

the inside track

October - November 1990



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



1990

FORT WAYNE TRACK CLUB

Officers and Board Members

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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.

_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

ST. PATRICK 5K RACE 1990

Bryan, Ohio

August 18, 1990

PL	NAME	CITY	STATE/ZIP	TIME	AG	S
01	Daniel Mix	Defiance	OH 43512	15:41.7	24	M
02	Jerry Williams Jr.	Ft. Wayne	IND 46815	16:08.3	30	M
03	Kurt L. Wagner	Swanton	OH 43558	16:26.4	17	M
04	Marcus Rettig	Holgate	OH 43529	16:38.8	17	M
05	Howard Brummel	Pioneer	OH 43554	17:03.0	32	M
06	Angel Caepesino	Fulton	OH 43558	17:11.3	43	M
07	Dan Reardon	Oregon	OH	17:15.6	40	M
08	Marlin Howe	Miles	MI 49120	17:16.4	35	M
09	Kirk Woods	Napoleon	OH 43545	17:18.6	15	M
10	Jamie Bishop	Swanton	OH 43558	17:19.5	16	M
11	John Hatras	Toledo	OH 43612	17:24.3	33	M
12	Brad Rufenacht	Archbold	OH 43502	17:45.9	33	M
13	Terry Tworck	West Unity	OH 43570	17:49.9	18	M
14	Jay Pritchard	Van Wert	OH 45891	17:55.0	33	M
15	Brian Thomas	Ney	OH 43554	17:58.0	15	M
16	Josh Bush	Continental	OH 45831	17:58.8	15	M
17	James Miller	Spencerville	IND 46788	17:59.9	42	M
18	Bill Jackson	Toledo	OH 43612	18:09.8	50	M
19	Don Buel	Swanton	OH 43558	18:15.1	16	M
20	David Hockley	Kendallvill	IND 46755	18:19.1	37	M
21	Kurt Plouck	Napoleon	OH 43545	18:21.5	30	M
22	Bruce Harmon	Toledo	OH 43612	18:22.4	15	M
23	Paul Belnke	Wauseon	OH 43567	18:29.9	16	M
24	Kurt Schlade	Napoleon	OH 43545	18:32.0	15	M
25	Lyle Patrick	Liberty Cen	OH 43532	18:35.7	17	M
26	Michael Clay	Van Wert	OH 45891	18:42.2	31	M
27	Clay Elton	Swanton	OH 43558	18:48.4	16	M
28	Jim Lortie	Toledo	OH 43614	18:54.2	32	M
29	Terry Whitney	Edon	OH 43518	18:55.2	30	M
30	Ben Burnett	Payne	OH 45880	18:56.0	14	M
31	Beth Staszak	Toledo	OH 43614	18:56.7	14	F
32	Jason Perez	Stryker	OH 43552	19:04.6	12	M
33	Barry Bruno	Saratoga Sp	NY 12866	19:11.2	36	M
34	Paul Langevin	Bryan	OH 43506	19:18.1	24	M
35	Phil Thomas	Ney	OH 43549	19:21.7	42	M
36	Mike Myers	Ottawa	OH 45815	19:31.9	48	M
37	Joel Brown	Edon	OH 43518	19:37.5	16	M
38	Tony Jessberger	Bryan	OH 43506	19:37.9	15	M
39	Dick Furnish	Garrett	IND 46738	19:43.7	30	M
40	David Killgallon	Bryan	OH 43506	19:47.7	18	M
41	Matt Serres	Toledo	OH 43612	19:48.1	15	M
42	Jason Hitzeman	Hicksville	OH 43526	19:53.0]	18	M
43	Bill Reinhart	Antwerp	OH 45813	19:54.0	15	M
44	Phillip McCoy	Butler	IND 46721	19:55.6	13	M
45	Pete Smith	Hicksville	OH 43526	20:00.4	16	M
46	Lou Demarco	Monroe	MI 48161	20:03.0	33	M
47	Barry Plassman	Defiance	OH 43512	20:07.0	20	M
48	Ric Rooch	Edon	OH 43518	20:20.6	17	M
49	Les Brown	Ft Wayne	IND 46845	20:24.1	38	M
50	Chad Geyer	Antwerp	OH 45813	20:25.3	16	M
51	Gregg Konzen	Toledo	OH 43614	20:26.5	33	M
52	Jason Miller	Antwerp	OH 45813	20:33.7	15	M
53	Patrick Wilde	Bryan	OH 43506	20:37.4	15	M
54	Bob Genshqimer	Ft Wayne	IND 46816	20:47.7	54	M

