welch. Indiana RRCA State Representative Judy Tillapaugh was honored at the Saturday morning RRCA State Representative breakfast.

Some of the workshops were: training, peaking & winning, course certification, elements of a successful club newsletter, children's/senior running, fitness walking, women's running, and RRCA Insurance. The insurance workshop was led by our own Terry Diller, he did an excellent job explaining the new liability insurance policy offered by RRCA which our club is now enrolled in. This insurance covers club events throughout the year, club meetings, fun runs, banquets, and races. With this new policy we pay one rate for the year instead of every event.

It was not all work and no play at the convention. Everyone had time to take in the sun, sand, and surf, tour the city or take long runs on the beach. The hospitality suites each evening was a great place to meet and mingle with outstanding club leaders from all over the county. I met Priscilla Welch one evening, what a great lady, a true champion. Another lady I met was actively involved in the Lilac Bloomsday race, I learned the history and flavor of that great race, I put it down on my list of future races to run. I got to know a great group from the Cornbelt Runners Club who put on the Bix 7 race in Iowa, what an active group.

The central theme throughout the convention was one of support and cooperation, sharing ideas, and promoting health and fitness. This is the essence of the RRCA, a grass roots volunteer organization providing resources and direction through its network on the national level to the local running clubs throughout the country.

Want to know more about the Road Runners Club of America, talk to Judy Tillapaugh, Indiana RRCA State Representative, or a club officer. I have a better idea, join us in June 1991, when we meet in Kansas City for the next convention. A group from Fort Wayne will be going, join us, make a vacation out of it, plan to stay a few extra days. I am still trying to digest the convention experience, we runners are a unique, friendly, caring, and exciting group of people.

Remember the IPFW Spring Classic 5K, April 20, and the NAVL Spring Classic 15K, April 21, be sure to check the race schedule for other upcoming events, there is something for everyone. The next two membership meetings are April 11, and May 9, at the IPFW Athletic Center starting at 7:00 p.m. Come at 5:30 p.m. and run with us before the meeting, lockers and showers are available.

Mark your calendar for May 23, the FWTC will host a program put on by Hector Garcia from the Three Rivers Velo-Sport Club. This is your opportunity to learn more about your bike and the great sport of bicycling. Come out to the IPFW Student Union, room 224, 7:00 p.m., bring your friends and your bike for some "hands on" experience.

We now have a new hotline information system, call in for upcoming events, or leave us a message. HOTLINE (219) 481-6152.

See you on the roads!

Jerry

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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LONG RUN**



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1111 W Washington Center Rd., 489-4584

REBORN 1989 RACES ON RUNNERS WEEKS

PRESENTED BY THE FORT WAYNE TRACK CLUB

ANN JAMISON - HOST & PRODUCER

'90 SHOW DATE ('89 RACE DATE) HOST & COMMENTS

Feb-1-3 Fanny Freezer 5K (2-17) Jim Heymann

8-10 Nutra Run 20K & 5mi. (3-11) Harry T. Connelly & Jim Heymann

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 Bialthon / Golf (7-12) Harry T. Connelly

15-17 ARC Night Games SK/SKING (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.



THURSDAY 8 PM

SATURDAY 2:30 PM

CHANNEL 10



Jamison
LIVE

DON LINDLEY'S RACE SCHEDULE

Check FWTC's race schedule and THE INDIANA RUNNER for other surrounding races. Confirmations, whether or not a race has been postponed or cancelled, call race director and when writing to race director always send SASE for applications.

- APR 7 SAT * RUN FOR STRITCH 5K, OREGON, OH, Jim Kubacki, 693-0465 9:00am
- APR 8 SUN * 10TH ANNUAL RED BRICK 5K RUN, P.O.BOX 453, OXFORD, OH 1:30pm
45056, Bob Stewart (513)523-4530
- APR 12 THU 12TH ANNUAL BLUFFTON FREEDOM 4 MILE, Bluffton College, 8:00am
Brenda Roethlisberger, P.O.Box 128, Bluffton, OH 45817
(419) 358-4150
- 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
- APR 21 SAT * 12TH ANNUAL NORTON SHORES POUNDER'S DAY 5K & 10K 10:00am
City of Norton Shores, P.O. Box 1179, Norton Shores, MI 49443
- APR 21 SAT * RUN FOR THE EARTH 5K RUN & 3M WALK, Bowling Green State
University, 124 Hayes Hall, Bowling Green, OH 43403 9:00am
Tracy Davis (419)372-8207
- APR 22 SUN * GLASS CITY MARATHON, TOLEDO, OH 8:00am
PAM GRAVER, 1103 SCHMIDLIN, OREGON, OH 43616 (419) 691-6064
- APR 22 SUN * EARTH DAY FUN RUN, 5M, HUNTINGTON LAKE, LITTLE TURTLE STATE
RECREATION AREA. Marvin McNew, 9214 W. Lost Bridge W,
Andrew, IN 46702 (219)468-2127 2:00pm
- APR 28 SAT SPRING FLING 90 5K, Faurot Park, Lima, OH 10:00am
Harold Vergiela, 1590 Co. Rd. 15, RR#2, Harrod, OH 45850
(419) 634-6985
- APR 29 SUN * MICHIGAN TRAIL MARATHON & HALF MARATHON, Pinckney Recreation
Area, Running Fit, 200 E. Washington, Ann Arbor, MID 48104
1-800-733-3488 or (313)449-2058 8:30am
- MAY 5 SAT 12TH 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.
- MAY 5 SAT RUN FOR THE EARTH RIVERBEND 10K 10:00am
Findlay YMCA, 300 E. Lincoln St., Findlay, OH 45850
(419) 422-4424
- MAY 6 SUN CAMELBACK 10K RACE, 5K WALK, YOUTH 2K & YOUTH 1/4 MILE Noon
Sandusky County Courthouse, Fremont, OH
Bob Semer (419) 322-6125
- MAY 12 SAT BRADLEY'S SPRING SPRINT 5K, FORT JENNINGS, OH. 10:00am
Patty Koester, R#2 26764, Fort Jennings, OH 45844
453-3169
- MAY 19 SAT * ICE AGE TRAIL 50 MILE RUN, SO. KETTLE MORAIN STATE FOREST
Don Ayers (414) 547-6535 6:00am
Contact Rodger Puckett or Don Lindley if you want to go as
handler/pacer.
- MAY 20 SUN * 1ST ANNUAL SGT. MERRYWEATHER RUN 6M, CAHOKIA VILLAGE HALL
103 Main Street, Cahokia, IL 62206 1:30pm
- JUN 9 SAT JUNE JUBILEE 5K, COLUMBUS GROVE HIGH SCHOOL 9:00am
Sonja Schroeder, 110 Oakwood Dr., Columbus Grove, OH 45830
- JUN 9 SAT LAUREL HIGHLANDS TRAIL 70 MILE CHALLENGE RUN 5:30am
Chiopyle, PA, Ted R. Massa (412) 539-5304
**Contact Gary Davis of Fort Wayne, he needs handler/pacer.
- JUN 10 SUN TRAIL TRAIL 5 MILER, KICKAPOO STATE PARK, 9:00am
Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL 61832
(217) 431-4243

- JUN 30 SAT * 13TH ANNUAL OGLESBY MILLER LITE 10K CLASSIC 8:00am
 glesby Classic Road Race, P.O. Box 104, Oglesby, IL 61348
 (815) 883-8622
- JUL 14 SAT YMCA HEALTH CLUB & KRR BIATHLON, KENNEKUK COVE COUNTY PARK
 Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL 61832
 (217) 431-4243
- JUL 28 SAT VERMONT 100 MILE ENDURANCE RUN, SOUTH WOODSTOCK, VT 4:00am
 Contact Don Lindley or Rodger Puckett, if you want to go as
 handler/pacer.
- AUG 4 SAT SQUARE FAIR FOUR MILE, LIMA, OH 9:00am
 Jean Pauff, 5399 Sandusky Rd., Lima OH 45801 (419) 221-1322
- SEP 30 SUN THE WILD WILD WILDERNESS RUN. 7.6 Mile, Cross-Country, Kick-
 apoo State Park, Kennekuk Road Runner. 1645 N. Gilbert,
 Daville, IL 61832 (217) 431-4243
- OCT 28 SUN OLD STYLE MARATHON, Chicago, IL (312) 951-066 9:30am
- NOV 24 SAT KRR TURKEY TROT 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.

