

# the inside track

June - July 1990



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



# 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
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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
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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	

## PRESIDENT'S COLUMN

Well I just finished my spring marathon season with a trek from Hopkinton to Boston, what a great experience! After a period of hard training, it is always best for me to take a break from the racing action. I am taking the Jerry Mazock approach, going into my "off season". Jerry has used this technique successfully for years, just "fun running" after the spring marathon. Perhaps the winds of November will again motivate me to train hard for that next spring marathon. I think Jerry had the right idea, train hard for that important event, then give the body and mind time to recover.

What's your goal/s for the future, an upcoming road race, biathlon, triathlon, or bike race? You may have just completed the Indianapolis Mini-Marathon, The Great Race, or another spring race. Are you keying on an important upcoming event? How are you training to reach your goal? A training group is an excellent way to workout and improve, to make that goal you have set for yourself. The Indy Runners had an excellent training program for their Indianapolis Mini-Marathon. There are many training groups right here in the Fort Wayne area, check with Calvin King, Barb Scroggum, Joyce Butler, John Treleavan, Mel Hochstettler, Jack Hilker, Don Lindley, myself, or other FWTC members. Look for the training runs listed in the Inside Track, for times, places, and contacts. Remember, Concordia High School usually has track workouts in early summer after school is out. Herman Bueno and Tom Loucks are planning on a summer track series, ending up with the one hour run on the track directed by Brian Shepherd.

These are excellent groups to improve your performance or just maintain your current fitness level. There may be a time to train alone, but a training group can also bring out the competitive juices in each of us. Group training also offers the safety of running with numbers to avoid problems that can plague the solo runner. If you check around, you will find a group that is running your pace and distance. Remember to set realistic goals for yourself, and enjoy the summer racing season.

Looking for an upcoming race to peak for? Why not try the Central Soya Community Classic 5 Mile, White River Games 5 Mile, Running Wild 5K, Moonlight Flight 5K, or the One Hour Run On The Track. Any of these races are excellent choices to peak for in your training. The environmental factors are very important to remember in summer racing, dress right, drink plenty of fluids, and know your limitations when running in heat and humidity, yes there will be another race to run.

The next two membership meetings are: June 13, and July 11 at 7:00 p.m. at the IPFW Athletic Center.

See you on the roads!  
Jerry

# THE INSIDE TRACK

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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.

## Concordia sets summer night track

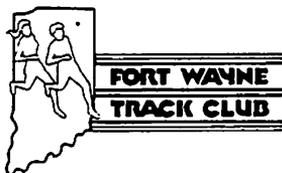
Concordia Lutheran High School will continue sponsoring Tuesday night track meets this summer for males and females. The six meets begin June 5 and end July 10, at a cost of 50 cents per person, per event. All contestants receive a ribbon as an award. All field events for all seven age groups will be run each night, along with the 60-, 100-, 800-, 200- and 400-meter races. The 1,600-, 3,200-meter and hurdles races will alternate each week. Though the track meets end July 10, a 5K Track Run will be held July 17 at 6:30 p.m., at a cost of \$1 per contestant. The meets begin at 6 p.m.

## NEW MEMBERS &amp; RENEWALS

MURTAZA KARIM  
 JIM BUSHEY  
 CRAIG HILLER  
 STEVEN HOEPPNER  
 RICK GILBERT  
 ELIZABETH O'BRIEN  
 JOYCE FUZY  
 CARL RISCH  
 BILLY CARPENTER  
 BRUCE PRESSLER  
 NORM BAILEY  
 WILLIAM W. KRIDER  
 ED BECKNER  
 PAUL SNYDER  
 RAY SIBREL  
 JOYCE BUTLER  
 TOM HAYHURST  
 RICHARD BEEMER  
 LARRY DAVISSON  
 WILLIAM CLARK JR.  
 JOSEPH HILGER  
 ROBERT BRECKLER  
 LEANNE BRECKLER  
 LORI HOBERTY  
 TIM HOBERTY  
 GEORGE BABCOCK  
 JIM BERGHOFF  
 TERRY COONAN  
 ED DAX  
 RODNEY GAY  
 NICK HODGEMAN  
 CLAUDE KELLER JR.  
 DAVID LALLOW  
 DAVID MAY  
 GARY RICKNER  
 ELIZABETH RICKNER  
 SUE STEINER  
 HOWARD KLINGER  
 TOM YODER  
 ANN JAMISON  
 RUSSELL WOLPERT  
 MARK DOEPNER  
 LARRY AVERBACK  
 MARVIN SMITH  
 DEB GLASPER  
 TODD EAGAN  
 KAREN VACHON  
 LINDA BROOKS  
 DAN FARRIMOND  
 CRAIG HARTMAN  
 RANDY HISNER  
 LARRY LEMAIRE  
 DANNY NUSBAURN  
 DIANE ROSENER  
 KAREN SPATZ  
 BRUCE TISDALE  
 DICK SIVE  
 JOHN BRIER  
 JOE SHULL  
 WILLIAM FISH  
 JIM SEILER  
 JAMES LEE  
 CATHY WINESBURG  
 MICHAEL YODER  
 BRUCE W. HAMILTON  
 JAMES L. MILLER  
 EDDIE LEE  
 NANCY BOYES  
 TIM WARREN  
 JERRY PERKINS  
 RONALD FARMER  
 BRAD MIDDLETON  
 TONY KLEE

SARAH KLEINKNIGHT  
 JIM MARTIN  
 HAL ATKINSON  
 MIKE DUCY  
 ALAN GILBERT  
 RONALD HABEGGAR  
 ANGIE GARDNER  
 MARK HURD  
 CONNIE COONAN  
 CONNIE MCKINNEY  
 BARBARA O'NEIL  
 JACK O'NEIL  
 DIANE BEYER  
 PATRICK KELKER  
 ALAN BRADLEY  
 CARL FIELDS  
 JAMES HEYMAN  
 RAMON BROWN  
 DAVID JUDKINS  
 KATHLEEN DOUGLAS  
 DAN SOPER  
 JERRY BRECKLER  
 TERESA BRECKLER  
 BOB GENSHEIMER  
 JULIANNE B. KINNEY  
 TIMOTHY BABCOCK  
 RICK BERNING  
 DEAN CUTSHALL  
 SHARON EICHMAN  
 KATHY HARMON  
 KARLTON HOLLE  
 KEN KING  
 TOM LAIRD  
 LUTHER V. REFFETT  
 THOMAS A. WAGNER  
 JOEL RICKNER  
 FRANCES VAN WAGNER  
 IVAN PAINTER  
 SHERRY YODER  
 JOHN LANTZ  
 DAVID DALE  
 MIKE HEY  
 JAMES HUFFER  
 LEN PIROPATO  
 SARA NOLL  
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 ROBERT POKORSKI  
 TOM COLTRAIN  
 BILL FOLEY  
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 CONRAD L. SATALA  
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 MARCIA YODER  
 LINDA YODER  
 RANDY ROBERTS  
 JAMES D. KLIMKOPSKI  
 DAVE REIMSCHISEL  
 CHEYL ADKINSON  
 BOB PAULEY  
 DAVID RUETSCHILLING  
 PHIL LUTTMAN  
 CHRISTINA LECHNER

KEN CLARK  
 LARRY GODAIR  
 DENNIS STRAYER  
 AMY MILLER  
 AMY GILBERT  
 MICHAEL YAHN  
 ROBERT L. GARDNER  
 RANDY LAVINE  
 MATHEW JACOBS  
 MICHAEL MCKINNEY  
 GILES M. TOMLINSON  
 MIKE FAST  
 CLEM GETTY  
 DIANE GETTY  
 VELMA BRADLEY  
 RICHARD HARNLY  
 ANNETTA KING  
 ANNE FREMION  
 VERN CHOVAN  
 DOUG FEKETE  
 CURTIS ANDERSON  
 PATTIE DAVENPORT  
 RICK BRECKLER  
 MURINE GENSHEIMER  
 MIKE YATES  
 BRET BREWER  
 DENNIS CONNER  
 THOM DILL  
 TIM FLEMING  
 ROBERT HOCKENSMITH  
 DAN KAUFMAN  
 JAMES L. KLINE  
 BEA LAIRD  
 REX REED  
 RARY MASON  
 DON ASHTON  
 PHIL BURNS  
 BARRIE PETERSON  
 ROBB ROBERTSON  
 DENIS PAUZE  
 MARK BRATTOLI  
 SANDY FERRIS  
 KATHY WIDAU  
 ANN LINSON  
 C. WAYNE UNSELL  
 JULIE EALING  
 CHARLES BRANDT  
 KIMBERLY DEVALL  
 TONY GATTON  
 FRED HICKS  
 MAGAN KEEVER  
 R. MATT NIERTT  
 HARRY QUANDT  
 JAMES SLOWEY  
 JOHN STURTEVANT  
 RICHARD WATERFIELD  
 CHRIS COOPER  
 COURTNEY P. BROOKS  
 DAVID FAIRCHILD  
 J.P. JONES  
 PAUL KNOTT  
 DAVID CLOUSE  
 PHILLIP YODER  
 AMY YODER  
 JAMES CRON  
 TIM SCHEIDT  
 MARK CHALK  
 JACQUELINE PHILLIPS  
 TIMOTHY DOOLEY  
 PAUL RUMSCHLAG  
 GORDON DENNY  
 AHMEDALLAOUI