55	Dan Furko	Swanton	OH 43558	20+51.5	17	M
56	Virgil Zetterlind	Bryan	OH 43506	20+53.4	15	M
57	Rick Breckler	Defiance	OH 43512	20+54.8	15	M
58	Matt Dominique	Bryan	OH 43506	20+55.9	16	M
59	Richard Stagg	Maumee	OH 43567	21+09.5	52	M
60	Phil Smith	Hicksville	OH 43526	21+11.9	18	M
61	Craig Bennett	Napoleon	OH 43545	21+16.9	14	M
62	George Hughes	Toledo	OH 43607	21+19.1	35	M
63	Tom Saldraith	Maumee	OH 43567	21+21.0	35	M
64	Bryanne Thompson	Bryan	OH 43506	21+27.2	17	F
65	Dave Mason	Edon	OH 43518	21+28.9	15	M
66	Jeff Burnhaa	Maumee	OH 43537	21+34.6	48	M
67	Brian Rothrock	Ney	OH 43549	21+54.9	16	M
68	Russ Maneval	Toledo	OH 43612	21+58.2	50	M
69	Hal Lewis	Bryan	OH 43506	22+13.8	57	M
70	Dave Stewart	Springfield	OH 43506	22+14.1	24	M
71	Charles Wistinghouser	Montpelier	OH 43543	22+18.2	44	M
72	Dennis Ullman	Columbia Ci	IND 46725	22+22.0	29	M
73	Kim Tusko	Bryan	OH 43506	22+22.4	16	F
74	Chas Chamberlain	Napoleon	OH 43545	22+28.1	18	M
75	Gary Beck	Stryker	OH 43557	22+30.2	44	M
76	Dave Owens	Springfield	OH 43557	22+35.4	24	M
77	April Wistinghouser	Montpelier	OH 43545	22+37.5	13	F
78	Cecilia Deleon	Defiance	OH 43512	22+51.2	33	F
79	Rey Deleon	Defiance	OH 43512	22+52.2	33	M
80	Branch Lew	Ft Wayne	IND	22+53.0	33	M
81	Barb McCool	Auburn	IND 46706	23+01.7	27	F
82	Barb Gray	Auburn	IND 46706	23+02.7	31	F
83	Brad Stover	Ney	OH 43549	23+04.4	28	M
84	Jennifer Thomas	Ney	OH 43549	23+04.8	17	F
85	Scott Baker	Liberty Cen	OH 43532	23+12.1	17	M
86	Pam Laneinger	Toledo	OH 43613	23+12.6	15	F
87	Edward Smith	Toledo	OH 43506	23+25.1	39	M
88	Erv Miter	Toledo	OH 43506	23+32.3	61	M
89	Deb Buecher	Archbold	OH 43502	23+41.3	37	F
90	Jeanette Klein	Auburn	IND 46706	24+04.8	48	F
91	Ryan Johnson	Paulding	OH 45879	24+05.6	13	M
92	Alton J. Myers	Albion	IND 46701	24+21.8	55	M
93	Michael Hilliges	Clarence	NY 14031	24+25.5	35	M
94	Patti Dennis	Bryan	OH 43506	24+27.2	31	F
95	Steve Dietrich	Jackson	MI 49201	24+32.3	23	M
96	Dan Sander	Bryan	OH 43506	24+33.6	51	M
97	Ken Dieler	Ft Wayne	IND 46802	24+36.3	67	M
98	Andy Deleon	Bryan	OH 43506	24+37.1	29	M
99	Kathy Vitek	Bryan	OH 43506	24+45.1	31	F
100	Christa Beach	Bryan	OH 43506	24+50.0	36	F
101	Faith Rupp	Archbold	OH 43502	24+51.8	34	F
102	James K Hornyak	Bryan	OH 43506	25+02.5	32	M
103	Rosena Bush	Continental	OH 45831	25+17.0	32	F
106	Lynnette Bauer	Tulsa	OK 74133	26+10.1	23	F
107	Brad Radlinski	Maumee	OH 43537	26+21.7	10	M
108	Allen Radlinski	Maumee	OH 43537	26+22.7	41	M
109	Troy Evers	Maumee	OH 43567	26+35.5	27	M
110	Teresa Breckler	Defiance	OH 43512	26+38.3	16	F
111	Jodi Etchen	Defiance	OH 43512	26+38.9	16	F
112	Jerry Brown	Edon	OH 43518	26+51.9	45	M
113	Hickory Lightle	Defiance	OH 43512	27+04.7	53	M
114	Nancy Roynon	Archbold	OH 43502	27+16.7	34	F
115	Lisa McCoy	Ney	OH 43549	27+31.1	28	F
116	Sue Knutzen	Brookings	SD 57006	27+32.2	42	F
117	Jeff Mash	Honolulu	HI 96817	27+36.3	53	M
118	Mike Andrews	Defiance	OH 43512	28+14.3	41	M
119	Josh Green	Defiance	OH 43512	28+21.5	11	M
120	Kendra Rumyon	Van Wert	OH 45891	28+30.5	20	F
121	Robbi Jorkos	Continental	OH 45831	28+31.4	20	F

122	George Cruemey	Van Wert	OH 45891	28:16.1	38	M
123	JR Kobyluch	Bryan	OH 43506	30:26.8	13	M
124	Rick Thormaier	Bryan	OH 43506	30:27.8	13	M
125	Diane Greear	Defiance	OH 43512	30:44.8	36	F
126	Renee Schweitzer	Ottawa Lake	MI 49267	31:05.4	38	F
127	Nick Able	Bryan	OH 43506	32:42.5	9	M
104	Bethany Harrington	Toledo	OH 43623	25:23.4	10	F
105	Sharon Miller	Monroe	MI	26:00.2	48	F
128	Larry Ryan	Antwerp	OH 45813	33:41.1	46	M
129	Robert Schneider	Toledo	OH 43614	33:42.2	51	M

ST. PATRICK 10K RACE 1990

Bryan, Ohio
August 18, 1990

PL.	NAME	CITY	STATE/ZIP	TIME	AG	S
01	Lynn Bauer	Ney	OH 43549	31:45.5	18	M
02	Perry Hunter	Napoleon	OH 43545	32:11.0	29	M
03	Vince Dietsch	Columbia City	IND 4672	33:04.9	20	M
04	Joe Caruso	Maumee	OH 43537	33:25.3	37	M
05	Mike Kall	Maumee	OH 43537	33:45.8	27	M
06	Mike Ball	Hudson	MI 49247	35:48.0	16	M
07	Lou Feil	Elkhart	IND 4651	36:28.0	25	M
08	Donald Bashoi	Wauseon	OH 43567	36:55.0	40	M
09	Wade Balser	Antwerp	OH 45813	37:32.0	14	M
10	Tom Grygider	Ottawa	OH 45875	37:36.0	47	M
11	Ryan Knappe	Clinton	MI 49236	37:51.0	15	M
12	Tom Romanowski	Hudson	MI 49247	37:57.0	21	M
13	Karl Waite	Van Wert	OH 45891	37:59.0	40	M
14	Neil Rupp	Archbold	OH 43502	38:14.0	34	M
15	Steve Hawbert	Van Wert	OH 45891	38:19.0	34	M
16	David Smith	Lima	OH 45805	38:32.0	33	M
17	Craig Rufenacht	Wauseon	OH 43569	38:58.0	35	M
18	Alan Edwards	Hicksville	OH 43526	39:19.0	20	M
19	Arturo Quintero	Toledo	OH 43606	39:26.0	43	M
20	Steve Keller	Haviland	OH 45851	39:38.0	43	M
21	Mark Gargac	Toledo	OH 43613	39:54.0	30	M
22	Cliff Ruggles	Bryan	OH 43506	40:16.0	26	M
23	Bernie Motycxa	Ohio City	OH 45874	40:17.0	48	M
24	John Cramer	Middle Point	OH 45863	40:29.0	38	M
25	Robb Green	Antwerp	OH 45813	40:33.0	17	M
26	Jaun Ramirez	Delta	OH 43515	40:39.0	33	M
27	Tina Bailey	Wauseon	OH 43567	40:51.0	29	F
28	Mike Monahan	Hudson	MI 49247	41:01.0	16	M
29	Ron Ball	Hudson	MI 49247	41:02.0	42	M
30	Kevin Hollstran	Coverdale	OH 45827	41:35.0	17	M
31	Jerry Steiwhoff	Auburn	IND 4670	41:36.0	36	M
32	Brad Mills	Oregon	OH 43616	41:42.0	13	M
33	Jerome W. Toac	Toledo	OH 43614	42:29.0	47	M
34	Elliott Reynolds	Lima	OH 45801	42:58.0	63	M
35	Julia Platt	Lima	OH 45806	42:59.0	21	F
36	Gerald Marvin	Metamora	OH 43540	43:18.0	55	M
37	Travis Tracy	Van Wert	OH 45891	43:29.0	17	M
38	Larry Lutes	Curtice	OH 43412	43:38.0	41	M
39	Danny Ricker	Van Wert	OH 45891	43:42.0	33	M