T H E S E C O N D A N N U A L



5K CROSS COUNTRY RUN/WALK

indiana-purdue university fort wayne
 sponsored by

intramural sports fort wayne track club

friday, april 20, 1990

noon at the athletic center

\$2.00 entry fee, same day registration till 11:30 am

honorary race director - dr. david skelton

ribbons to the top 25 finishers prize drawings, refreshments and music
 from WMEE after the race.

Cross Country recruiting meeting following awards

Contributing sponsors:



WATERWORKS



1990 Race Schedule

March 24	SAT	10th ANNUAL NUTRA RUNS 20K, 5 MILE, and 1 MILE, Woodside Middle School, Fort Wayne, Judy Tillapaugh, (219) 424-6723	2:00 p.m.
March 25	SUN	HOOF TO THE ROOF Stairclimb, Fort Wayne National Bank, Fort Wayne Sue Schimdt, (219) 456-4534	11:00 a.m.
March 31	SAT	ONLY FOOLS RUN AT MIDNIGHT 5K & 10K, Auburn YMCA, Kevin Schwieger, (219) 925-4112	Midnight
April 20	FRI	2nd ANNUAL IPFW SPRING CLASSIC 5K CROSS COUNTRY, IPFW Athletic Center, Fort Wayne, Jerry Diehl, (219) 481-6300	12:00 Noon
April 21	SAT	NAVL SPRING CLASSIC 15K, north American Van Lines, Ft. Wayne, Terry Shipley, (219) 429-2430	9:00 a.m.
April 22	SUN	VICTIMS ASSISTANCE RUN/WALK/CRAWL McMillen Park, Fort Wayne, Danette Norman, (219) 427-1205	3:00 p.m.
April 22	SUN	GLASS CITY MARATHON, Toledo, Ohio Pam Graver, (419) 691-6064	8:00 a.m.
April 28	SAT	SHOE-SUCKER-SEVEN, Kil-So-Quah Campgrounds, Huntington, Rick Beemer, (219) 356-3020	9:00 a.m.
April 28	SAT	Z-10-K RUN, Zanesville, Indiana Linda St. John, (219) 638-4256	8:00 a.m.
April 29	SUN	MICHIGAN MARATHON & 1/2 MARATHON Ann Arbor, Michigan, (800) 733-3488	8:30 a.m.
May 5	SAT	WE ARE WINNING 5K, Canterbury Green Tom Wagner, (219) 422-3911	9:00 a.m.
May 6	SUN	GREENWAY PREDICTION RUNS 10K & 20K INDIANA RRCA STATE MEETING IPFW Athletic Center, Fort Wayne, Jerry Diehl, (219) 481-6300	1:00 p.m.
May 12	SAT	GATEWAY CITY FITNESS RUN 5K & 10K, Sturgis, Michigan, Kay Schultz, (616) 651-7824	9:30 a.m.
May 13	SUN	MOTHER'S DAY RUN 5 MILE X-COUNTRY Kendallville, Rick Frey (219) 347-1064	2:00 p.m.
May 19	SAT	FORTE ARTS 5K RUN/WALK, IPFW Athletic Center, Fort Wayne, Mike Ducey, (219) 482-9606	10:00 a.m.
May 20	SUN	REVCO CLEVELAND MARATHON & 10K P.O. Box 550, Twinsburg, Ohio 44087	8:30 a.m.
May 23	WED	BICYCLING - GETTING TO KNOW YOUR BIKE IPFW Student Union, Fort Wayne, Hector Garcia, (219) 481-6300	7:00 p.m.
May 25	FRI	500 FESTIVAL MINI-MARATHON, Indianapolis Jo Houck, (317) 636-4556	9:00 a.m.
May 28	MON	THE GREAT RACE 1/2 MARATHON & 10K Elkhart, Ron Schmanske, (219) 294-4661 Ext. 262	8:30 a.m.

JUNE 2 SAT SPRING FEVER 5 MILE & 1 MILE Huntington, Holly Sale (219) 356-3000 7:45 a.m.

JUNE 2 SAT AUL/GOVERNOR'S CUP 8K, Harmony State Park, Steve Lock, (800) 622-4931 9:00 a.m.

JUNE 9 SAT SUNBURST MARATHON, 10K & 5K Notre Dame Campus, Joyce Fox (219) 233-6161 ext. 232 6:00 a.m.

JUNE 16 SAT CHAIN-O-LAKES 5K & PEE WEE RUN Albion Middle School, Steve Caswell (219) 636-7308 or (219) 429-6719 8:00 a.m.

JUNE 16 SAT CENTRAL SOYA COMMUNITY CLASSIC Firemann Square, Ft. Wayne, Dennis Strayer, (219) 425-5726 6:00 p.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 4 WED RUNNING WILD 5K, Fort Wayne Zoo, Sue Goldman, (219) 482-4616 7:30 p.m.

JULY 20 FRI OLD SETTLERS 4 MILE RUN, Columbia City Brian Shepherd, (219) 244-4330 7:30 p.m.

JULY 27 FRI HOUR RUN ON THE TRACK, Northrop High School, Fort Wayne, Brian Shepherd, (219) 244-4330 7:30 p.m.

JULY 28 SAT CROMWELL 5K & PEE WEE RUN Cromwell Community Park, Steve Caswell (219) 636-7308 or (219) 429-6719 8:00 a.m.

On April the 16th the Fort Wayne Track Club will be well represented at the 94th running of the BOSTON MARATHON.

From Fort Wayne and the surrounding area there will be twelve runners chasing their goals and dreams on the demanding course of the BOSTON MARATHON.

Mike Kast
Jerry Diehl

Dave Lattow
Steve Caswell

Bob Schendel
Tom Yoder

Terry Diller
Gary Richner

Bruce Tisdell
Doug Osborn

Judy Tillapaugh
Joan Gary

We the officers and board members wish you the best of luck on your prestigious running at the 94th running of the Boston Marathon

ATTENTION INDY MINI RUNNERS

You are invited to join the Indy runner members for a post race picnic. Look for their setup in the infield and join in for some snacks and post race conversation.

TRACK CLUB VOLUNTEERS

Dan Daniel 116 s. Whitley St. Col City 46725 244-6545

Bernie Burgette 4830 Willowbrook Dr. FM 46835 485- 5816

Eugene Striggie RR#3 Churbusco 46723 693-3649

Don Lindley 6015 Landstown Dr. FM 46816 456- 8739

Jerry Diehl 905 Wood Creek Ossian 46777 622-7378

Rodger Puckett 2811 N. Gate Blvd 46825 486-4500

Carl Fields 780 W. 200 North Col City 46725 244-7726

On February 17, 1990 the FWTC held its annual Fanny Freezer 5K. With 87 runners present, the race was started at 2:00 p.m. sharp. The day was a beautiful sun shiny afternoon. Attendance may have been affected by all of the ice and foul weather of days preceding race day. But all in all it was well supported.