## 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:

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Old address:

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New address:

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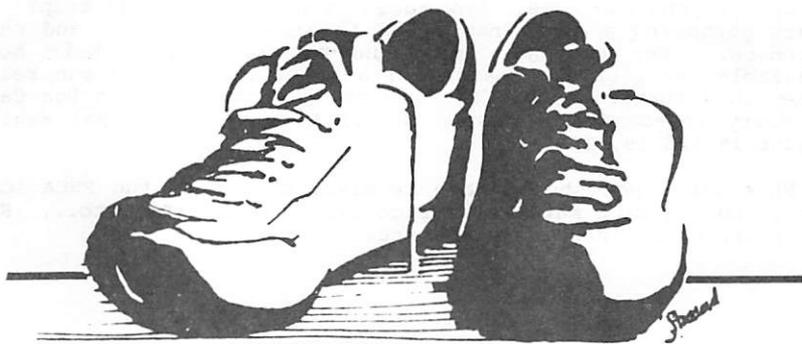
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New Phone:

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Effective:

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## STRAIGHT AHEAD

### INDIANA RRCA NEWS

SPRING 1990

Spring is in the air! See it, feel it, smile, and enjoy it. During a sunny long run last week I couldn't help taking a look around. Sights of nature surrounded me. Above me were blue skies, white clouds, and plenty of sunshine. That sunshine felt great. Off to one side a few birds were playing tag in the breeze. Robins were be bopping for food and nesting materials. Several squirrels were seen dashing up and down trees and playing chase in the streets. One of them stopped, got on his hind legs and gave me a stare. What's he thinking? I'll never know. Maybe he's anxious for a nut. Flowers yes there were flowers popping up and blooming. Crocuses, daffodils, tulips, cherry blossoms etc... They enhance many yards, trails, and fields with a touch of beauty!

Signs of spring are everywhere. It does provide much entertainment on the run. Two miles can easily become 5, 10, or 15 miles. Do take time to savor spring. Smell the blossoms and let the sun spark good thoughts and feelings. We runners are so lucky to have opportunities to enjoy nature. Day by day satisfying experiences are waiting for us.

This spring you might just... break... away from traditional running routes and go explore a park (example - Fox Island, Eagle Creek, or McCormick's Creek) or river path. For safety and friendship do take a running partner along. Check out the Indiana Runner's events calender for some nature filled activities like the Shoe Sucker Seven 1990-7 Kil-So-Quah Campgrounds 9:00am Saturday April 28 in Huntington, Indiana. An RRCA event. If questions call Rick Beemer W-219-356-8400 or H-219-356-3020.

Recently, a few resident runners got a taste of warm breezes and sunshine in Miami, Florida. During March 8 thru 11, 1990, The Miami Roadrunners Club hosted The Road Runners Club of America (RRCA) National Convention. Eleven Indiana Fitness leaders escaped south to join RRCA's festivities. These people were: Rich Rardin, Pres. of Indy Runners, Amy McQuilkin, Indy Runners Newsletter Editor, Jerry Diehl, Pres. of The Fort Wayne Track Club, Don Lindley, Fort Wayne Track Club's Treasurer, Roger and Valerie Puckett, Fort Wayne Track Club's Newsletter Editors, Bob Loomis, Fort Wayne Track Club's Ast. Newsletter Editor, Terry and Deb Diller, Fort Wayne Track Club Board Members, and myself.

Now is the time to start publicizing our state meeting and **EXPECIALLY** The RRCA Central Regional Meeting! Please add these events to your newsletter events calender. Spread the word. Talk it up. Anyone can come. How about organizing a group trip? Start gathering a group now, plan to travel together, and share expenses. For housing, Indy Runners are making their homes available for people. Instead of a hotel expense you can relax, sleep in a runners home. You may be able to room with Don Carr, or Terry Townsend!! Promote the RRCA Central Regional Meeting August 18 and 19, 1990!

As RRCA clubs you should have received copies of the RRCA LOGO. Use it on all club materials, race fliers, T-shirts, etc... Note the flier guidelines included here.

## QUOTES FROM THE CLUBS

The Anderson Road Runners:

Welcome to RRCA!

Yes, The Anderson Road Runners are now on the RRCA roster!! We now have 7 Indiana RRCA Clubs! Currently Tim Thomas is President, Bob Williams is Vice President.

The Knight Striders: "The following should help your days get started right." Cliff Knight, Pres. The Knight Striders  
Banana Power Shake: this drink is already low in fat and high in carbohydrates, but you can raise the carbo value even more by substituting fresh strawberries, peaches, or pears for the peanut butter. This drink has 133 calories per serving: 2 ripe bananas cut into chunks - 2 cups skim milk - 1 T. peanut butter - 1/2 tsp. vanilla extract - 3 ice cubes - place all ingredients in a blender. Blend about 20 secs. or until smooth and frothy. Makes 4 servings or one large drink (532 calories).

The Indy Runners:

Spotlight on... Jim Hopkins, by Past Pres. Steve Furste

Like so many of us, Jim Hopkins has made running a key part of his lifestyle. And.. like many of us, Jim was never a super jock in high school. He remembers, "I really enjoyed sports with my friends, nothing organized, just having fun in a neighborhood park or vacant lot." Jim finds time to use running as a way to help others. He's been the "eyes" for blind runner, Tom Bottorrrff, the past few years. They run together, usually on Friday nights. Jim helped Tom prepare for his first marathon in (Louisville) last year, which Tom completed with Jim's help! He is Indy Runners new Indy-Mini Training Coordinator, and is our club's vice president, which means he will lead our club as president in 1991!

Our time was well spent. I don't recall any dull moments. Exciting, enjoyable, and educational are a couple terms describing our experience. Fitness leaders from coast to coast were present to interact with one another. A unique gathering. Everyone there has a common interest in running and good health.

For MORE information about RRCA's national meeting come to Indiana's RRCA State Meeting Sunday May 6, 1990 in Fort Wayne. This will be immediately following the First Annual 10KM and 20 KM Greenway Prediction Runs on IPFW Univ. Campus. Our events will start at 1:00 pm! Note the flier included here with this newsletter. I hope that all clubs will be able to have a representative present. If presidents or VP's can't come I'd like another officer to be asked to go. Anyone can come!! Bring as many club members as you'd like, but at least one or two.

Our second disussion topic is The 1990 RRCA Central Regional Meeting. Rich Rardin, Pres. of Indy Runners, and I are teaming together to coordinate an informative, attractive event. We want YOU to travel to Indianapolis August 18 and 19 to take part in it. It will be at Lawrence North High School on the city's northeast side, right off interstate 69.

Our Saturday program will begin at 7:30 am will a fitness run followed by a delicious breakfast and top quality morning speakers. To highlight our lunch program, Hal Higdon, writer and contributor to several running publications, and masters runner, will discuss "Running Issues of the 90's".

Saturday afternoon will feature a panel discussion. Eight expert fitness leaders will share their "WORDS OF WISDOM" on various topics. Some of the panel members are: Carey Pinkowski, Promotional Director for The Old Style Chicago Marathon; Doug Thurston, Associate Race Director of the Columbus Bank One Marathon; and Mary Evenson, Past President of Indy Runners. On Sunday, women can participate in the "Leading Ladies 5K Walk and Run", which is part of RRCA Women's Distance Festival. Men will have a fun run.