40	Mike Wynne	Bryan	OH 43506	43:59.0	21 M
41	Mike Neaver	Haaler	OH 43524	44:03.0	37 M
42	Wayne Kott	Toledo	OH 43607	44:04.0	34 M
43	Stephan Bischiff	Defiance	OH 43512	44:21.0	41 M
44	Joanne Lortie	Toledo	OH 43614	44:29.0	32 F
45	James Singer	Stryker	OH 43557	44:34.0	18 M
46	Amy Corburn	Van Wert	OH 45891	44:41.0	17 F
47	Mark D. Hurd	Bryan	OH 43506	45:00.0	37 M
48	James W. Thompson	Ft Wayne	IND 4680	45:03.0	31 M
49	Michael Larrow	Harbor View	OH 43434	45:05.0	35 M
50	Lisa Stultz	Swanton	OH 43550	45:42.0	16 F
51	David Clouse	Kendallville	IND 4675	45:54.0	36 M
52	Steve McCiain	Wauseon	OH 43567	46:01.0	41 M
53	Rick Barry	Montpelier	OH 43543	46:10.0	35 M
54	Rob McDonald	Defiance	OH 43512	46:22.0	45 M
55	Austin Hulbirt	Toledo	OH 43614	46:24.0	10 M
56	Mike Variell	Middle Point	OH 45863	46:33.0	33 M
57	Jeff Eccleston	Toledo	OH 43608	47:07.0	37 M
58	Pete Marsh	Montpelier	OH 43543	47:16.0	19 M
59	John Widaer	Montpelier	OH 43543	47:17.0	40 M
60	Becky Mincheff	Toledo	OH 43605	47:25.0	27 F
61	Gene Link	Auburn	IND 4670	47:30.0	49 M
62	James C. Grube	Stryker	OH 43557	47:47.0	20 M
63	Kenneth Whitaan	Stryker	OH 43557	49:14.0	47 M
64	Sarah Davis	Bryan	OH 43506	49:16.0	19 F
65	Linda Rowland	Toledo	OH	49:19.0	29 F
66	Ralph Snyder	Stryker	OH 4355	49:40.0	40 M
67	Dick Pfaff	Toledo	OH 43623	49:43.0	46 M
68	Jim Martin	Ft Wayne	IND 4680	49:45.0	47 M
69	Gail Martin	Toledo	OH 43606	49:48.0	43 F
70	Jim Grube	Stryker	OH 43557	50:06.0	52 M
71	Tom Storrer	Stryker	OH 43557	50:14.0	42 M
72	Joel E Beck	Swanton	OH 43558	50:25.0	49 M
73	Jim Mills	Oregon	OH 43616	51:20.0	42 M
74	Tony Klee	Ft Wayne	IND 4680	51:41.0	34 M
75	Mike Romanowski	Hudson	MI 49247	51:42.0	42 M
76	Marlo Blazer	Bryan	OH 43506	52:21.0	19 F
77	Ty Vorasane	Archbold	OH 43502	52:43.0	27 M
78	Tom McCarty	Bryan	OH 43506	52:45.0	49 M
79	David J. Davis	Bryan	OH 43506	52:50.0	52 M
80	Jessie Karnes	Edgerton	OH 43517	53:15.0	16 F
81	Steve Able	Bryan	OH 43506	53:53.0	43 M
82	Bonnie Presser	Bryan	OH 43506	54:09.0	34 F
83	Jan Pinkelman	Toledo	OH 43613	54:57.0	33 F
84	April Bolenbaugh	Ohio City	OH 45874	55:25.0	14 F
85	Dennis Rudlicki	Toledo	OH 43605	57:32.0	43 M
86	Rod House	Sherwood	OH 43556	58:43.0	55 M
87	Marlin Short	Wauseon	OH 43567	59:21.0	42 M
88	Janet Appleby	Bryan	OH 43506	62:08.0	57 F
89	Jim Fagersroa	Perrysburg	OH 43551	62:09.0	51 M
90	Theresa Marvin	Metamora	OH 43540	64:25.0	50 F
91	Charles Machala	Toledo	OH	64:37.0	69 M

RUNNERS WEEK

Ann Jamison has announces that she will be stepping down as coordinator for Runners Week. She is willing to help train anyone interested in helping with the Runners Week program thru the Summit City 10K this fall. If interested or if you know of anyone with an interest in Television/Video please contact Jerry Diehl or any other FWTC board member.

Kids! Families! Joggers!

*Callithumpian
Center*

5-K Race and 1-Mile Fun Run!

Sunday, Oct. 28, 1990
Fun Run at 1:30 p.m.
5-K Race at 2:00 p.m.
at Belmont High School

DIVISIONS:

MEN	WOMEN
13 and under	13 and under
14-18	14-18
19-24	19-25
25-29	26-32
30-34	33-39
35-39	40 and over
40-49	
50-59	
60 and over	

COURSE:

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

AWARDS:

Free T-Shirt guaranteed to all pre-registrants.
Late registrants will be awarded T-Shirts as available.
Large Trophy to top five men overall and top three women overall.
Trophy to winner in each division and awards to next four places in each division.

REGISTRATION:

PRE-REGISTRATION: All pre-registrants are guaranteed a Free T-Shirt.
Deadline for pre-registration is October 18, 1990. Return entry form and check or money order.

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

LATE REGISTRATION:

Runners may register the day of the race, Sunday, Oct. 28, 1990 at Bob Worthman Stadium, Belmont High School, Decatur, Ind. from 12 Noon to 1:30 p.m. Late registrants will not be guaranteed a T-Shirt.