As race director I would like to thank all those who helped contribute, to making the race a great day. Also to those who ran. After all, if there wasn't all those who volunteer and those who ran, I would have been mighty lonely.

Some of those who helped were Rob Wyatt, he donated all of the refreshments, Judy Tillapaugh, Jerry Diehl, Mark Brattoli, Don Lindley, Michael Lindley, Mike Kast, Mel Hochstetler, Rodger Pucket, my son and wife David Caswell and Deb Caswell.

There were others who I may have forgotten or didn't get their names. Thank you all for making my job so easy and this race a memorable one.

Happy road running,

Steven H. Caswell

87 Registered Men 70 and Women 17

Name	Place	O.A.	A.G.	Age	Time
Brian Shepherd	1			24	15:20.9
Mark Furkis	2		1	34	15:20.9
Pete Bowman	3		1	25	15:46.9
Brad Cooper	4		2	28	15:50.2
Jerry Gerig	5		1	23	15:58.1
Rick Veach	6		2	23	16:16.0
Tom Loucks	7		2	30	16:25.1
Hal Pearson	8		1	35	16:27.0
Josh Colvin	9		1	15	16:41.0
Greg Weisser	10		3	26	16:43.6
Mike Schoudel	11		3	21	17:00.6
Evert Hiatt	12		2	16	17:06.4
John Treleaven	13		2	37	17:07.6
Randy Hansard	14		3	33	17:10.5
Erron Kelly	15		4	23	17:44.5
Carl Risch	16		4	32	17:47.7
Greg Robertson	17		3	39	17:49.1
Ahmed Allaoui	18		4	26	17:58.7
Rich Schweyer	19		3	19	18:02.2
Gordon Pleus	20		1	43	18:03.7
Conrad Peterson	21		5	31	18:04.6
Rick Gilbert	22		6	33	18:05.3
Phil Suelzer	23		4	38	18:09.2
John Pea	24		5	28	18:11.1
Ken Nelson	25		6	26	18:11.7
Tom Welch	26		7	30	18:12.1
Kevin Warren	27		8	32	18:12.8
Jim Furkis	28		1	12	18:20.5
Jack Morris	29		1	52	18:46.7
Roger Smith	31		9	31	19:18.8
Rodger Puckett	32		1	45	19:27.6
Dave Millhouse	33		5	23	19:43.5
Thom Dill	34		10	33	19:49.3
Joel Schartzen	35		2	42	19:53.5
Tom Felger	39		2	50	20:25.6
Tom Renz	40		11	34	20:26.4
Fred Weisser	41		3	50	20:34.0
Tyler Cartto	42		6	22	20:35.0
John Powell	43		12	32	20:35.8
Mel Hochstetler	44		4	50	20:51.9
Don Lindley	45		2	46	20:52.8
Larry LeMaire	46		5	37	20:57.3

Jack Seigel	47	3	45	20:58.6
Bob Gensheimer	48	5	53	21:17.5
Chuck LeMaire	49	13	30	21:22.8
Don Anderson	51	1	62	21:39.5
Wayne Umsell	54	3	41	22:11.6
Russell Wolpert	55	4	40	22:14.9
Tom Fuelling	56	6	39	22:18.4
Bob Loomis	57	6	57	22:29.6
John Sturtevant	58	7	56	22:38.1
Larry Davisson	60	7	39	22:57.8
Richard Dugan	61	8	50	23:11.4
Ed Knouse	62	4	45	23:16.1
Scott Schilling	65	7	29	23:34.5
John Stoner	66	14	30	23:40.8
Harry Quandt	67	8	36	23:43.9
Rick Collins	68	8	26	23:58.9
Jim Martin	70	5	47	24:11.5
Bill Osterholt	71	9	39	24:16.7
Steve Dickman	73	15	33	24:34.5
Lawrence Randall	75	6	47	24:44.3
R. L. LaVine	76	10	38	24:50.2
Karl Krame	77	16	34	25:17.8
Greg ErLandsan	78	11	36	26:33.7
Rick Beemer	79	12	39	26:34.5
Dan McGuire	80	unknown		26:48.7
John G. Jedinak	81	9	56	27:09.0
J. P. Jones	82	2	61	27:10.1
Chris LeMaire	84	2	11	28:18.8

WOMEN

Chris Cooper	30		28	18:52.4
Luci Bowman	36	1	25	19:57.5
Teresa Waite	37	2	22	20:01.6
Teresa Veach	38	3	22	20:13.7
Karn Vachon	50	4	24	21:29.4
Sara Noll	52	5	22	21:59.8
Willow Rilla	53	6	29	22:05.1
Lorraine Fox	59	7	29	22:41.9
Kathy Pleus	63	1	39	23:21.5
Sue Steinen	64	2	33	23:23.4
Joan Gary	69	1	53	24:01.3
Sue Sipes	72	3	33	24:19.1
Fran VanWagner	74	2	54	24:40.5
Cindy Furkis	83	4	33	27:20.9
Sarah Kleinknight	85	1	46	28:29.9
Wanda Myers	86	5	38	30:19.6
Sharon Pauley	87	2	49	58:24.0

23rd Annual Churchills Half Marathon

age group		overall		
place	age	place	time	
men 30 to 34				
8	Terry Diller	32	31	1:18:50
10	Calvin King	33	42	1:21:00
14	Jay Prichard	32	58	1:23:16
men 35 to 39				
3	Richard Vorick	39	20	1:16:06
18	Donald Bashor	39	68	1:25:08
men 40 to 44				
5	Gary Rickner	41	49	1:21:36
13	James Miller	42	82	1:26:45
men 45 to 49				
9	Rodger Puckett	45	112	1:29:50
12	Don Lindley	46	144	1:34:18
19	Dave Wolfe	46	191	1:39:05
35	Jim Martin	47	327	1:52:05
men 50 to 59				
19	Hal Lewis	54	237	1:44:14
Women 50 to 59				
2	Joan Gary	53	268	1:46:35

TRAINING RUNS

- 1 Fort Wayne YMCA weekdays at noon, Saturdays at 7:00 AM. Contact Calvin King 447-2172
- 2 Fort Wayne Johnny Appleseed Park Saturdays and Sundays 7:30 AM Contact Barb Scrogum 484-8938 or Joyce Butler 749-4646
- 3 Fort Wayne Homestead High School Wednesdays at 5:00 PM Contact John Trelevan 432-5315
- 4 Columbia City at the Court House Sundays at 7:00 AM Contact Mel Hochstettler at 248-8749
- 5 Fort Wayne down town YMCA Saturdays at 7:00 AM Contact Jack Hilker 432-2933
- 6 IPFW Athletic Center Tuesdays and Thursdays at 6:00 PM Saturdays at 9:00AM Contact Jerry Diehl 481-6300



SYMPATHY



ARLENE D. FLEMING

Born March 26, 1956

Died January 31, 1990

ARLENE D. FLEMING, 33, died at 7 a.m. Wednesday at home in Punta Gorda, Fla. Born in Fort Wayne, she moved to Florida two years ago. She was co-owner of Coastal Video Productions. Surviving are her husband, Timothy C.; a son, Bryan Kaylor of Leo; a daughter, Staci Kaylor of Leo; two stepchildren, Angie and Michele, both of Fort Wayne; two brothers, Dean and Dale Gongaware, both of New Haven; two sisters, Suzan Zimmerman of Fort Wayne and Mary Wilkin of South Bend; and one step-grandchild. Services at 10 a.m. Tuesday at Tom Mungovan Funeral Home, 2221 S. Calhoun St. Calling from 3 to 5 and 7 to 9 p.m. Monday. Burial in Highland Park Cemetery. Memorials to Arlene Fleming Memorial Fund.