Plan now to come!! Invest in improving your fitness and leadership knowledge.

Our Central RRCA Region includes 12 states, over 100 clubs. This meeting is an opportunity for midwest running club leaders and fitness enthusiasts to meet, mingle, share success stories, gain more leadership skills plus see the sights of Indianapolis.

Attend The State RRCA meeting May 6, 1990 and learn more about our meeting agenda!!

The Fort Wayne Track Club:

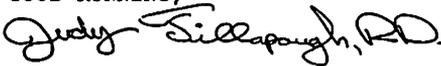
Ultra Running News - 100 mile run in Vermont - Roger Puckett and Don Lindley will be running a 100 miler on July 28, 1990 at South Woodstock, VT. Handlers and pacers will be needed among other things. If you are interested in helping or just to go, call Don or Roger - 486-4500, 456-8739.

I'd like to expand my mailing list!! Please complete the club and officer address list form that's provided here. Thanks!

Hope to see you at the RRCA State Meeting, May 6, 1:00 pm in Fort Wayne on the IPFW campus (maybe I'll run into you before)! Advertise the Central Regional Meeting!! Keep me on your newsletter mailing list or put me on if I'm not already there.

May you always carry the beauty of spring in your heart!! HAPPY EASTER!!

GOOD RUNNING,



Judy Tillapaugh, R.D.

Indiana RRCA State Rep.  
1109 West Wayne Apt. 4  
Fort Wayne, IN 46802  
219-424-6723

Russell Athletic Sweats from

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Ohio State  
North Side  
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Snider  
Dwenger  
Northrop

Glenbrook Square By the Ice Rink 484-4322



**FORT WAYNE  
TRACK CLUB**

**FWTC BOARD MEETINGS  
APRIL/MAY SUMMARY**

Members present were Jerry Diehl, Rick Vorick, Ken Dishler, Rob Wyatt, Dave Lallow, Roger Puckett, Valerie Puckett, Mike Ducey, Joyce Butler, Barb Scroggum, Jack Hilker, Steve Caswell, Stan Lipp, Judy Tillapaugh, Herman Bueno, and Don Lindley.

Don Lindley presented the treasurers reports for March and April. Club membership is now at 373 plus 44 family members for a total of 417. The treasurers report was approved by the board.

Many suggestions were made regarding the Newsletter. In order to make additional room for quality information, we will summarize the minutes of the board meetings, combine race schedules, and relocate the advertisements. Stan Lipp suggested we look into a multicolor standard cover with color ads on the inside of both front and back covers. Advertising rate increases approved were \$75 for a full page ad, \$40 for a half and \$25 for a quarter page. Color ads on the inside covers would be \$250 for full and \$125 for half.

Race schedule updates include a Bike Clinic May 23rd at IPFW, a tailgate party following the Mini Marathon, Midnight Flight 5K as part of the 3 Rivers Festival and possibly a race/workout series at Northside High School throughout the summer.

Club members are encouraged to send any articles, running photos or comics to both the FWTC Newsletter and the Indiana Runner magazine.

New business included looking into ordering FWTC apparel, a clinic on myotherapy and suggestions on permanent mile markers along the River Greenway.

Next month's meeting will be held Wednesday June 13, 7:00pm at the IPFW Athletic Center. A run at 5:30 will be held prior to the meeting. Showers are available afterwards. All FWTC members are welcome and encouraged to attend.

**COME RUN WITH US**

# Kendallville Park and Recreation Department

## PRESS RELEASE

May 14, 1990

### MOTHER'S DAY RUN RESULTS

The Mother's Day Run was run under ideal runner's weather of 60°F and sunny-broken clouds, and although the surface conditions were a "mudder's" delight overall 5-mile pace winner Mark Furkis of Ligonier was able to turn in a record time of 26:19. Brad Cooper was second in 27:12, and Brian Shepherd third, 28:02. Chris Cooper of Ossian led all women runners to win in 31:13. Army Yoder second in 37:59, and Sandy Burcham, third 38:45.

In the one-mile fun run, Aaron Cole age 13 and Matt Desper age 10 finished in a dead-heat at 6:28 followed by (3) Robin Ashby, (4) Robert Easterday, (5) Joel Goss, (6) Jared Cole, (7) David Caswell, (8) Seth Oswalt, (9) Nate Dill, (10) Amy Desper, (11) Nate Cole, (12) Jenny Furkis, (13) Levi Dill, (14) Arvin Knox, (15) Sara Pearson, (16) Jill Goodwin, (17) Marcia Yoder (18) Jessica Borer, (19) Adam Desper, (20) Cari Fissgus, (21) Angela Bassett, (22) Phillip Yoder, (23) Jessica Sprunger, (24) Scott Borer and (25) Sara Dill.

The 5-mile final results are: (1) Mark Furkis, (2) Brad Cooper, (3) Brian

Shepherd, (4) Hal Pearson, (5) Greg Weisser, (6) Marlin Howe, (7) Matt Jones, (8) Fritz Bontrager, (9) Randy Brown, (10) David Hockley, (11) Chris Cooper, (12) Steven Caswell, (13) Jim Furkis, (14) Richard Lenz, (15) Jed Pearson, (16) Winford Jones, (17) Mike McKinney, (18) Joseph Gunder, (19) Moses Trejo, (20) John Noll, (21) Thom Dill, (22) Gary Noll, (23) Don Perkins, (24) John Marro, (25) Bill Webb, (26) Chuck Schlemmer, (27) John Rouch, (28) Kevin Truelove, (29) Dick Harzny, (30) Dave Desper, (31) Mike McKenzie, (32) Mel Hochstetler, (33) Chad Reneau, (34) David Clouse, (35) Tom Sherer, (36) Amy Yoder, (37) Sherm Yoder, (38) Sandy Burcham, (39) Lee Pearson, (40) Michael Booher, (41) Mike Smith, (42) Amber Peck (43) Al Huth, (44) Sid Gauby, (45) Tom Felling, (46) Ryan DePriest, (47) Craig Rall, (48) Adam Luttman, (49) Phil Luttman, (50) Billy Carpenter, (51) Steve Cole, (52) Andy Pearson, (53) Rhonda Nelt, (54) Dianne Hostetler, (55) Phil Hostetler, (56) Robert Creighton, (57) Jenny Borer, (58) Mike Yoder, (59) Joan Gary, (60) Kerry Lettel, (61) Paula Luke, (62) Dana Budd, (63) Ken Disler, (64) Alton Myers, (65) Jane Sieber, (66) Randy Siebel, (67) Jack Goss, (68) Gary Selking, (69) Nancy Patton, (70) Cindy Furkis, (71) Wanda Myers, (72) Mark Wilkinson, (73) Norena Sexton and (74) Sandy Webb.

Many thanks go to the cosponsor News-Sun and to the workers and volunteers who helped administer the race, and McDonalds for providing refreshments.

The Fort Wayne Children's Zoo

invites you to

"Run Wild" on July 4, 1990

4 mile race at 8 a.m.                      Pee Wee Race at 8:15 a.m.

a Children's Zoo 25th Anniversary event

Entry Fee: \$10

First 150 participants receive a free "Run Wild" tank shirt

Entrants receive three free zoo ride tickets

Race Director:                      Roger Wilson

Zoo Coordinator:                      Sue Goldman (482-4610)

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ENTRY FORM

Checks payable to: Fort Wayne Zoological Society

Mail check & form to: Zoo, 3411 Sherman, Ft. Wayne, IN 46808

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Female \_\_\_\_\_ Male \_\_\_\_\_ Shirt Size M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Ft. Wayne Track Club Member \_\_\_\_\_

WAVIER STATEMENT (MUST be signed): In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge the City of Fort Wayne, the Fort Wayne Zoological Society and other sponsors for all claims of damage, demands, actions whatsoever in any manner arising or growing out of my participation in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent/Guardian  
(If participant under 18 yrs.)