5-K Race, \$7
1-Mile Run, \$5

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Age _____ Sex _____ Circle T-Shirt Size: Childs 14-16 Adult: S M L XL

_____ Fun Run
_____ 5-K Race

ENTRY & RELEASE OF ALL CLAIMS: In consideration of the acceptance of my entry in the Callithumpian Center on Oct. 28, 1990, I release The Callithumpian Committee, The Decatur Daily Queen, Decatur Bank & Trust and Decatur Daily Democrat, Adams Co. Memorial Hospital, Dr. S.P. Bennett, O.D., the city of Decatur, the Decatur Chamber of Commerce, North Adams Community Schools, county of Adams and their respective employees, agents and any other entries and individuals who are in any way connected with this event (including volunteers assisting with the event) from any liability or claims for any injury or illness that I sustain during my participation in this event or that in any other way related to this event. I understand that this release applies to myself and my personal representatives, heirs and assigns. I represent that I adequately trained to participate in this event, recognize that risks of injury accompany such participation and acknowledge that this release is being relied upon by the above persons in permitting me to participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recording and any other record of this event for any legitimate purpose.

Signature _____ Date _____

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

GENERAL INFORMATION: Refreshments available after race. Plenty of parking available. Restroom facilities available before and after the race.

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

Co-Sponsored by:
Adams County
Memorial Hospital
Stay Alive & Well Health Promotion
Decatur
Dairy Queen

Decatur Bank
& Trust Co.
Dr. S.P. Bennett
O.D.

Moose Lodge
Decatur, 1311
Decatur
Daily Democrat

FOOTWAYNE TRACK CLUB 2 MILE PREDICTION RUN

FOSTER PARK

AUGUST 14, 1990

NAME	PRED TIME	ACTUAL	DIFFERS
DON LINDLEY	15:45	15:13	:32
BOB GENSHIMER	15:55	15:14	:42
JIM MARTIN	16:00	15:13	:47
KENT LOOMIS	16:00	15:13	:47
JUDI LOOMIS	20:00	29:10	:50
MAURINE GENSHIMER	30:10	29:10	1:00
RAY SIBREL	15:00	13:26	1:34
JUD LOOMIS	16:00	18:05	2:05

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 Scroggum 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 Hochstetler at 248-8749
- 5 Fort Wayne down town YMCA Saturdays at 7:00 AM Contact Jack Hixler 432-2933
- 6 IFFM Athletic Center at 9:00AM Tuesdays and Thursdays at 6:00 PM Saturdays at 9:00AM Contact Jerry Diehl 481-6300

3423 NORTH ANTHONY

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

Darrison

Meats

CATERING

HOT OR COLD ENTRIES FOR ANY NUMBER

484-4158

MDA 5K RACE Results

September 1, 1990

Canterbury Green, Fort Wayne, IN

Overall Winners

Male:

Mark Furkis	14:24
Mike McManus	14:35
Jim Park	15:18

Women:

Bev Lemaster	18:45
Ann Ritchie	18:48
Heidi Rae	20:18

0 - 14 age group:

Jason Clagg	20:09
Jerry Suelzer	20:13
Jeff Suelzer	26:45

Jenny Berg	22:41
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Gary Howard	27:13
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15 - 19 age group:

Mike Reed	17:57
William Rigel	24:23

M. Christine Dulinsky	21:17
Shannon Kessler	22:42

20 - 24 age group:

Douglas Kirkwood	18:05
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Lori Hoberty	21:01
Tracy Rudisill	28:30

25 - 29 age group:

Paul Knott	15:40
Patrick Rice	16:16
John Pea	17:14

Barb McCool	21:58
Sharon Albert	22:09
Betty De Wells	24:56

Tim Hoberty	19:12
Dave Gries	19:54

Steve McMahon 20:43
 Dale Vandergiff 22:34
 Mark Cavucci 23:30
 Larry Blair 28:37
 Jill Ash 27:20
 Lori Cavucci 31:24
 30-34 age group:
 Tim O'Connell 15:20
 Jack Reynolds 16:23
 David Faulkner 16:55
 Cathy Bun-Ferguson 21:03
 Deb Usina 21:04
 Barb Grey 21:57
 WG Funk 17:27
 Edward Kern 17:55
 Michael Telly 18:32
 Bill Ryan 18:38
 Ryan Paxson 18:41
 Tim Brenner 19:15
 Tim Mossberg 19:47
 James Thompson 20:00
 Phillip Lipfert 20:36
 Lynn Loynes 22:21
 James Haley 22:34
 David Reinking 23:03
 Tom Richter 23:30
 Steve Habig 25:29
 Sher Dearmond 21:53
 Beverly J. Corner 24:14
 Cindy Furkis 25:13
 Diane Reynolds 28:44
 35-39 age group:
 Phil Snelzer 15:36
 John Treleven 16:02
 Harold Klingner 16:49
 Phyllis Snelzer 20:32
 Dixie Hook 20:45
 Margarita Throop 21:48
 Rusty York 20:34
 Kent Loomis 20:51
 Raymond Alexander 20:52
 Stan Shepherd 20:57
 David M. Eiserte 21:02
 J. Paul Donnie 22:20
 Bill Osterholt 22:22
 William K. Nelson 22:41
 Matthew Farber, MD 23:10

23:05 Brenda Wolfe
 28:47 Molly Nelson
 35:36 Judy York
 38:59 Judy Kilgore
40 - 44 age group
 17:15 Rolly Burdorek
 18:23 Terry Penrose
 20:02 John Russel
 24:13 Joan Weller
 24:47 Vicki Jacobs
 25:09 Beverly Suelzer
 21:57 Tom Agness
 23:52 Larry Piano
 39:44 Nancy Zink
45 - 49 age group:
 18:15 Fred Ross
 24:12 Bob Downing
 47:06 Jim Martin
 22:58 Valerie Puckett
 23:28 Jean Panning
 24:22 Shirley Piercy
 24:43 Josie Mather
 28:24 Barbara Stedje
 46:52 Regina Martin
50 - 54 age group:
 18:13 Steve O'Brien
 19:01 Tom Felger
 19:05 Bob Gensheimer
 28:08 Sue Meyers
 39:32 Maurine Gensheimer
55 - 59 age group:
 20:12 Hal Lewis
 20:44 Bob Loomis
 20:46 Bill Patterson
 20:56 Howard Bash
 25:34 Robert Habig
 28:31 Bill Sohaski
60 - 64 age group:
 19:04 Don Anderson
 29:25 Polly Jacobs
70 - 74 age group:
 Chet Fleetwood ?

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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.

October 6, 8:00 a.m.

KENDALLVILLE APPLE FESTIVAL 5K, Fairgrounds, Kendallville, IN., Dave Hockley (219) 347-3896

October 6, 9:00 a.m.

* BULLDOG RUN 5K & 2 MILE WALK, Adrian, MI, Adrian College c/o Paul McDonald, Physical Ed Dept, Adrian College, OH 49221

October 6, 9:00 a.m.