Thank you Don and the Fort Wayne Track Club for your thoughtfulness in my time of need.

The loss of my 33 year old wife is very hard to accept. She was not only my wife, my business associate, but also my best friend. (Thank you so much) To all paid members. You are welcome to visit me in sunny South West Florida and enjoy the experience of our Harbor Run every Wednesday night. Give me a call at work 813-639-4003 or home 813 743-7485 or drop me a line 1421 Rio De Janeiro Port Charlotte FL 33983. You all come down: Here!

Your P R Friend
Tim Fleming.

LIVING FIT

From the President's Council on Physical Fitness & Sports

Fitness Goals

It's lunch time and you have to attend a meeting rather than your regular fitness workout. You think it doesn't matter, because you can always exercise tomorrow. But tomorrow comes and you have too much work to do. More days go by and you haven't worked out; something keeps getting in the way. You really enjoy your exercise time and how you feel afterwards, but you just do not understand why you are not as motivated as you once were.

Any number of factors can contribute to changing fitness habits. One possibility is that you did not establish a clear direction or goal for your program. Realistic goals provide focus to an exercise program. They help you get from where you are to where you want to be.

Set Attainable Goals

The goal setting process is the same for physical fitness as it is for personal and professional development. Attainable goals help you understand what is possible out of many available options. Establishing goals brings into focus how your current fitness status relates to your ideal.

The Long And Short Of It

Develop both long- and short-range goals. Long-range goals are more general, but not all-encompassing. They should be achievable through a logical progression of activity. They do not need to have a time limit on achievement.

Short-range goals identify the logical steps to achieving your long-term goals. They should be very specific and realistic based on your present capabilities and should have a time limit for achievement. Short-term goals can be used to measure your progress. Remember to include all the components of fitness when setting your goals—cardiovascular fitness, muscular strength and endurance, and flexibility. Take a few minutes to consider your fitness goals and write them down.

Now you need a means to keep yourself focused on what you want to accomplish. One method is to make a contract with yourself. Contracts help you establish a system of accomplishments and rewards. First, list your short-term and long-term goals. Then decide how to reward yourself for reaching each of your goals. Make the rewards special things that are important to you, i.e. buying a novel to read, going to the movies, getting a sitter for the kids one afternoon, or buying something special that you have always wanted. The more you value the reward, the easier it will be to accomplish the goal.

Reward Your Accomplishments

Here is one example:

Long-range goal: To participate in a triathlon.

Short-range goal (1): To run, bike, or swim five days per week for two months.

Reward: A professional sports massage.

Short-range goal (2): To lift weights three days per week for one month.

Short-range goal (3): To properly stretch each day, especially before and after each exercise session for one month.

Reward: Purchase a new pair of shorts.

An Ongoing Process

Setting goals keeps you motivated to do what you should do on a regular basis. This is a very different. Your goals and rewards need to be right for you.

Remember that goal setting, like physical fitness, is an ongoing process. Each time a goal is achieved, set a new one. If you do not reach your goal within your set time frame, do not be discouraged. Reassess your status and set a new goal, either short- or long-range. Goal setting will help you maintain a consistent fitness program for the rest of your life.



BICYCLING CLINIC

BICYCLING - GETTING TO KNOW YOUR BIKE

SPONSORS: **FORT WAYNE TRACK CLUB AND IPFW CROSS COUNTRY TEAM**

PRESENTED BY: **HECTOR GARCIA, THREE RIVERS VELO-SPORT CLUB**

Hector Garcia is a professor in the Fine Arts Department at IPFW. He is an active member of the Three Rivers Velo-Sport Club. He is a regular bike commuter, tours extensively, has years of experience in bicycle handling and repair. He continues to serve his club by promoting the sport of bicycling whenever he can.

When: Wednesday evening, May 23, 1990

Time: 7:00 p.m.

Where: IPFW Walb Student Union, Room 224

Cost: Free of charge



*Everyone is welcome,
invest in yourself!
Refreshments will be served.*

Come find out how to get the most from your bicycle.
Bring your bike, for hands on experience, a friend, and your questions.

For more information please call: (219) 481-6300

Fort Wayne Track Club Board Meeting

IPFW January 10, 1989

Members present: Mike Ducey, Barb O'Neil, Jack O'Neil, Bob Loomis, Shirley Loomis, Don Lindley, Steven Caswell, Judy Tillapaugh, Ken Disler, Jack Hilker, Rob Wyatt, Jerry Diehl and Herman Bueno.

Don Lindley presented the treasures report for December 1988 and 1989 YTD. Total membership for 1990 is predicted to be approximately 420+. As of board meeting 40% of the current members have renewed membership for 1990. The remainder of the renewals are expected to be received in January.

Don also reported that no cost savings was found in seeking a change in the newsletter format. Approximately 500 newsletters will continue to be printed to accommodate current membership, advertisers, running centers, and new members.

Race Schedule Coordinator, Steve Caswell, reviewed the schedule of upcoming races. Local races drawing near are the Think Spring 5K in Ligonier on Feb. 24th, Fanny Freezer 5K at Foster Park on Feb. 17th, and the Nutra Run 20K/5M/1M at Woodside Middle School on Mar. 24th. Jerry Diehl explained the Hash House Runs on Feb. 10th & 24th are fun, low key runs. The course directions are known only by the organizer, Sounds like a nice change from the usual routine !!! Runs start at 9:00am from the IPFW Athletic Center. Mike Ducey announced that there will be a race on Sat. May 19th to kick off the Forte Arts Festival on the IPFW campus. The race will be a 5K run predominately on the grass. Judy Tillapaugh reported that the White River Park State Games Regional Road Race will be June 30th at Foster Park. Entry deadline will be June 15th. Athletes will be allowed to enter both Road Race & Track/Field. Herman Bueno volunteered to look into Workout/Race Series leading up to proposed 1 HOUR RUN by Brian Shepherd on July 20th.

Insurance for the club was again a major topic. After lengthy discussion Don Lindley motioned that due to insurance liabilities our club will follow the same guidelines used by the RRCA. In addition Mike Ducey motioned that all FWTC sponsored race entries include the following statement as well as visibly posted at all race registration sites. "THE FWTC & RRCA DO NOT ALLOW THE USE OF BIKES, STROLLERS, BABY JOGGERS, ROLLER SKATES OR HEADSETS ON THE COURSE". The motions were seconded and passed by all Board Members present.

Judy Tillapaugh, RRCA State Representative, encouraged club members to attend the annual convention in Miami held March 8-10. See Judy for more information.

Jack Hilker announced some interest in seeking additional water fountains along the River Greenway. It was suggested that we all look for ways to get the FWTC involved. Any ideas on ways to help fund the project or location suggestions are welcomed. Accurate mile markers were also mentioned as an idea to be included as part of the project.

Next months meeting will be Wed. Feb 14th, 7:00pm at the IPFW Athletic Center. A run at 5:30pm will be held prior to the meeting for anyone interested. All FWTC members are welcome & encouraged to attend. Bring your concerns & ideas and become an active member of your club.