Family member/friend will volunteer

Name(s) of volunteers \_\_\_\_\_ Phone \_\_\_\_\_



1111 W. Washington Center Rd., 489-4584

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THE  
LONG RUN**

## **Boston Marathon**

### **TOP FINISHERS**

1. Gelindo Bordin, Italy, 2 hours, 8 minutes, 19 seconds
2. Juma Ikangaa, Tanzania, 2:09:52
3. Rolando Vera, Ecuador, 2:10:46
4. John Campbell, New Zealand, 2:11:04
5. Rob DeCastella, Australia, 2:11:28
6. Isidrio Rico, Mexico, 2:13:02
7. Geoffrey Smith, Great Britain, 2:13:38
8. Salah Qoqaiche, Morocco, 2:13:53
9. Futoshi Shinohara, Japan, 2:14:10
10. Philip O'Brien, Britain, 2:14:21.

### **LOCAL FINISHERS**

#### **Women**

6374. Joan Gary, Fremont, 3:56.03.

#### **Men**

967. Dan Róherty, Fort Wayne, 2:59.07.  
990. Terry Diller, Fort Wayne, 2:59.26  
1118. Jerry Diehl, Ossian, 3:01.59  
1981. Ted Walda, Fort Wayne, 3:12.59  
2050. Tom Yoder, Fort Wayne, 3:13.33  
2068. Steve Caswell, Albion, 3:13.46  
2440. Dave Lallow, Fort Wayne, 3:17.27  
2550. Gary Rickner, Fort Wayne, 3:18.17  
3423. Don Branstetter, Fort Wayne,  
3:26.11  
4424. Bruce Tisdale, Fort Wayne,  
3:35.38  
5820. Keith Ingle, Fort Wayne, 3:49.43.

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423-2427

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# *At-Home Treatment for Running Injuries*

**A**s most athletes know, there is a fine line between training and overtraining—a line which most of us have overstepped on occasion.

But it's important to keep in mind that if you do overstress yourself from time to time, a minor injury needn't always sideline you. Common sense and some readily available medical treatments can help you heal quickly, minimizing lost training time.

However, before you can begin treating yourself, you need to understand the nature of your injuries.

The type of injury we are dealing with includes tendinitis, bursitis, myositis, arthritis, and any other "itis" condition. Any term which ends with the letters "itis" indicates inflammation. Thus tendinitis is inflammation of a tendon, myositis is inflammation of a muscle, and so on. Generally speaking, these are overuse injuries.

Fortunately, our bodies have been given some early warning devices, signals that you should heed. Knowing a little more about these symptoms will tell you whether you need to see a professional or if you can treat yourself.

Of the body's early warning signals, pain is the most significant. There are many kinds of pain—sharp pain, dull pain, aching pain, and burning pain. But it is the presence or absence of pain that is most important in determining the severity of a problem. Note that there is a difference between pain and tenderness. Pain is what you feel. Tenderness is a physical condition, a sore spot. Generally, if you have pain without tenderness, it's a less serious problem.

In assessing pain, consider when it occurs in relation to activity. The least serious pain is that which occurs after activity but disappears within 24 hours. The next serious is pain which is present when you start your activity, but disappears as activity continues. The most serious is pain which grows worse with activity. Usually, this requires medical attention.

Besides gauging pain, you should also be on the watch for any swelling that might occur. Swelling without pain usually is not serious, but it does indicate that something is wrong. It can serve as a warning signal that a more serious injury is on the way should you continue your activity.

## ***Listen to Your Body:***

### Warning Signs of Overtraining

- Change in appetite.
- Weight loss.
- Diarrhea or constipation.
- Slow return of your pulse to normal after a workout.
- Low-level persistent stiffness and soreness.
- Elevated resting heart rate.
- Inability to sleep, rest, or relax normally.
- Nagging persistent fatigue.
- Ill-defined nervousness, anxiety, or irritability.

## Treatments

Many runners experience mild overuse injuries, such as an aching knee or sore feet. For problems such as these, the most simple home "treatments" is rest. Unfortunately, it's also the most difficult answer for an athlete who's in training for a big competition.

It's important to keep in mind that you don't have to stop training altogether if you're injured. You can simply cut back a bit, or switch to an alternative activity that might allow you to maintain your aerobic fitness while reducing the strain on an injured limb.

# June 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Spring Fever 5 Mile Huntington 7:45 a.m.
3 Training Run Johnny Appleseed Park 7:30 a.m.	4	5 Training Run IPFW Athletic Center 6:00 pm	6 Training Run Homestead HS 5:00 p.m.	7 Training Run IPFW Athletic Center 6:00 pm	8	9 Training Run Central YMCA 7:00 a.m.
10 Training Run Johnny Appleseed Park 7:30 a.m.	11	12 Training Run IPFW Athletic Center 6:00 pm	13 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	14 Training Run IPFW Athletic Center 6:00 pm	15	16 Central Soya 5 Mile Fort Wayne 6:00 p.m.
17 Training Run Johnny Appleseed Park 7:30 a.m.	18	19 Training Run IPFW Athletic Center 6:00 pm	20 Training Run Homestead HS 5:00 p.m.	21 Run For The Kids 5K Ligonier 7:30 p.m.	22	23 Training Run Central YMCA 7:00 a.m.
24 Training Run Johnny Appleseed Park 7:30 a.m.	25	26 Training Run IPFW Athletic Center 6:00 pm	27 Training Run Homestead HS 5:00 p.m.	28 Training Run IPFW Athletic Center 6:00 pm	29	30 White River Games 5 Mile Foster Park 8:00 a.m.

# July 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Training Run Johnny Appleseed Park 7:30 a.m.	2	3 Training Run IPFW Athletic Center 6:00 pm	4 Running Wild 5K Fort Wayne Zoo	5 Training Run IPFW Athletic Center 6:00 pm	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 6:00 pm	11 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	12 Training Run IPFW Athletic Center 6:00 pm	13 Moonlight Flight 5K Canterbury Green 7:00 p.m.	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 6:00 pm	18 Training Run Homestead HS 5:00 p.m.	19 Training Run IPFW Athletic Center 6:00 pm	20 Old Settlers 4 Mile Run Columbia City 7:30 p.m.	21 Training Run Central YMCA 7:00 a.m.
22 Training Run Johnny Appleseed Park 7:30 a.m.	23	24 Training Run IPFW Athletic Center 6:00 pm	25 Training Run Homestead HS 5:00 p.m.	26 Training Run IPFW Athletic Center 6:00 pm	27 Hour Run On The Track Northside HS 7:30 p.m.	28 Cromwell 5K Community Park 8:00 a.m.
29 Training Run Johnny Appleseed Park 7:30 a.m.	30	31 Training Run IPFW Athletic Center 6:00 pm				

# *Who to Call for Care in Sports Medicine*

## Physicians with Medical Degrees

**Family physicians** and general practitioners, treat minor injuries and illnesses in patients of all ages. They may already have a background in sports medicine, particularly those who work with a school sports team. Both the FP and GP can be a good source for advice or referral. Unless you are a regular patient, expect to pay on your initial visit for a full medical checkup.

**Gynecologists** focus on the hormonal, menstrual, and reproductive functions of females. Some also include obstetrics in their practice, and can offer advice on training and competing during pregnancy.

**Orthopedic surgeons** specialize in musculoskeletal injuries and problems. The services they offer can range from providing massage to performing surgery and prescribing shoe inserts, or orthotics. Severe overuse injuries of the knees or other joints usually are treated by an orthopedic surgeon. Orthopedic surgeons usually work closely with physical therapists, who conduct rehabilitation programs after an injury or major surgery. Because orthopedic surgeons treat all types of injuries, including the infirmities of old age, you should inquire whether he or she has a background in treating the special problems of athletes.

**Physiatrists** specialize in physical medicine and rehabilitation. Trained to evaluate the body in motion, physiatrists can detect abnormalities of gait and prescribe orthotics as well as rehabilitation programs. They treat a wide range of neuromuscular and musculoskeletal problems—including most types of athletic injuries—with heat, water, massage, and exercise plus other non-surgical rehabilitation techniques.

## Non-M.D. Sources of Sportsmedicine Care

**Athletic trainers** may have less medical training than physical therapists, but they may have more actual "hands-on" experience in the care of athletes. Trainers usually are employed by

schools to care for members of their teams. Most athletes find a good trainer by word of mouth.

**Chiropractors** specialize in manipulation and adjustment of the musculoskeletal system, and concentrate on spinal adjustments to allow normal nerve functioning.

**Exercise physiologists** are trained in the relationship between exercise and fitness. They can offer guidance in developing an individualized exercise or training program, and in evaluating whether it's working for you.