CHILDREN'S HOSPITAL CHARITY RUN, 50M, 100KM & 24 HRS, Charles Kozlesky, 400 Eastern Ave., Woodsfield, OH 43793 (614) 472-5568

October 6, 9:00 a.m.

CHARTY CUP CHAMP. 5K & 10K, Fort Benjamin Harrison, Indy. Ken Long & Assoc., 107 W. Lorretta Dr., Indpls. IN 46217 (317) 786-8812

October 6, 9:00 a.m.

LAKEFRONT LOOP 10k, Lakeview Picnic Area, Beverly Shores, IN, Duneland YMCA, 215 Roosevelt St., Chesterton, IN 46304 Mary Ann Daum (219) 926-4204

October 6, 10:00 a.m.

* FLOWER HOSPITAL MEMORIAL HOSPITAL 5K, Flower Hospital, 5200 Harroun Rd., Sylvania, OH Angela Szczubleski (419) 885-1444, ext 2222 (Business hours only)

October 7, 9:30 a.m.

OCTOBERFEST 10K, Minster, OH, Steve Brun, 146 S. Hanover St., Minster, OH 45865 (419) 628-3507

October 13, 10:00 a.m.

ALL FOR ONE 10K, Defiance Area YMCA, 1599 Falmer Dr., Defiance, OH 43512 (419) 784-4747

* October 13, 8:00 a.m.

STAMPEDE 10K & 25k, IU Natatorium, 901 W. New York, Indy, IN, Ken Long & Assoc., 107 W. Lorretta Dr., Indpls., IN 46217 (317) 786-8812

* October 13, 6:30 a.m.

CHICAGO ULTRAMARATHONS 50KM, 50 MILES, & 100KM, Noel Nequin, M.D., Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625 (312) 989-3804

* October 14, 7:00 a.m.

Mid-America Festival of Running, 5k, 10k, Marathon, 50K Muncie Family YMCA, 509 S. Mulberry, Muncie, IN 47307 (317) 292-4488 Jan Gilbert

October 14, 2:30 p.m. OHIO

WAYNE TRACE 5K RUN, Paulding, OH Alan Welch (419) 399-3466

October 14, 1:00 p.m.

MISSISSINEWA 1812 5 Mile, Gas City, IN, Clif Knight 9 Jacks St., Gas City, IN 46933 (317) 674-3841

October 14
FAIRIE HEIGHTS SCHOLARSHIP 5K FUN RUN. John King (219)
829-6520, (219) 665-9396
Awards to everyone.

October 14, 1:00 p.m.
11TH ANNUAL OAK HARBOR APPLE FESTIVAL 10K, 1M, & 5K
Walk, Bob Van Horn (419) 898-6216

October 21, 1:00 p.m.
10TH ANNUAL GREAT PUMKIN RUN 10K, Cardinal Stritch High
School, Pickle Rd., Oregon, OH David Venner (419) 256-
1526

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

October 27 9:00 a.m.
RED RIBBON 5K RUN AND 1 MILE WALK/RUN, Swan Creek Metro
Park (Airport Entrance) Marsha Serio & Ken Matuszak (419)
475-6849

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

October 28, 2:00 p.m.
SPORTSMED 10K, 4 MILE WALK, 1 MILE, South Bend, IN
Hotline: (219) 232-3034

October 28, 8:00 a.m.
WOLFFACK FALL CLASSIC, 50KM & 6 hour, John White, 4865
Arthur Pl., Columbus, OH 43220 (614) 459-2547

November 3, 9:00 a.m.
HILLY 4, Homestead High School, Fort Wayne, IN
John Treleaven (219) 432-5315

November 3, 9:00 a.m.
5 & 10 MI DOUBLE EAGLE CREEK RUN, Eagle Creek Park, 7849
W 56th St., Atterbury Fish & Wildlife Area, Edinburgh, IN
46124 (317) 232-4080

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

November 4, 1:30 p.m.
GREAT GOBBLER GALLOP 4 MILER, Ohio City, OH, Mark
Sanderson, R 5 Box 83A, Van Wert, OH 45891

November 4, 11:00 a.m.
FORT MEIGS HALF MARATHON, Fort Meigs, Ferrysburg, OH
Bruce Beverage (419) 865-4131

* November 11, 9:00 a.m.
COLUMBUS MARATHON, (614) 433-0395, 6290 Busch Blvd.,
No.30, Columbus, OH 43229

November 11, 10:00 a.m.
5K SCHOLARSHIP RUN, West Noble School, Ligonier, IN.
Brian Shepherd, 511 Lincolnway, Ligonier, IN 46767 (219)
894-4638

* November 17, 10:00 a.m.
TURKEY TROT 4 MILER, Foster Park, Fort Wayne, IN
Parks & Recreation

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SUMMIT CITY BIKE



* Contact Don Lindley for applications.

December 31, 11:00 p.m.
NEW YEARS EVE RUN, IFFM Campus, Jerry Diehl, (219)
481-6300 Inside & Outdoor Running.

December 15,
JINGLE BELL SK RUN, Mike Ducey (219) 482-9206

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

November 22,
TURKEY FOOT, Jerry Mazock, (219) 747-1064
Location: 6155 Orchard Lane, Fort Wayne
////////////////////////////////////