Respectfully Yours,

Herman Bueno
Herman Bueno

FORT WAYNE TRACK CLUB BOARD MEETING
IPFW Feb 14, 1990

Members present: Herman Bueno, Judy Tillapaugh, Mike Ducey, Jack O'Neil, Roger Puckett, Rob Wyatt, Tom Loucks, John Treleaven, Steven Caswell, Bob Loomis, Jerry Diehl, Don Lindley, Tom Yoder and Sherri Yoder.

Don Lindley presented the treasurers report for January 1990 & 1990 YTD. The treasurers report for January was approved by the board.

Club Membership was reported by Don to be at 254 + 29 Family Memberships. A second renewal notice will be sent out to those who have't responded.

The Newsletter format will remain the same as no cost or time savings were found. Cutoff date for the next newsletter is March 15th. Don Lindley informed us that the FWTC received 2nd Place Honors for its newsletter from the RRCA. A special congratulations to Roger Pucket on a great job.

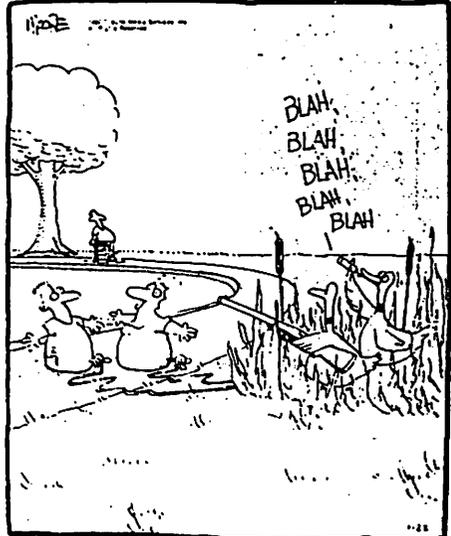
Race Schedule Coordinator, Steve Caswell, updated the local race schedule with the following. Still hopeful for April is the NAVL 15K. June 16th 5K Run for Fitness. July 4th A race at the childrens zoo. Aug 3rd or 10th the ARC Night Run 5K. Sept 29th Hilly 4. July ? Track Relays. Dec 1st or 15th Jingle Bell Run.

Tom Yoder will have an update on all insurance concerns upon return from the RRCA National Convention. Pass the word on the FWTC Hotline. Phone# 481-6152 Give it a call. Roger Puckett suggested that the FWTC raffle off a merchandise item at each club race as a fund raiser. The board approved Rogers idea. Look for table at future races.

RRCA news will be plentiful soon as Judy Tillapaugh & other members will be attending the National Convention March 8-11. The Central RRCA Meeting will be August 18-19 at Fort Harrison in Indianapolis.

Next months meeting will be Wed. March 14th, 7:00pm at the IPFW Athletic Center. A run at 5:30pm will be held prior to the meeting for anyone interested. All FWTC members are welcome & encouraged to attend. Bring your concerns & ideas and become an active member of your club.

Respectfully Yours
Herman
Herman Bueno



APRIL 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Training Run IPFW Athletic Center 6:00pm	4 Training Run Homestead HS 5:00 p.m.	5 Training Run IPFW Athletic Center 6:00pm	6	7 Training Run Central YMCA 7:00 a.m.
8 Training Run Johnny Appleseed Park 7:30 a.m.	9	10 Training Run IPFW Athletic Center 6:00pm	11 FWTC Membership Meeting 7:00pm IPFW Athletic Center	12 Training Run IPFW Athletic Center 6:00pm	13	14 Training Run Central YMCA 7:00 a.m.
15 Training Run Johnny Appleseed Park 7:30 a.m.	16	17 Training Run IPFW Athletic Center 6:00pm	18 Training Run Homestead HS 5:00 p.m.	19 Training Run IPFW Athletic Center 6:00pm	20 IPFW Spring Classic Cross Country 5K IPFW Athletic Center NOON	21 NAVL Spring Classic 15K North American Van Lines 9:00 a.m.
22 Training Run Johnny Appleseed Park 7:30 a.m.	23	24 Training Run IPFW Athletic Center 6:00pm	25 Training Run Homestead HS 5:00 p.m.	26 Training Run IPFW Athletic Center 6:00pm	27	28 Shoe-Sucker Seven Kil-So-Quah Campgrounds Hungtington 9:00 a.m.
29 Training Run Johnny Appleseed Park 7:30 a.m.	30					

MAY 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Training Run ¹ IPFW Athletic Center 6:00pm	Training Run ² Homestead HS 5:00 p.m.	Training Run ³ IPFW Athletic Center 6:00pm	4	We are winning ⁵ 5K American Cancer Society Canterbury Green 9:00 a.m.
Greenway Pred ⁶ Runs 10K & 20K Indiana RRCA State Meeting IPFW Athletic Center 1:00pm	7	Training Run ⁸ IPFW Athletic Center 6:00pm	FWTC Membership ⁹ Meeting 7:00pm IPFW Athletic Center	Training Run ¹⁰ IPFW Athletic Center 6:00pm	11	Training Run ¹² Central YMCA 7:00 a.m.
Mother's Day ¹³ 5 mile x-country Kendallville 2:00 p.m.	14	Training Run ¹⁵ IPFW Athletic Center 6:00pm	Training Run ¹⁶ Homestead HS 5:00 p.m.	Training Run ¹⁷ IPFW Athletic Center 6:00pm	18	Forte Arts ¹⁹ 5K Run/Walk IPFW Athletic Center 10:00am
Training Run ²⁰ Johnny Appleseed Park 7:30 a.m.	21	Training Run ²² IPFW Athletic Center 6:00pm	Bicycling Clinics ²³ IPFW Student Union 7:00 p.m.	Training Run ²⁴ IPFW Athletic Center 6:00pm	Indy Mini- ²⁵ Marathon Indianapolis 9:00 a.m.	Training Run ²⁶ Central YMCA 7:00 a.m.
Training Run ²⁷ Johnny Appleseed Park 7:30 a.m.	The Great ²⁸ Race 1/2 Marathon & 10K Elkhart 8:30am	Training Run ²⁹ IPFW Athletic Center 6:00pm	Training Run ³⁰ Homestead HS 5:00 p.m.	Training Run ³¹ IPFW Athletic Center 6:00pm		



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860



**1st ANNUAL 10KM & 20KM
GREENWAY PREDICTION RUNS**

plus

INDIANA RRCA STATE MEETING

Sunday, May 6, 1990

Indiana University - Purdue University at Fort Wayne
Fort Wayne, Indiana

1:00 p.m.

Scenic Fort Wayne tour along the banks of the Maumee,
St. Marys, and St. Joseph rivers.

Registration: Day of race only. (No preregistration)
IPFW Athletic Center

FEE: \$1:00 - Bargain Rate

AWARDS: Best prediction times, top three men & women
Plus numerous surprises

STATE MEETING DETAILS:

- A. To highlight information given at the 1990 RRCA National Convention in Miami, Florida.
- B. Outline the schedule of the RRCA Central Regional Convention, which will be August 18 & 19 at Lawrence North High School, in Indianapolis, Indiana.

DIRECTIONS: IPFW is located at the intersection of U.S. 30 (Coliseum Blvd.) & Anthony Steet, on the north side of Fort Wayne.