**Osteopathic physicians** aren't very much different from M.D.'s. They use spinal and other musculoskeletal manipulation along with other medical and surgical techniques. D.O.'s usually have a strong orientation toward preventive medicine.

**Podiatrists** train in a college of podiatric medicine to care for problems relating to the feet. For athletes, podiatrists can be important because they've shown that problems with the feet can affect practically every other part of the body. Though any podiatrist can care for complaints of bunions and blisters, some specialize in sports ailments, concentrating on the care of runners, skiers, and other foot-conscious athletes.

**Physical therapists** treat patients according to instructions from physicians. These paramedical professionals are trained to help accident victims or people suffering chronic pain regain their physical abilities. Some call themselves sports physical therapists and specialize in rehabilitation for athletes. Their goal is to help the athlete not only to regain normal functions, but also to maximize performance.

**Sportsmedicine specialists** can include a variety of practitioners from specific health-care fields. These can include chiropractic, podiatric, orthopedics, and cardiopulmonary work. In hanging out the shingle "sports medicine," though, they claim to have training and experience in caring for athletes.

**Sports psychologists** represent a relatively new field which has benefited many elite competitors. They are psychologists who specialize in working with athletes at all levels to do two things: deal with anxieties that not only affect their "civilian" lives, but also seep into their competition and training; and help athletes improve performance by fostering techniques such as concentration and relaxation.

RACE SCHEDULE

Check 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.

June 9, 9:00 a.m.

COLUMBUS GROVE JUNE JUBILEE 5K, Sonja Schroeder, 110 Oakwood Dr., Columbus Grove, OH 45830 (419) 659-5151

\* June 10, 9:30 a.m.

12TH ANNUAL TRAIL TRAIL 5 MILER, Kickapoo St Park, Mark Reddy, 1645 N Gilbert, Danville, IL 61832 (217) 431-4243

\* June 10, 9:00 a.m.

2nd ANNUAL BEACON 4-MILER, The Beacon Realtors Co., 2445 N. Reynolds Rd., Toledo, OH 43615 (419) 531-7653, Tim De-Frain - day (419) 478-5527; evenings (419) 478-6621

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June 16, 8:00 a.m.

CHAIN-O-LAKES 5K RUN & PEE WEE RACE, Steve Caswell, 204 West Hazel, Albion, IN 46701, Home (219) 636-7308, Work (219) 429-6719 Location: Albion Middle School

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\* June 16, 6:00 p.m.

5th ANNUAL CENTRAL SOYA COMMUNITY CLASSIC, 5-MILE & ONE MILE FUN RUN. Dennis Strayer, P.O. Box 1400, Fort Wayne, IN 46801-1400, (219) 425-5726 Location: Friemann Square

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\* June 16, 9:30 a.m.

JOHN PAULDING DAYS 5K RUN, Al Welch, RR #1 Box 82, Haviland, OH 45851 Location: Paulding, OH

\* June 17, 8:30 a.m.

TV5/BARRY BAGEL 10K RUN FOR GOODWILL, Jewish Community Center, 6465 Sylvania Ave., Sylvania, OH 43560, Alan Albert, (419) 531-7187

June 17, 8:30 a.m.

MICHIGAN CITY 15K FATHER'S DAY, Tom Moeller, 1416 Pennsylvania Ave., LaPorte, IN 46350 (219) 326-5162 Location: Lighthouse Mall, Michigan City, IN.

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June 21, 7:30 p.m.

RUN FOR CHILDREN, Brian Shepherd, 511 Lincoln Way, Ligonier, IN 46767 (219) 894-4638 Location: W. Noble Elementary School. (\$3.00 Entry)

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June 23, 7:00 p.m.

RUN FOR THE ROCK 5-MILER, Chamber of Commerce, Waterville, OH (419) 878-5188

June 24, 9:00 a.m.  
MIXED COUPLES 5K RUN, Karen Wolf (419) 382-9940,  
Location: Swan Creek Metro, Toledo, OH

June 30 8:00 A.M.  
REGIONAL WHITE RIVER STATE GAMES 5 MI run 3 MI walk  
Foster Park FT. Wayne IN Contact Judy Tillipaugh  
1109 W Wayne ST. Fort Wayne In 46802 (219) 424-6723  
(Entry deadline June 15) Same day registration also.

\* June 30, 8:00 a.m.  
13TH ANNUAL OGLESBY MILLER LITE 10K CLASSIC, Oglesby  
Classic Road Race, P.O. Box 104, Oglesby, IL 61348  
(815) 883-8622

June 30, 10:00 a.m.  
GREAT BALLOON TIRE RACE AND RALLY 5K, Barbara Wright (419)  
874-9147 Location: Perrysburg, OH

July 4, 8:00 a.m.  
FORT WAYNE CHILDREN'S ZOO RUNNING WILD 5K AND PEE WEE  
RACE, Sue Goldman, (219) 484-4616

\* July 4, 8:00 a.m.  
THE YANKEE DOODLE DANDY 5K, Cliff Knight, (317) 674-3841,  
Location: VA Medical Center, Marion, IN

July 4, 9:00 a.m.  
BETTSVILLE 5K RACE, Tom Riley (419) 986-5643

July 7, 9:00 a.m.  
SUMMER BREEZE 5K, Ross Deyeds, (419) 885-3817, Location:  
Secor Park, Toledo, OH

July 8, 8:00 a.m.  
YOGURT 5.2/10.4 MILE PREDICTION, Louise Miklovic, (419)  
877-0911 Location: Oak Openings Park, Toledo, OH

\* July 11, 5:30 p.m.  
THREE RIVERS FESTIVAL BIATHLON, 3 Mile Run, 20 Mile  
Bike, 3 Mile Run, Ann Mize, 9511 Aboite Rd., Roanoke, IN  
46783 (219) 672-3783 Location: Homestead High School

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\* July 13, 5:45 p.m., 6:15 p.m., 7:00 p.m.  
THREE RIVERS FESTIVAL MOONLIGHT 5K/FAMILY RUN, Fort Wayne  
Track Club, P.O. Box 11703, Fort Wayne, IN 46860  
Location: Canterbury Green & IPFW Campus  
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\* July 14, 8:00 a.m.  
10th ANNUAL IRONHORSE FESTIVAL 4 MILE RACE, 905 East  
Broadway, Logansport, IN 46947, Brian Morrill (219) 753-  
5141, Location: Logansport, IN

July 14, 8:30 a.m.  
YMCA HEALTH CLUB & KRR BIATHLON, 5K Run, 20 Mile, 5K Run,  
Gloria Golding, 201 N. Hazel, Danville, IL 61832 (217)  
446-1217

July 14, 6:00 a.m. thru 8:30 a.m.  
8TH ANNUAL OHIO/MICHIGAN RACES, Dave Payette (219) 473-  
1341 Location: Toledo, OH

July 14, 8:00 a.m.  
17TH ANNUAL DELTA CHICK'N RUN 5K, Dave Mason (419) 822-  
3498 Location: Delta High School.

July 15, 8:30 a.m.  
7TH ANNUAL BRUCE JONES MEMORIAL RIVER BASIN 5/10K RUNS  
FOR HOSPICE, Art Weeber, (517) 486-2141 Location: Bliss-  
field, MI

\* July 21 thru July 23  
Port Huron to Mackinac Relay, Running Fit, 43259 Crescent  
Blvd., Novi, MI 48050 1-(800) 733-3488

\* July 21, 7:00 a.m.  
WARRIOR 4 MILER, Mark Sanderson, Route 5 Box 83A, Van  
Wert, OH 45891 (419) 238-5078 Location: Ohio City  
Fireman's Park, Ohio City, OH

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July 27, 7:30 p.m.  
HOUR RUN ON THE TRACK, Brian Shepherd, 511 Lincoln Way,  
Ligonier, IN 46767 (219) 894-4638 Location: Northside  
High School  
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July 28, 8:00 a.m.  
CROMWELL 5K & 1 MILE & PEE WEE RUN, Steve Caswell, 204  
West Hazel, Albion, IN 46701 (219) 636-7308 Location:  
Cromwell Community Park

July 28-29, 4:00 a.m.  
VERMONT 100 MILE ENDURANCE RUN, SOUTH WOODSTOCK, VT  
Contact Don Lindley or Rodger Puckett, if you want to go  
as handler/pacer.