October 1990

October 1990

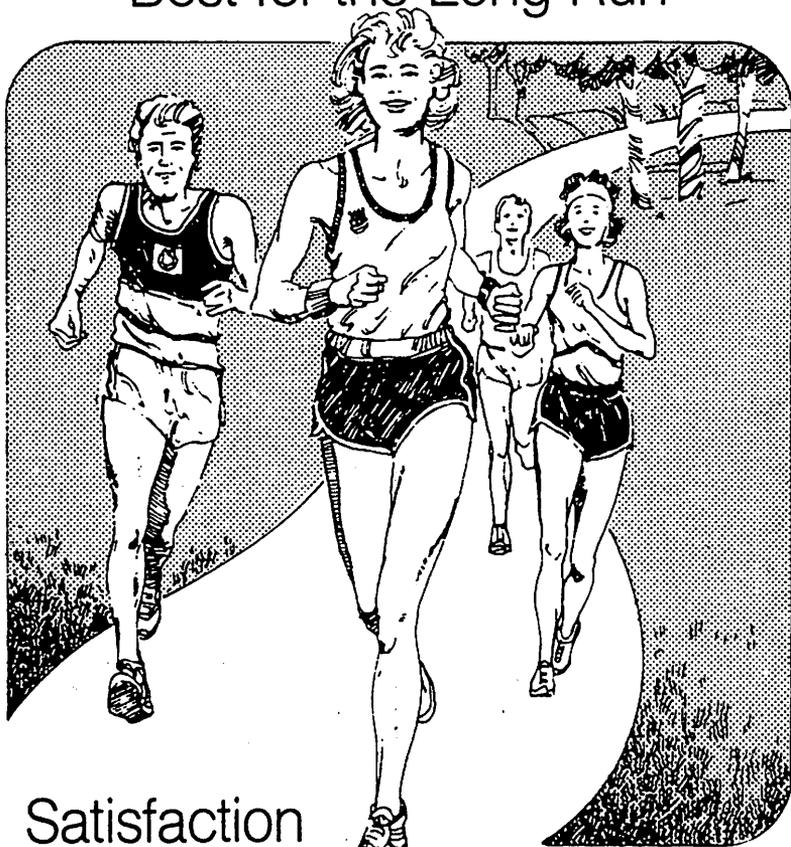
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Training Run IPFW Athletic Center 6:00 pm	3 Training Run Homestead HS 5:00 pm	4 Training Run IPFW Athletic Center 6:00 pm	5	6 Training Run Central YMCA 7:00 a.m.
7 Training Run Johnny Appleseed Park 7:30 am	8	9 Training Run IPFW Athletic Center 6:00 pm	10 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	11 Training Run IPFW Athletic Center 6:00 pm	12	13 Training Run Central YMCA 7:00 am
11 Training Run Johnny Appleseed Park 7:30 am	15	16 Training Run IPFW Athletic Center 6:00 pm	17 Training Run Homestead HS 5:00 pm	18 Training Run IPFW Athletic Center 6:00 pm	19	20 Training Run Central YMCA 7:00 am
21 Training Run Johnny Appleseed Park 7:30 am	22	23 Training Run IPFW Athletic Center 6:00 pm	24 Training Run Homestead HS 5:00 pm	25 Training Run IPFW Athletic Center 6:00 pm	26	27 Scholarship Fund Run 5K 8:00 am IPFW Athletic Center
28 Sportsmed 10K South Bend, IN 2:00 pm	29	30 Training Run IPFW Athletic Center 6:00 pm	31 Training Run Homestead HS 5:00 pm			

November 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Training-Run 1 IPFW Athletic Center 6:00 pm	2	Hilly 4 3 Homestead HS 9:00 am
New York City 4 Marathon 10:45 am	5	Training Run 6 IPFW Athletic Center 6:00 pm	Training Run 7 Homestead HS 5:00 pm	Training Run 8 IPFW Athletic Center 6:00 pm	9	Training Run 10 Central YMCA 7:00 am
Columbus Marathon 11 Columbus, Ohio	12	Training Run 13 IPFW Athletic Center 6:00 pm	FWTC Membership 14 Meeting 7:00 pm IPFW Athletic Center	Training Run 15 IPFW Athletic Center 6:00 pm	16	Turkey Trot 17 Foster Park 10:00 am
Training Run 18 Johnny Applesseed Park 7:30 am	19	Training Run 20 IPFW Athletic Center 6:00 pm	Training Run 21 Homestead HS 5:00 pm	Turkey Trot 22 Jerry Mazock's Home	23	Training Run 24 Central YMCA 7:00 am
Training Run 25 Johnny Applesseed Park 7:30 am	26	Training Run 27 IPFW Athletic Center 6:00 pm	Training Run 28 Homestead HS 5:00 pm	Training Run 29 IPFW Athletic Center 6:00 pm	30	

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Scholarship fund run

5K cross country

Oct. 27 8:00 a.m.

IPFW Athletic Center

Same Day Registration - 7:30 a.m.

\$5.00 Entry Fee

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

Ribbons to the top twenty male and female runners

Race Director Jerry Diehl

Questions 481-6300



In a recent issue of The Inside Track (June-July, 1990), an article presented sources of sports medicine care for the injured athlete. Included in the article were short paragraphs describing the physical therapist and the athletic trainer. As a P.T./A.T.C. myself, I would like to expand on the education and qualifications of each profession.

Entry to the physical therapy profession is gained by passing a licensing exam following graduation from an accredited graduate or undergraduate curriculum. Upon graduation, additional training, knowledge and expertise can be gained by attending continuing education seminars in specialties areas such as orthopedics and sports medicine. Employment opportunities are typically hospitals and private practice clinics. In the state of Indiana, a referral from a physician is required for the P.T. to evaluate and treat an athlete.

The athletic trainer is eligible to take a certification exam following graduation from an accredited university program of athletic training or upon completion of a 1500 hour internship program. Employment opportunities include hospitals, private clinics and school systems. Although the athletic trainer does not need a formal order from a physician to treat an athlete, they usually work quite closely with an M.D.

With the combination of education and practical experience that he/she receives from these two professions, it is evident that the P.T./A.T.C. is well equipped to provide excellent care for the rehabilitation of sports injuries for athletes of all abilities. Although initial contact with the P.T./A.T.C. may involve treatment for an acute or chronic injury, the program will most certainly involve measures for preventative care. This may include changes in training schedules and workouts, suggestions which and strengthening exercises.

As a runner myself, I have a special interest in treating and educating the injured runner. I have my own sad stories of injuries that have kept me from my "miles of trials and tribulations" as so aptly described by John Parker. I have been fortunate to stay injury free enough to register PRs of 35:13 and 2:48:13, although I will admit since those were achieved I have put on 10 years, 8 pounds, 2 kids and 1 wife.

To conclude: the Ft. Wayne area has a wealth of health professionals that have combined the knowledge of their particular field with an interest in athletics. These professionals include orthopedic and family practice physicians, physical therapists, athletic trainers and, only relatively recently professionals who have combined the education and practical experience of the physical therapist and athletic trainer. With most runners refusing the often given advice to simply quit running when injury occurs, the presence of health professionals that specialize in the treatment and prevention of athletic injuries is a needed and welcome relief.

Mike McAvoy is one of three P.T./A.T.C.'s in the Ft. Wayne area. He is employed at Associated Physical Therapists, Inc. at 5050 N. Clinton Street, Fort Wayne, IN 46825; telephone (219) 484-9578.

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**FWTC
BOARD MEETINGS
AUG 8, 1990 - SEPT 12, 1990
SUMMARY**

Board Members present: Jerry Diehl, Steven Caswell, Mark Bratolli, Mike Ducey, Herman Bueno, Bard Scroggum, Bob Hockensmith, Judy Tillapaugh, Don Lindley, Bob Loomis, Jack Hilker, Ken Disler, Rob Wyatt, David Faulkner and others.