CONTACT: Jerry Diehl, President Fort Wayne Track Club
(219) 481-6300 or leave message on the Fort Wayne Track Club Hotline: (219) 481-6152

LET US BE YOUR FITNESS CONNECTION

TWELFTH ANNUAL GOLD CUP SERIES SCHEDULE - 1990

1.	APRIL 7	SAT.	JUST A LITTLE RUN LANSHING, IL	4 MI	9:30 AM	GREG BESSE 708/474-3599 LAN-OAK PARK DISTRICT 708/474-8552
2.	MAY 7	SAT.	RUN FOR LIFE HIGHLAND, IN	4 MI	10:00 AM	DON BOWMAN 219/896-6326 BETH ANN LUISCH 219/880-1357
3.	MAY 12	SAT.	2-STATE 2-STEP HAMMOND, IN	10K (8.2 MI.)	8:30 AM	MARGE WENFEL-ST. MARGARET HOSP. 219/933-2071
4.	MAY 27	SUN.	ROBERT A. PASTRICK-E. CHICAGO MARINA RUN EAST CHICAGO, IN	5K (3.1 MI)	9:00 AM	WILLIAM SOJKA 219/931-8476 ED SOJKA 219/398-2957
5.	JUNE 3	SUN.	LAKESHORE 10K RUN GARY, IN	10K (8.2 MI)	9:00 AM	PAT RHODES 219/938-6878
6.	JUNE 10	SUN.	A DAY AT THE RACES (NO RACE DAY REQ.) ST. JOHN, IN	5K (3.1 MI)	9:00 AM	RON ESTEP-MERCANTILE NAT'L BANK 219/932-8220
7.	JUNE 17	SUN.	LIGHT HOUSE PLACE/MICHIGAN CITY 15K MICHIGAN CITY, IN	15K (9.3 MI)	9:00 AM	TOM MORLIER 219/326-5182 HAL HIGDON
8.	JUNE 23	SAT.	MUNSTER ROTARY RUN-A-ROUND MUNSTER, IN	10K (8.2 MI)	8:00 AM	GEORGE BALLAMY 219/923-6600
9.	JULY 4	WED.	BRICKYARD RUN HOBART, IN	5 MI	7:30 AM	RICK VULPETTA 219/947-3000 BETH ANN WISCH 219/880-1357
10.	JULY 11	WED.	FRIENDSHIP RACES HAMMOND, IN	5 MI (3.1 MI)	7:30 AM	JOE WISCH 219/938-2957 ED SOJKA 219/398-2957
11.	JULY 28	SAT.	FESTIVAL OF THE DUNES CHESTERTON, IN	5K (3.1 MI)	8:30 AM	STEVE KENNEDY 219/996-1750 LARRY JAMES 219/88-8782
12.	AUG. 5	SUN.	LICKETY SPLIT DYER, IN	5K (3.1 MI)	8:30 AM	BILL MARVEL 219/385-4740 IRMA & CHUCK CODDINGTON 219/922-2805
13.	AUG. 11	SAT.	ROTARY RAMBLE DE MOTTE, IN	5K (3.1 MI)	8:30 AM	CHARLENE GROET 219/887-2876
14.	SEPT. 3	MON.	PARK FOREST SCENIC 10 (NO RACE DAY REQ.) PARK FOREST, IL	10 MI	8:00 AM	BUD JAMES 708/957-7824
15.	SEPT. 8	SAT.	POPCORN PANIC VALPARAISO, IN	5 MI	7:30 AM	YOUTH SERVICE BUREAU OF POTTER 219/464-8585
16.	SEPT. 15	SAT.	STEEL CITY STAMPEDE E. CHICAGO, IN	4 MI	9:30 AM	CHRISTINA ELIZONDO OR ED SANCHEZ 219/397-9408
17.	SEPT. 29	SAT.	THE HOSPITAL HUSTLE MERRILLVILLE, IN	5 MI	9:00 AM	MARK SAVAGE 219/464-4482
18.	OCT. 7	SUN.	RUN TO WIN HIGHLAND, IN	1 MI	9:00 AM	IDA HEY 312/282-8104 PHETIE KAZMIRSKI 219/749-1940
19.	OCT. 14	SUN.	CALUMET MEMORIAL PARK DISTRICT MINI-MAPATHON CALUMET CITY, IL	13.1 MI	9:30 AM	MEMORIAL PARK 708/862-6440
20.	OCT. 27	SAT.	OMNI 41 PUMPKIN PRANCE SCHERERVILLE, IN	5K (3.1 MI)	10:00 AM	LOU ISA HIRTAUT 219/885-8950
21.	NOV. 11	SUN.	FALL FROLIC HAMMOND, IN	4 MI	10:00 AM	JIMMY'S ATHLETIC APPAREL 219/845-1977
AWARDS BANQUET						(Details to come later)



GOSHEN TO ELKHART

The Great Race '90

10TH ANNUAL
10K ROAD RACE &
HALF MARATHON

The Elkhart Truth

MEMORIAL DAY,
MAY 28, 1990

BOSTON MARATHON WINNERS
• Bill Rodgers
• Greg Meyer

WORLD FAMOUS MILLER
JIM RYUN
CLINIC ON TUESDAY, MAY 22nd

Great Race events include: Bill Rodgers 10K masters, 10K power walk, 10K wheel chair, 50K bike race, Bike Critterium, 1/2 mi. swim, 13 mi. Canoe race, 5K fun walk, 1/2 price for second event. Join us! Please write for call for details. Great Race X, c/o Ron Schmanske, P.O. Box 487, Elkhart, In 46515 (219) 294-1661 ext. 262, 204.

A great opportunity to run with world class in running and \$12,000 in cash awards.





**White River Park
STATE GAMES**

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

Get Into The Games!

5-MILE RUN/3-MILE WALK FACT SHEET

WHAT

The White River Park State Games is Indiana's statewide amateur sports festival. With 19 sports, the White River Park State Games is the largest multi-sport event in Indiana.

Over 25,000 athletes are expected to compete in the State Games in 1990.

1,000 are expected to enter 5-Mile Run/3-Mile Walk in 26 age divisions.

ENTRY DEADLINE

The entry deadline for 5-Mile Run/3-Mile Walk is June 15, 1990. The 3-Mile Walk is a non-competitive event.

HOW TO ENTER

Entry handbooks and discount coupons will be available at Hook's Drug Stores, Marsh Supermarkets, and participating Taco Bell Restaurants or call 1-800-HI-FIVES for a handbook. Entries received before June 1 qualify for \$2 off with discount coupon.

REGIONAL COMPETITION

5-Mile Run/3-Mile Walk competition begins the weekend of June 29 - July 1, 1990 at these regional sites: Anderson, Columbus, Elkhart, Evansville, Fort Wayne, Logansport, Richmond and Terre Haute.

FINALS COMPETITION

Final rounds of all sports will be held in Indianapolis July 13-15. Over 10,000 athletes will compete in the State Games Finals in many of the same facilities used for the Pan American Games and Olympic Trials.

FINALS FEST

On July 13, a celebration of the State Games will take place before Opening Ceremonies from 3:30 - 6:30 p.m. at Military Park in Indianapolis. Sample delicious food. Enjoy live entertainment. Win exciting prizes.

OPENING CEREMONIES

In the tradition of the Olympic Games, the State Games presents a gala Opening Ceremonies held at the I.U. Track and Field Stadium, Indianapolis (IUPUI). It begins at 7:30 p.m., July 13, with a parade of athletes.

QUESTIONS

For more information call 1-800-HI-FIVES.

Organized by the Indiana Sports Corporation

Official Corporate Sponsors



Organized by Indiana Sports Corporation

WATER - - DO YOU DRINK ENOUGH?????

How much does water consumption affect endurance? A great deal says a Harvard physiologist, G.C. Pitts. Dr. Pitts tested a group of trained male athletes by putting them on treadmills timed at 3 1/2 miles per hour.