\* July 28, 8:00 a.m.  
LAKE FRONT 10K CHALLENGE, Fred Wiswell, Box 190, Celina,  
OH 45822 (419) 586-6688

July 28, 8:00 a.m.  
WOMEN'S DISTANCE FESTIVAL 5K, Terri Kaczor, (419) 833-  
6365, Location: Ottawa Park, Toledo, OH

August 3  
ARC NIGHT GAMES, Mike Ducey (219) 482-9606

August 4, 9:00 a.m.  
SQUARE FAIR FOUR MILE, Jean Pauff, 5399 Sandusky Rd.,  
Lima OH 45801 (419) 221-1322

August 4, 6:45 pm  
ST. IGNATIUS CHURCH 5K, Wayne Bickle (419) 693-0808,  
Location: Stadium Road and Clay High School, Toledo, OH

\* August 5, 7:30 a.m.  
LIMA'S KEWPEE - YMCA TRIATHLON, .6 Mile Swim, 28 Mile  
Bike, 6.5 Mile Run, Robin Moses, Lima City YMCA, 136 S.  
West St., Lima, OH 45801 (419) 223-6045

\* August 11, 8:30 a.m.  
5TH ANNUAL VAN WERT, OHIO HOT AIR AFFAIR 4 MILE RUN,  
Steve Haubert, 1321 Kathy St., Van Wert, OH 45891 (419)  
238-3799

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\* August 18 - 19 7:30 A.M.  
RRCA 1990 REGIONAL MEETING, Indianapolis, IN  
Contact Judy Tillapaugh, Jerry Diehl or Don Lindley for  
more information and registration forms. 424-6723  
////////////////////////////////////

\* August 24,  
PIKES PEAK ASCENT, Triple Crown of Running, P.O. Box  
38235, Colorado Springs, CO 80937  
\* August 25,  
PIKES PEAK MARATHON, same as above

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August 26,  
RUN IN THE PARK 5 MILE, 2 MILE, & 5K WALK  
Location: Foster Park  
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\* September 15, 8:00 a.m.  
THE HEART OF INDIANA RUN/WALK, Ball Hospital's Wellness  
Center (317) 747-3643 Location: Muncie, IN

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September 29, 9:00 a.m.  
HILLY 4, John Treleaven, (219) 432-5315  
Location: Homestead High School  
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September 30, 2:00 p.m.  
SUMMIT CITY 10K, Mike Ducey, (219) 482-9606  
Location: Grand Wayne Center  
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September 30,  
THE WILD WILD WILDERNESS RUN. 7.6 Mile, Cross-Country,  
Kickapoo State Park, Kennekuk Road Runner. 1645  
N. Gilbert, Danville, Il 61832 (217) 431-4243

October 14,  
Mid-America Festival of Running, 5k, 10k, Marathon, 50K  
Muncie Family YMCA, 500 S. Mulberry, Muncie, IN 47307  
(317) 288-4488 Jan Gilbert

October 27, 8:00 a.m.  
SCHOLARSHIP FUND RUN 5K CROSS COUNTRY, Jerry Diehl, (219) 481-6300, Location: IPFW Campus, Fort Wayne

\* October 28,  
OLD STYLE CHICAGO MARATHON, (312) 951-0660, 223 W. Erie,  
Chicago, IL 60610

November 4, 10:45 a.m.  
21ST ANNUAL NEW YORK CITY MARATHON, P.O. Box 1388 GPO,  
New York, 10116 (212) 860-4455

\* November 11,  
COLUMBUS MARATHON, (614) 433-0395, 6290 Busch Blvd.,  
No.30, Columbus, OH 43229

November 22,  
TURKEY TROT, Jerry Mazock, (219) 747-1064  
Location: 6135 Orchard Lane, Fort Wayne

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December 8, 2:00 p.m.  
JUST PLAIN 10K, J.P. Jones (219) 745-7339  
Location: Foster Park, Fort Wayne, IN  
////////////////////////////////////

December 15,  
JINGLE BELL 5K RUN, Mike Ducey (219) 482-9206  
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\* Contact Don Lindley for applications.

BIZARRO

By Dan Piraro



1st Annual Greenway 10K & 20K Prediction Runs

A great sunny day greeted the 31 runners for an afternoon run on the River Greenway. Despite the traffic the runners turned in some good times and predictions. The fastest time for the 10K was 40:39, turned in by Greg Osborn. Rich Rardin, President of Indy Runners had the best prediction, with a two second difference. In the 20K race, Tom Moeller, President of the Dunes Running Club turned in the fastest time with a 1:18:34. Roger Smith had the best prediction with a 41 second difference.

Barb O'Neil had the best prediction time in the 10K for the ladies, and Joyce Butler had the best prediction time in the 20K. Thanks goes out to the following volunteers for all of their help during the races: Linda Brooks, Todd Eagan, Rob Baller, Tim Wehnert, Denny & Connie Coonan, Mike Schoudel, Tonya Hilker, Bob Loomis, Mike Ducey, and Roger Puckett.

May 6, 1990

10,000 Meters

	<u>NAME</u>	<u>TIME</u>	<u>DIFF.</u>	<u>PLACE</u>
1.	Greg Osborn	40:39	0:09	3
2.	Bill Hise	40:54	0:24	4
3.	Dave Ruetschilling	47:26	2:26	7
4.	Michael Lindley	48:23	2:52	9
5.	Don Lindley	48:23	2:53	10
6.	Tim Hoberty	48:36	1:26	6
7.	Art McCoy	48:56	3:56	13
8.	Rich Rardin	49:25	0:02	1
9.	Clif Knight	50:41	3:01	11
10.	Bill Squires	51:55	4:25	15
11.	Gene Alderson	54:05	0:56	5
12.	Barbara O'Neil	54:57	8:03	16
13.	Gary Selking	55:26	0:04	2
14.	John Jedinak	56:11	2:34	8
15.	Kevin Caraher	57:37	14:07	17
16.	Phil Wahls	58:26	3:56	13
17.	J. P. Jones	61:55	3:30	12

20,000 Meters

	<u>NAME</u>	<u>TIME</u>	<u>DIFF.</u>	<u>PLACE</u>
1.	Tom Moeller	1:18:34	6:26	11
2.	Phil Suelzer	1:21:45	3:45	9
3.	Larry Averbeck	1:23:01	2:01	2
4.	Roger Smith	1:23:41	0:41	1
5.	Jack Morris	1:24:58	3:02	7
6.	Ray Sibrel	1:26:27	2:33	5
7.	Mark Brattoli	1:33:01	3:01	6
8.	Tom Felger	1:33:54	2:06	4
9.	Len Piroгато	1:34:05	4:05	10
10.	Joyce Butler	1:41:54	3:06	8
11.	Cynthia Sabrack	1:44:36	8:14	13
12.	Jim Martin	1:44:51	7:09	12
13.	Jack O'Neil	1:48:06	18:54	14
14.	Paul Sabrack	1:49:16	2:04	3

# COLUMBUS Marathon



## Sunday, Nov. 11, 1990

**The USA Men's Marathon Championship**  
**Qualifying Race for the 1991 USA Men's World Championships,**  
**Pan-American Games, and World Cup Marathon Teams**  
**Site of the 1992 USA Men's Olympic Marathon Trials**  
**First Qualifier for the 1992 USA Men's Olympic Marathon Trials**

*"I've run more races than I can remember. None will equal this one...This was my first marathon and all sense of doubt and anxiety were gently ushered away by your people. I will praise you and others for a long time...Your crews, neighbors, volunteers, and bands were tremendous. I was brought to tears by the encouragement we all received...I have never witnessed a 'labor of love' from all of the people connected with a marathon as I did in Columbus...The benefits of the Columbus Marathon far exceed my registration fee...I enjoyed everything about this race. You had it all. My only regret is that I have to wait a year to run it again. I am giving this race a '10' and bragging about it to all my running friends."* --Comments received after the 1989 Columbus Marathon

### **THE COURSE:**

TAC-certified (26 miles, 385 yards); mostly flat and fast (six men under 2:13 in 1989); begins and ends in downtown Columbus; first and last three miles straight; runs through historic Victorian and German Villages, Ohio State University, and exclusive neighborhoods.