The monthly & YTD treasures report was given by Don Lindley. The board approved. Membership is now at 455 members. If the budget allows, it was suggested that the FWTC increase its donation to the IPFW Scholarship Fund. Also suggested was financial aid to send FWTC Officers to the National RRCA Convention.

Many additions to previous race schedules were reported. See race calendar in this newsletter for races that fit your schedule. Check the FWTC HOTLINE (219)481-6152 for a current update of races & running news. Mike Ducey reported that entries for the Summit City 10K are coming in & a great race is again expected. Be sure to thank The Olive Garden, WANE TV & WAJI (the major sponsors) as well as all the contributing sponsors.

The FWTC Board would like to send a special thanks to Mark Brattoli & Keith Cottle for all their time and efforts with providing the timing equipment to many local races.

Brian Sheperd reported that the point system is moving along well & that many runners are participating. Look for points race entries at local stores.

For those who did not take advantage of the excellent Summit City 10K Training Program, be sure to look for your chance next year. Thanks to all the lecturers. We thank you for your time.

Reporting on the RRCA Regional Meeting in Indy was Judy Tillapaugh & Don Lindley. Both thought the seminars were very educational. The days events were informative & FUN ! Be sure to see Don or Judy if you have any questions.

RUNNERS WEEK is still in need of someone or a team of individuals to head up that program. Please call Jerry Diehl if you are interested or know of anyone that would be interested in taping races, editing footage or taking interviews at the races.

The next membership meeting will be Wed. Oct.10th at the IPFW Athletic Center. The meeting will start at 7:00pm. There will be a training run at 5:30pm before the meeting. Lockers & showers are available.

A special November meeting is being planned to focus on a tentative schedule of races and events for 1991. Race directors need to make plans for timing equipment rentals as well as plan for ads/applications. Because THE INSIDE TRACK is a bi-monthly newsletter, race directors need to plan ahead to get their race promoted to all club members. Please check with Jerry Diehl or the FWTC HOTLINE for meeting info.

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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.

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

Name:

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NEW MEMBERS & RENEWALS
JULY AND AUGUST

MIKE BLUM
JEAN HARTMAN
JENI HIRSCHY
WILLIAM HUNT
JANICE M. KRUEZ
MICHAEL MCAVOY

DAVID V. MYERS
JENNIFER NICOLE
MARGARET NORTH
RON SABINS
LARRY TAGGART
JEFF ZAWADZKE

PRESIDENT'S COLUMN

It is so nice to have cooler weather to workout in. I enjoy the warmth of summer but look forward to the changing seasons and the cooler running weather in the fall. It seems like I struggle to do workouts in the summer and when fall comes I have a little extra horsepower under the hood because I am not using so much energy to cool myself. Where is your training leading to this fall? Will you do a fall marathon, favorite 10K, or perhaps an ultra? Whatever your training mode, and motivation, don't forget the reason why you started training in the first place. What got you out the door, weight control, improving fitness, competition, social aspects, or all of the above? Whatever your reason for maintaining fitness, hold onto it, and make it so much a part of your lifestyle that you would be lost without it.

Several of the FWTC attended the RRCA Central Regional Meeting in Indianapolis recently. We were treated to an excellent program, with speakers on a variety of subjects from all over the United States. This forum provided the opportunity to become updated on a variety of training and fitness tips, and interact with club members and officers from around the country. The FWTC just completed the Summit City 10K Training Series, to provide training tips for the Summit City 10K. Rob Wyatt did an excellent job of putting together this series for our area runners.

Coming up we have the Scholarship Fund Run 5K Cross Country, on October 27th, Hilly 4, on November 3rd, Turkey Trot 4 Mile, on November 17th, and Jerry Mazock's Turkey Trot on November 22nd. Please come out and support these local races, or if you can't race, volunteer to help out. Remember the upcoming FWTC membership meetings, October 10th, and November 14th, at the IPFW Athletic Center at 7:00 p.m. We are accepting nominations for 1991 Officers: President, Vice President, Secretary, and Treasurer, drop us a line or contact an officer or board member. Remember, this is your club, and the officers, and board members need your input to provide direction and guidance, and better serve the needs of our community.

Keep fit, and remember to help others who are just starting their journey into the world of fitness . . . we were all there once!

Jerry

The 1990 cross country season is well on it's way. The teams looked very good at the IPFW Invitational meet, Saturday, September 1st. Teresa Waite and Amy Bailey teamed up to place fifth out of 23 teams. Sarah Schoenle and Deanna Wineland had a strong showing of ninth in the talented field of women runners. Returning runner Christa Cook teamed up with April Sherry to turn in a very respectable performance. Team captain Frannie Godair teamed up with Heather Chalmers with some very consistent running for the women's team.

The men's team was lead by team captain Mike Schoudel, who teamed up with freshman Jason Douglas. They placed fifth out of 36 teams. Returning runners Tim Wehnert and Rich Schweyer joined forces to place tenth in a very talented field. Joel Wise returning after being "red-shirted" last season, looked strong teamed up with Taylor transfer, Karl Grau. Letterman, Mark Schoudel teamed up with freshman Cliff Burns to place nineteenth in the field. Larry Slater ran with unattached runner Mark Kuhn, to finish well up in the standings. Returning letterman, Rob Baller teamed up with Robert Ochoa, turned in a fine performance for the day.

Both teams look good at this earlier part of the season. We will be running longer races in the future and also need to keep everyone healthy. The student-athletes have been running over the summer and have now had a taste of collegiate competition. The younger runners looking to the lettermen for guidance, are continuing to improve with each practice. They will be facing some very good teams as they key for the conference championships in Ashland, Ohio on October 20th. Our depth as well as the leadership shown by the returning runners should help in our quest to peak for the conference meet.

Special thanks goes out to the volunteers who made this race possible.