The subjects in the first group were given no water and were told to walk until they were so fatigued that they could not go any further. These athletes lasted about 3 1/2 hours. Their temperatures rose rapidly during the test period, and in the exhaustion phase finally reached an average of above 102 degrees F.

The members of the second group were allowed to drink as much as they desired, and their temperatures didn't rise nearly as rapidly. However, after approximately six hours of exercise on the treadmill—as the men reached exhaustion—their body heat zoomed up.

Finally Dr. Pitts chose a third group and carefully calibrated their water losses, replacing that exact amount of water lost (about 1 cup every 15 minutes) while the men were exercising. As a result, though they stayed on the treadmill seven hours, the test subjects did not experience a drastic rise in temperature, nor did they reach exhaustion. In fact, when asked how they felt, they replied that they could go on as long as the doctor wanted them to!

Several conclusions can be reached from these experiments. The first is that thirst isn't necessarily a good indicator of the body's need for water. You must, generally speaking, drink more water than your thirst calls for. Second, there's a close relationship between water consumption and fatigue. Thirdly, water appears to have a significant effect upon the regulation of body temperature. And fourth, a more active person is in greater need of water because of the dehydrating effects of perspiration and rapid breathing. THAT'S US RUNNERS!!!!

In view of these facts, you'll probably want to know exactly how much water you should consume. It has been claimed that, in a cool climate at sea level, most people lose about one to one-and-a-half quarts of water per day (but this is a conservative estimate and not all of us happen to live under these conditions). Generally speaking, though, the average person loses at least two cups of water daily through the respiratory process. Another two cups are emitted through perspiration, even when no significant amount of physical work is carried on, and the intestines and kidneys together lose a total of about six cups during an average day. This adds up to 10 cups a day if you do not engage in any physical activity. Therefore, it is a logical assumption that we should drink at least 10 cups of water per day just to stay even. Plus we should replace the liquids lost during our running time.

Another point is the fact that the more rapidly you lose water, the more quickly you need to replace it if you are to continue to function well. Otherwise, your fatigue level will increase to the point where you can't continue.

The following general rules may help you to follow a healthful regime of water consumption.

First, don't drink any water within 15 minutes before eating. Second, give your stomach up to an hour and a half after meals to digest most of your food undiluted by water.

"But water just doesn't appeal to me at all," you may complain. Well, remember that appetites can be changed. It's been said that it takes about 40 days of continual practice to develop a new habit, and the process gets easier as that period goes on... and eventually you'll reach a point where you crave water.

As you do your day's work, keep a container of water in front of you. When its empty fill it up again. It is very difficult to down 2-3 cups of water at a time, so sip on some all the time. Also make it a habit to stop and refresh yourself every time you pass a drinking fountain. Or, try putting a pitcher containing your estimated daily requirement of water in the refrigerator, and periodically have a glass until it's used up.

Initially, you may find yourself visiting the rest room more frequently than you have in the past. There's nothing wrong with this. Don't worry that you'll wear out your kidneys. With an adequate supply of water, they will actually work better.

Finally, be patient with yourself. It takes time for the body to adapt to change. It also takes time to learn a new habit. And this one, however, is good for you!

(The following article was submitted by Jack Morris. The information for this article was taken from a seminar developed by Philip Collins, a health consultant for Carolina Health Care)

ULTRA RUNNING NEWS

Saturday Feb 24th passing
for same 50 mile road race
at St Petersburg Fla.

MENS WINNER Dan Landry
Seminole Fla 5:38:45

WOMENS WINNER Linda
Pfeifer Tampa Fla.
8:32:06

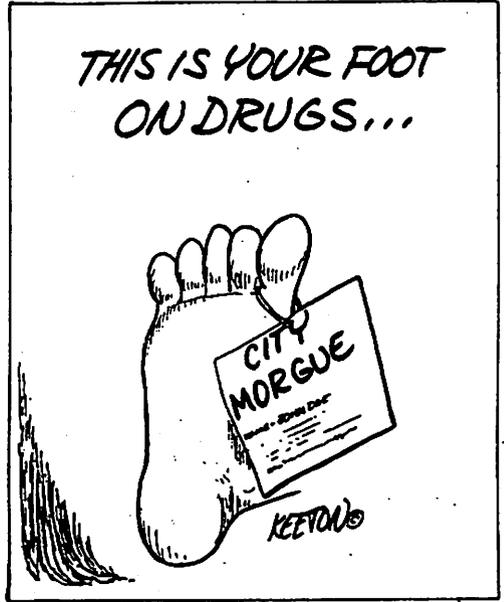
LOCAL RUNNER Don Lindley
Ft. Wayne IN. 14th place
8:24:31

70 MILE MOUNTAIN RUN

Gary Davis will be running a 70 mile
Endurance run in Ohioyle Pa on
Saturday June 9th 1990. Gary is in
need of handlers and a pacer for
his endeavor through the Laurel Mts.
of Pa. He will be leaving a day or
two earlier. Anyone interested in
helping please call Gary at 745-3500

100 MILE RUN IN VERMONT

Rodger Puckett and Don Lindley will
be running a 100 miler on July 28th
at South Woodstock Va. Handlers and
pacers will be needed among other
things. If you are interested in
helping or just to go along and have
a look at the ultra world call Don or
Rodger. 486-4500 456-8739



Peanuts



"You have the body of an 18-year-old... Unfortunately, it's encased in the fat of a 50-year-old."

HILGERS FARM MARKET

—HOME OF HILGERS HOMESTYLE BAKERY

U.S. 30 WEST AT BUTT RD.

OUR 7 GRAIN BREAD WAS USED

FOR THE PRIZES AT THE NUTRA RUN

BESIDES THE HEALTHY BAKED ITEMS

WE ALSO MAKE THE THINGS THAT GIVE

US THE REASON TO RUN OR THAT THE

RUNNING GIVES US THE LICENSE TO EAT

HILGERS ALSO GROW

OVER 30 KINDS OF

FRUITS AND VEGETABLES

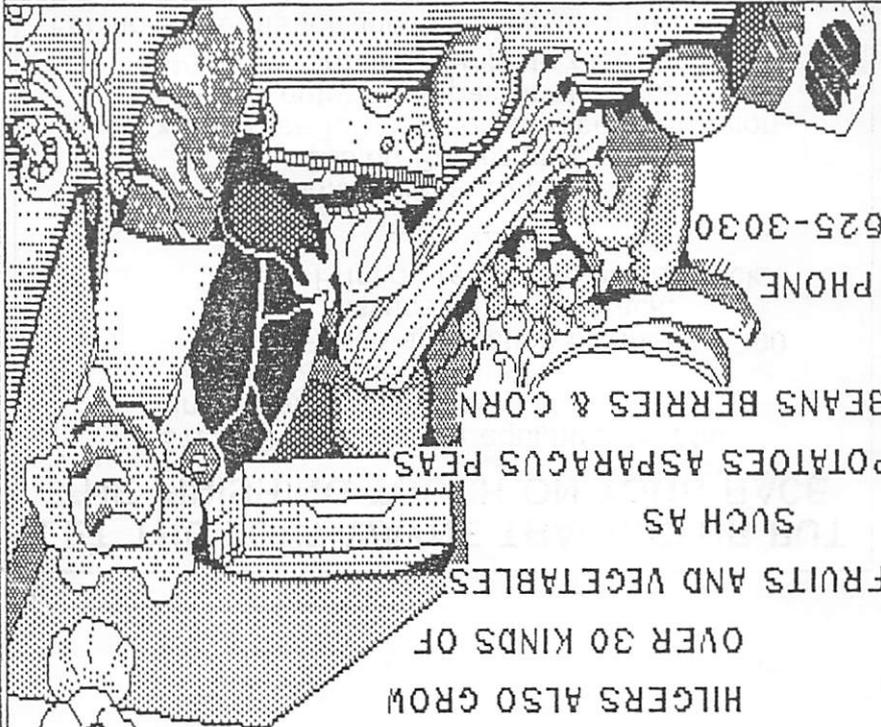
SUCH AS

POTATOES ASPARAGUS PEAS

BEANS BERRIES & CORN

PHONE

625-3030



SUMMIT CITY BIKE

The
Professional
Experience



NATIONAL BICYCLE
DEALERS ASSOC.