### **COURSE RECORDS:**

Open 2:11:02, Tommy Perrson, 1980/2:30:54, Julie Isphording, 1989  
Masters 2:20:23, Kjell Erick-Stahl, 1987/2:38:07, Priscilla Welch, 1985

### **PROPOSED DEVELOPMENTAL TRAINING FUNDS:**

Open U.S. Male: \$80,500      Open Female: \$54,400      Masters: \$4,000

*Developmental funds in the USA Men's Marathon Championships are available only to males who are either citizens of the U.S. or eligible under TAC/USA and IAAF rules to represent the U.S. in international competition. Top three males are eligible for "Discovery Program" funds and benefits.*

### **ALL RUNNERS RECEIVE:**

- "Training for the Columbus Marathon" T-shirt with early entry (before October 1)
- A second T-shirt or race memento, marathon poster, results book, and the care and attention Columbus is known for!
- Finishers receive a medallion and finish certificate

### **MARATHON HIGHLIGHTS:**

- More than 4,000 runners expected
- Great race for a first marathon or for a personal best time
- 17 aid stations with water and EXCEED
- Digital clocks at each mile
- Entertainment, bands, and tens of thousands of spectators around the course
- First-class medical, finish line, and recovery areas
- Day-of-race awards ceremony with complete age groups awards (5-year groups to 70-over)
- Marathon pasta dinner, race expo, running and fitness clinics
- Host hotel: Hyatt Regency Columbus (just a few blocks from start and finish)
- Children's 2 km Run for Fun
- Rated "excellent" by 79% of last year's entrants
- TAC registration required for Marathon entry

Discover Columbus for your 1990 fall marathon! For an entry, send a SASE to:

**Columbus Marathon**  
6290 Busch Blvd., No. 30  
Columbus, OH 43229

For More Information, call (614) 433-0395



10th ANNUAL NUTRA RUNS

EVENTS: 20KM, 5 MILE & 1 MILE

Saturday, March 24, 1990

Weather: sunny, calm, 35 degrees fahrenheit

Totals: 1 Mile - 8 runners  
5 Mile - 35 runners  
20KM - 95 runners  
138 finishers

RESULTS - 5 MILE

Top Three Men

1 Mark Sanderson (28) 27:38.5  
2 Bing Simmers (19) 29:05.5  
3 Bill Blosser (39) 29:20.7

Top Three Women

1 Bev Degler (24) 35:58.4  
2 Betty Ann Oliphant (43) 37:06.0  
3 Sara Noll (22) 37:33.5

AGE GROUPS - MEN

14 and under

1 Mike Wodery (14) 35:04.1

15 to 19

1 Jeff Mundt (17) 30:44.4  
2 Mike Hawk (15) 31:20.1  
3 Michael Lindley (15) 35:08.8

25 to 29

1 David Fry (29) 30:29.4

30 to 34

1 Rick Gilbert (33) 30:57.0

35 to 39

1 Terry Coonan (39) 30:26.8  
2 Alan Bradley (38) 36:15.2  
3 Pat Hermann (39) 38:08.2  
4 Bruce Hamilton (37) 46:59.3

40 to 44

1	Gary Dexheimer	(40)	30:14.2
2	Wayne Woolery	(41)	33:05.3
3	Roger Kingsbery	(40)	34:08.7
4	Russell Wolpert	(40)	36:57.8
5	Ed Oliphant	(44)	37:06.8
6	Wayne Unsell	(41)	37:26.7

45 to 49

1	John Klein	(47)	33:45.0
2	Dave Wolff	(46)	34:27.4
3	Don Ashton	(49)	38:38.0

50 to 54

1	Joe Ziegler	(54)	32:18.8
2	Ray Sibrel	(52)	33:00.3
3	Bob Gensheimer	(53)	36:35.0

55 to 59

1	Terry Gautsch	(56)	39:41.8
2	John Jedinak	(56)	46:17.8
3	Phil Wahls	(58)	47:07.7

over 60

1	Vern Chovan	(62)	39:57.1
2	Chet Fleetwood	(70)	47:39.8

AGE GROUPS - WOMEN

20 to 29

1	Judy Wilkins	(28)	53:56.6
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40 to 49

1	Val Puckett	(44)	39:57.8
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RESULTS - 20K

TOP THREE MEN

1	Brad Cooper	(28)	1:06:49.7
2	Scott Waischlager	(25)	1:07:27.0
3	Hal Pearson		1:12:04.9

TOP THREE WOMEN

1	Chris Cooper	(28)	1:19:41
2	Linda Conrad	(27)	1:28:29
3	Karen Vachon	(24)	1:37:10

## AGE GROUPS - MEN

20 to 24

1	Jerry Gerig	(23)	1:14:04.9
2	Mike Schoudel	(22)	1:18:34.7
3	Doug Sawyer	(22)	1:21:28.0
4	Dave Millhouse	(23)	1:34:37.0

25 to 29

1	Don Bransletter	(28)	1:18:44.8
2	Ahmed Allaoui	(26)	1:20:29.7
3	Patrick Leber	(28)	1:25:54.3
4	Patrick Bird	(28)	1:27:05.0
5	Bret Brewer	(29)	1:30:11.0

30 to 34

1	Terry Diller	(32)	1:15:34.9
2	Chris Farrell	(32)	1:17:44.2
3	Conrad Peterson	(31)	1:19:48.5
4	Tom Loucks	(30)	1:20:04.0
5	Roger Smith	(32)	1:21:01.0
6	Kevin Warren	(32)	1:21:10.0
7	Mark Brattoli	(34)	1:22:19.0
8	Gerald Hoff	(33)	1:28:30.0
9	Gary Hooten	(34)	1:34:37.0

35 to 39

1	Rick Vorick	(39)	1:14:21.5
2	Tom Yoder	(37)	1:17:55.5
3	Gary Walker	(37)	1:20:05.8
4	Phil Suelzer	(38)	1:20:54.0
5	David Ruetschilling	(39)	1:23:52.0
6	Don Ford	(39)	1:25:17.8
7	Dennis Conner	(37)	1:26:53.7
8	Jerry Steinhoff	(35)	1:29:39.0
9	Rod Gay	(37)	1:30:28.0
10	Joe Patterson	(36)	1:31:12.0
11	Tim Dangler	(37)	1:32:24.0
12	Bob Pokorski	(38)	1:33:48.0
13	Thom Johnson	(35)	1:35:55.0
14	Len Piropatto	(35)	1:36:22.0
15	Joe Peters	(35)	1:38:57.0
16	Bill Townsend	(38)	1:40:44.0
17	Michael Callahan	(37)	1:45:18.0
18	Mike Yahn	(37)	1:47:57.0
19	Richard Beemer	(39)	1:49:31.0
20	Dave Judkins	(35)	1:53:42.0
21	Bill Osterholt	(39)	1:53:49.0

40 to 44

1	Gary Rickner	(41)	1:17:24.7
2	James L. Miller	(42)	1:20:17.5

3	Gordon Pleus	(43)	1:20:43.0
4	Mike Zurolo	(42)	1:27:07.0
5	Dennis Strayer	(40)	1:31:16.0
6	Ivan Painter	(42)	1:31:45.0
7	Steve Goldthwaite	(41)	1:32:01.0
8	Joe Hilger	(40)	1:32:58.0
9	Charlie Backifen	(44)	1:34:19.0
10	David Montgomery	(40)	1:37:50.0
11	Lee Pearson	(41)	1:53:42.0

45 to 49

1	Larry Averback	(49)	1:20:56.0
2	Roger Puckett	(46)	1:24:16.2
3	Randy Roberts	(47)	1:25:47.1
4	David Boylan	(47)	1:25:56.2
5	Bernie Burgette	(46)	1:25:56.8
6	Don Lindley	(46)	1:27:05.1
7	Jim Seiler	(45)	1:31:28.0
8	Steve Adkinson	(45)	1:33:10.0
9	Duane Voirol	(49)	1:38:41.0
10	Jim Cron	(45)	1:42:02.0
11	Lawrence Randall	(47)	1:46:55.0
12	Jim Martin	(47)	1:47:01.0
13	Billy Carpenter	(47)	1:48:37

50 to 54

1	Jack Morris	(52)	1:24:09.8
2	Tom Felger	(50)	1:27:48.0
3	Allen Best	(52)	1:31:49.0
4	Steve O'Brien	(51)	1:32:20.0
5	Mel Hochstetler	(50)	1:37:39.0
6	Charles Brandt	(50)	1:37:44.0
7	Jim Kline	(53)	1:39:56.0