It Starts
At Your
Bike Shop.

FOR ALL YOUR PARTS AND
ACCESSORIES CLIP THIS
COUPON AND SAVE 10%

**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 Mark Brattoli, 219-493-6240 or write.

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

(Delivery of equipment could incur additional charges)



POINTS RACES

Points will be given as follows:

Overall first - 10 points
second - 8 points
third - 6 points

Division first - 5 points
second - 4 points
third - 3 points
fourth - 2 points
fifth - 1 point

Age Divisions

<u>Male</u>	<u>Female</u>
14 & under	14 & under
15 - 19	15 - 19
20 - 24	20 - 24
25 - 29	25 - 29
30 - 34	30 - 34
35 - 39	35 - 39
40 - 44	40 - 44
45 - 49	45 - 49
50 - 54	50 - 54
55 - 59	55 - 59
60 & over	60 & over

There will also be two heavy weight divisions
180 - 210 210 & over

Awards will be given to the first three overall winners
and the top five in each division.

The following races will be included in the point system:

May 19	Forte Arts 5K	Fort Wayne
July 4	Running Wild 5K	Fort Wayne
June 16	Central Soya 5M	Fort Wayne
July 20	Old Settler's Day 4M	Columbia City
July 27	Hour Run	Fort Wayne
Aug 26	Run in the Park 5M	Fort Wayne
Sept 2	Strawberry Valley Days 5K	Ligonier
Sept 29	Hilly 4M	Fort Wayne
Oct 14	Summit City 10K	Fort Wayne
Oct 27	Veteran's Day 5M	Fort Wayne

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

FOR THOSE THAT DID NOT GO TO THIS RACE, MISSED THE OPPORTUNITY TO RUN WITH A TOTAL OF 306 RUNNERS. THE WEATHER WAS NOT BAD, IT WAS SUPPOSE TO BE SUNNY AND WARM IN THE HIGH 40'S; BUT IT REMAINED CLOUDY AND THE HIGH WAS

GROUND HOG SEVEN
 FEBRUARY 4, 1990
 CARMEL, IN

OVERALL	AGE DIVISION	NAME	TIME
11	2	RICK VORICK	39:07
49	20	MARK BRATTOLE	44:51
58	12	DAVID LILLOW	45:49
88	5	ROGER PUCKETT	48:05
103 (5TH-OVERALL)		JUDY TILAPPAUGH	49:00
108	8	DON LINDLEY	49:26

POLAR BEAR RUN 5 MILES
 UNIVERSITY OF INDIANA

FEBRUARY 10, 1990

AGAIN, YOU MISSED A BEAUTIFUL DAY TO RUN, WITH OVER 2200 RUNNERS AND A NICE SUNNY DAY TO BOOT. IT WAS WELL REPRESENTED BY PWTC MEMBERS AND THE SPORTS TECH/NIKE RACING TEAM.

NAME	TIME	3RD PLACE OVERALL	4TH PLACE AGE DIV	3RD PLACE AGE DIV	2ND PLACE AGE DIV
BRIAN SHEPHERD	24:42	25:15	26:06	27:46	28:00
MARK FURKIS	25:15	26:06	27:46	28:00	28:24
JOHN TRELAVEN	28:24	28:00	27:46	28:00	28:24
HENRY BUENO	28:00	26:06	27:46	28:00	28:24
TOM LOUCKS	26:06	25:15	26:06	27:46	28:00
MARK FURKIS	25:15	26:06	27:46	28:00	28:24
PETE BOWMAN	26:06	25:15	26:06	27:46	28:00
JIM FURKIS	28:24	28:00	27:46	28:00	28:24
MARY T. CONNELLY	31:30	30:50	31:30	31:30	31:30
DON LINDLEY	33:01	31:30	30:50	31:30	31:30
WILLOW RILLA	36:49	33:01	31:30	30:50	31:30
KEN DISLER	42:26	36:49	33:01	31:30	31:30

--HOTLINE--HOTLINE--HOTLINE--
 (219) 481-6152

For a F.W.T.C. update on local races or events please call. If you have information that needs to go in the newsletter you may do so. Please use the hotline for your every convenience.

President

Jerry Diehl

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

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Purdue
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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

HASH HOUSE HARRIERS

Those that missed the hash house runs in February, missed all the fun and excitement of confused running. Many of us were lead on a wild goose chase trying to find the correct course to the hash house. It kind of reminded me of some road races in earlier years that could have used better course markings. For those not clear on what hashing is, refer to the last issue of the Inside Track, Todd Eagan details the history of "The Hash".

After our hashing adventure we gathered at a local eating establishment to take in needed nourishment. For many of us this is the most important part of hashing. Look for more hashing events in the future. Anyone interested in leading a hash house run, it's really quite easy, just keep everyone guessing on the correct path to the hash house, please contact Jerry Diehl (219) 481-6300.

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

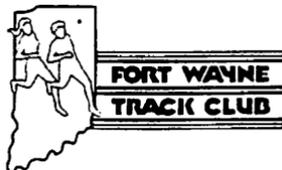
Thursday evening during a FWTC training run our running, roving, reporter catches up to good samaritans helping the city out during the recent ice storm. Gary Koon, Mark Brattoli, Mike Schoudel, Judy Tillapaugh, Tim Turk and Joe Kuhn were clearing tree limbs from the city streets while running in water, slush, and ice.

No one was carrying a chain saw, so the large tree work had to be left to the city street department. This turned out to be one of the more dangerous runs with ice and tree limbs coming down all around the runners during the outing. No one had a dry piece of clothing on them upon returning for hot showers at the IPFW Athletic Center.

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

FORT WAYNE TRACK CLUB AWARDS BANQUET

Outstanding Student Female Runner	- Kelley Varley
Outstanding Student Male Runner	- Norm Hedges
Sweetheart Award	- J. P. Jones
Outstanding Female Volunteer	- Roseanne Lindley
Outstanding Male Volunteer	- Mark Brattoli
FWTC Supporter Awards	- Diane Getty Valerie Puckett John Gary
Outstanding Female Runner	- Chris Cooper
Outstanding Male Runner	- Brad Cooper
Outstanding Ultra Marathoner	- Jan Kreuz
Technical Runner's Award	- Bob Schendel
"Woody Woodpecker" Award	- Dave Lallow
"Piece of the rock" Award	- Herman Bueno
"Mr. Consistency" Award	- John Treleven
"Tour Guides" Award	- Jay & Ann Jamison
Past President Award	- Judy Tillapaugh



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 _____

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

NAVAL SPRING CLASSIC

Saturday, April 21, 1990

9:00 a.m. - North American Van Lines

WE ARE WINNING 5K AMERICAN CANCER SOCIETY

Saturday, May 5, 1990

9:00 a.m. - Canterbury Green

MEMBERSHIP MEETINGS

April 11th, 7:00 p.m. - IPFW Athletic Center

May 9th, 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.



**FORT WAYNE
TRACK CLUB**

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

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