55 to 59

1	John Sturtevant	(56)	1:44:24.0
2	King Sullivan	(59)	1:58:14.0

60 and over

1	Jack Hilker	(61)	1:31:30
2	Don Anderson	(62)	1:35:52
3	Jack O'Neil	(64)	1:45:39
4	Robert Hockensmith	(61)	1:55:06

AGE GROUPS - WOMEN

20 to 29

1	Lorraine Fox	(29)	1:41:40
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30 to 39

1	Connie Coonan	(33)	1:38:05
2	Sue Sipes	(34)	1:48:30

3 Beth Battell (35) 1:54:13  
 4 Anne Fremion (34) 1:58:13  
 5 Velma Bradley (38) 2:12:00

40 to 49

1 Ann Mize (44) 1:54:13  
 2 Barb Scrogam (43) 2:04:16  
 3 Sarah Kleinknight (46) 2:06:29  
 4 Marilyn Mills (43) 2:12:00

50 and over

1 Barbara O'Neil (51) 1:47:23  
 2 Joyce Fuzy (52) 1:58:27

INDIANA RESIDENTS WHO COMPLETED GLASS CITY MARATHON, TOLEDO, OHIO  
 04-22-1990 AT 00:39 Page 1

OVERALL	FIRST NAME	LAST NAME	HOME	SEX	AGE	TIME
10	RICHARD	VORICK	FORT WAYNE, IN	M	39	2:45:50
36	CHRIS	LONG	YORKTOWN, IN	M	28	2:57:56
42	CRAIG	KOCH	INDIANAPOLIS, IN	M	23	2:59:59
45	HAL	PEARSON	ALBION, IN	M	35	3:00:36
49	GORDIE	CHAUVIN	MUNCIE, IN	M	27	3:01:17
63	SCOTT	BOATMAN	BLOOMINGTON, IN	M	28	3:07:33
88	JOHN	GRAVES	GRANGER, IN	M	39	3:16:23
89	RICHARD	MENDENHALL	MISHAWAKA, IN	M	38	3:16:23
93	RODGER	PUCKETT	FORT WAYNE, IN	M	46	3:17:08
97	SCOTT	KAMINSKY	INDIANAPOLIS, IN	M	33	3:18:36
124	TOM	FELGER	FORT WAYNE, IN	M	50	3:23:58
138	JED	PEARSON	COLUMBIA CITY, IN	M	39	3:26:08
158	MIKE	SCHOENRADT	LOGANSPOORT, IN	M	28	3:28:37
170	DONALD	LINDLEY	FORT WAYNE, IN	M	46	3:32:05
196	GREG	FAHL	COLUMBIA CITY, IN	M	37	3:38:31
198	MARTIN	MORRIS	INDIANAPOLIS, IN	M	33	3:38:44
211	MELVIN	HOCHSTETLER, JR.	COLUMBIA CITY, IN	M	50	3:40:47
240	NORMAN	CARLSON	SPENCER, IN	M	56	3:46:35
271	ALBERT	MESAROSH	MITCHELL, IN	M	52	3:53:54
278	FRANK	PITTS	FALMOUTH, IN	M	44	3:56:25
279	DICK	GUTTMAN	CONNERSVILLE, IN	M	48	3:56:42
314	BILL	MANTHEY	GRANGER, IN	M	43	4:03:07
331	LEE	PEARSON	ALBION, IN	M	41	4:06:24
333	CONNIE	McKINNEY	WOLCOTTVILLE, IN	F	37	4:06:52
344	JAMES	PEPPLER	COLUMBIA CITY, IN	M	55	4:11:58
348	EDWARD	KOCH	ANDERSON, IN	M	44	4:13:14
380	ROBERT	KUCHARUK	INDIANAPOLIS, IN	M	27	4:24:05
392	VICKI	ONSTOTT	ROCHESTER, IN	F	38	4:26:34
405	ROBERT	LOOMIS	MONROEVILLE, IN	M	57	4:32:07
407	VALERIE	PUCKETT	FORT WAYNE, IN	F	44	4:32:30
425	SUSAN	NESPER	LOGANSPOORT, IN	F	38	4:43:06
449	JACK	BICKEL	MUNCIE, IN	M	60	5:27:46

INDIANA UNIVERSITY  
PURDUE UNIVERSITY  
AT FORT WAYNE



Office of Athletics  
(219) 481-6643

IPFW SPRING CLASSIC 5K RUN/WALK

Friday, April 20, 1990

55 degrees and rainy

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
1	Ahmed Allaoui	20:00.3
2	Joe Dillon	20:15.6
3	Len Piropato	22:06.2
4	Chuck Putterbaugh	22:22.1
5	Mel Hochstetler	22:37.3
6	Teresa Waite	22:47.2
7	Darryl Springer	22:51.4
8	Don Anderson	23:22.1
9	Paul Strouts	24:05.7
10	Robert Milligan	24:08.9
11	Greg Sutter	24:11.4
12	James Thompson	24:16.7
13	Arnie Ball	24:22.3
14	Curt Anderson	25:04.5
15	Rick Collins	25:22.6
16	John Carnaghi	26:14.2
17	Ken Disler	27:27.5
18	Alton Myers	28:45.1
19	J. P. Jones	30:37.4
20	Bev Saalfrank	35:06.0
21	Cheryl Pasko	35:07.2



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

QUESTIONS

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 (INPUI). It begins at 7:30 p.m., July 13, with a parade of athletes. Sample delicious food. Enjoy live entertainment. Win exciting prizes.

OPENING CEREMONIES

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.

FINALS FEST

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 COMPETITION

1990 at these regional sites: Anderson, Columbus, Elkhart, Evansville, Fort Wayne, Logansport, Richmond and Terre Haute.

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. Entries received before June 1 qualify for \$2 off with discount coupon.

HOW TO ENTER

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

ENTRY DEADLINE

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.

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

WHAT

5-MILE RUN/3-MILE WALK FACT SHEET

**White River Park STATE GAMES**



Get Into The Games!

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

## LOOKING FOR A GREAT WORKOUT?

Having trouble getting through those tough workouts? Wanting to run a fast race in the fall? Help may be on the way!!!

A series of individual and team race/workouts may be added to this summer's schedule. Keep an eye out for details in the Fort Wayne newspapers and at Sports Tech.

Possible race/workouts include:

- Week #1-- Hokum Karem Relay... two runners alternate mile repeats for a total combined distance of six miles.
- Week #2-- Twin 2½ Run... 2½ mile run at 6:00pm. Same person runs a second 2½ mile run at 6:30. Lowest accumulative time wins.
- Week #3-- 6 Mile Relay... Two runners alternate ½ mile repeats for a total combined distance of 6 miles.
- Week #4-- 10K PR... One mile run at 6:00 pm. One mile distance is repeated at 6:10, 6:20, 6:30, 6:40, and 6:50. At 7:00 a run of ½ mile completes the 10K distance. Lowest accumulative time wins.
- Week #5-- One Hour Run.

## YOU CAN'T JUDGE A BOOK BY ITS COVER

Thanks to the efforts of Roger Puckett, the FWTC Newsletter is a quality publication. The track club is always working to make it better and has decided to give it a new look. We are looking for club members to submit new ideas to redesign the cover. The board members are looking at changing to a color format with four color advertisements on both the front and back inside covers. Changing to color ads and moving to the inside covers will give our advertisers an opportunity to get more out of their advertising dollars.

Any ideas are welcome, so all you artists and non-artists send in your ideas to:

Roger Puckett  
2811 Northgate Blvd.  
Fort Wayne, In. 46835

If chosen, your design may grace the cover of the FWTC Newsletter for one year.

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**Meats**

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3423 NORTH ANTHONY

# Coming Events

## WHITE RIVER STATE GAMES

June 30, 1990 • 8:00 A.M.

5 Mile Run • Foster Park

## OLD SETTLERS RUN

July 20, 1990 • 7:30 P.M.

4 Mile Run • Columbia City

## MEMBERSHIP MEETINGS

June 13th, 7:00 P.M. - IPFW Athletic Center

July 11th, 7:00 P.M. - IPFW Athletic Center

### DISPLAY ADVERTISING RATES

Full Page (4½ x 7¾ inches) ..... \$75.00

Half Page (4½ x 3¾ inches) ..... 40.00

Quarter Page (2¼ x 3¾ inches) ..... 25.00

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.



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TRACK CLUB**

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