Arnie Ball
Beth Eagan
Jim Fritzinger
Mike Kast
Paul Knott
Gary Kuhn
Kelly Mahoney
Cheryl Pasko
Judy Tillapaugh
Whitney Springob

Jerry Diehl
IPFW Cross Country Coach

IPFW CROSS COUNTRY INVITATIONAL

September 1, 1990

10,000 Meters

Men's Team Results

<u>PLACE</u>	<u>TEAM</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Rob. Sommers/Ryan Sommers	Indiana Wesleyan	30:21
2	Steenbergh/Harris	Indiana Wesleyan	31:46
3	Showalter/Douglas	Goshen	31:52
4	Kinter/Peters	Indiana Wesleyan	32:09
5	Mike Schoudel/Douglas	IPFW	32:32
6	Leuthold/Smith	Bluffton	32:51
7	Mohler/Ernst	Indiana Wesleyan	33:00
8	Shields/Broerman	Tri-State	33:15
9	Kelly/Alsup	Indiana Wesleyan	33:23
10	Schweyer/Wehnert	IPFW	33:32
11	Schroeder/Arriaga	Siena Heights	33:34
12	Taylor/Romanaowski	Siena Heights	34:00
13	Reynolds/Loucks	Tri-State	34:06
14	Wise/Grau	IPFW	34:08
15	Turner/Shunk	Defiance	34:11
16	Schrag/Altstaetter	Goshen	34:28
17	Budak/Krebs	Tri-State	34:49
18	Carpenter/Freeman	Defiance	34:55
19	Mark Schoudel/Burns	IPFW	35:23
20	Bixler/Hall	Tri-State	35:26
21	Strycker/Browning	Tri-State	35:28
22	Lysaght/Thompson	Tri-State	35:45
23	Hallett/Darby	Tri-State	35:52
24	Corne/Clothier	Tri-State	35:57
25	Holcombe/Kimple	Goshen	36:07
26	Whitcomb/Debrabander	Tri-State	36:16
27	Hoerstman/Teague	Defiance	36:22
28	Slater/Kuhn (unattached)	IPFW	39:32
29	Farnsley/Carpenter	Tri-State	37:05
30	Spencer/Filutze	Tri-State	37:45
31	Jones/Collins	Defiance	38:00
32	Stone/Carey	Indiana Wesleyan	38:25
33	Gillford/Hanna	Defiance	39:08
34	Baller/Ochoa	IPFW	39:32
35	Willems/Dilbone	Goshen	41:34
36	Wingert/Lyons	Bluffton	47:26

IPFW CROSS COUNTRY INVITATIONAL

September 1, 1990

5 Miles

Women's Team Results

<u>PLACE</u>	<u>TEAM</u>	<u>SCHOOL</u>	<u>TIME</u>
1	Seal/Scherschel	Butler	31:23
2	Martin/Padilla	Siena Heights	31:39
3	Soltrisch/Miller	Siena Heights	33:22
4	Titus/Turney	Indiana Wesleyan	33:43
5	Bailey/Waite	IPFW	33:54
6	Mask/Bruner	Butler	34:10
7	Warner/Bailey	Siena Heights	35:31
8	Aelker/Youtsey	Defiance	35:41
9	Schoenle/Wineland	IPFW	35:46
10	Wenger/Ramer	Goshen	36:50
11	Dawn Adams/Jennifer Adams	Indiana Wesleyan	37:10
12	Koenigsknecht/Rumsey	Tri-State	37:47
13	Harder/Baeher	Goshen	38:05
14	Tebbe/Kowaleski	Tri-State	38:21
15	Bray/Whitaker	Indiana Wesleyan	38:49
16	Schuttes/Rockett	Defiance	38:54
17	Cook/Sherry	IPFW	39:06
18	Workinger/Friesen	Bluffton	39:16
19	VanDeventer/Welsh	Tri-State	41:28
20	Seibert (Butler)/Hilker	IPFW	41:37
21	Chalmers/Godair	IPFW	42:46
22	Crager/Ullmun	Tri-State	46:30
23	Johnston (Def.)/Karacson	Bluffton	47:12

Watch for the . . .

JUST PLAIN 10K RUN

December 8, 1990

Foster Park

The entry fee is a gift-wrapped t-shirt! Refreshments will be served after the race which begins at 2:00 p.m. Contact the race director, J.P. Jones at (219) 745-7339 for more details. The run is sponsored by the Fort Wayne Track Club.

WHICH ATHLETE EATS HEALTHIER?

ATHLETE 1

Breakfast: 1 cup juice
 coffee

Snack: doughnut
 water

Lunch: fried fish sandwich
 1 oz. chip
 med. apple
 1 1/2 cups orange juice
 water

Snack: candy bar
 water

Dinner: 6 oz. steak or chicken
 small baked potato
 lettuce salad
 1 tbsp. salad dressing
 1 cup broccoli
 1 cup whole milk
 1 tbsp. butter
 water

Snack: 1 piece of cake
 water

ATHLETE 2

Breakfast: whole banana
 1 1/2 cups cereal
 1 cup low fat milk
 coffee

Snack: 6 vanilla wafers
 1 cup juice
 water

Lunch: 2 oz. turkey
 bun or 2 slices bread
 med. apple
 1 oz. pretzels
 2 tsp. mayonnaise
 1 1/2 cups orange juice
 water

Snack: whole bagel or 4 ginger
 snaps, water

Dinner: 3 oz. lean steak or chicken
 large baked potato
 colorful mixed vegetable
 1 tbsp. salad dressing
 1 cup broccoli
 1 cup low fat milk
 1 tbsp. tub margarine
 water

Snack: 1 to 2 fig bars or low
 fat cookies
 1 cup low fat frozen
 yogurt or sherbet
 water

HINT!!!:

Which has too little carbohydrate?
Which eats too much fat?
Which has too little fiber?
Which is not getting enough calcium?

Your Answers: _____

Do you eat like any one of these athletes? _____

Diet Comparisons:

Athlete 1

Total Calories - 2500
Carbohydrate - 266 grams, 42%
of total calories
Protein - 80 grams, 13% of
total calories
Fat - 126 grams, 45% of
total calories

Athlete 2 - THE WINNER!!

Total Calories - 2500
Carbohydrate - 385 grams,
62% of total calories
Protein - 94 grams, 15% of
total calories
Fat - 65 grams - 23% of
total calories

Did you choose the healthy eater? _____

What substitutions did Athlete 2 pick so that his/her fat intake
was low? _____

What were Athlete 2's high carbohydrate food choices? _____

Think about your eating style. Do you want to make any improve-
ments? What would you change? _____

HIGH FAT FOODS

Doughnut
Fried fish sandwich
Chips
Candy with fat added
Whole milk
Cake
Margarine
Butter
Salad dressing

LOW FAT FOODS

Cereal
Fruit, juice
Low fat milk, skim milk
Vanilla wafers
Pretzels
Bagel
Vegetables
Fig Bars
Low fat or non fat frozen
yogurt
sherbet

Low fat carbohydrate foods are the best fuels for exercise energy!

Think Fine Foods For Fitness,

Judy Tillapaugh, R.D.
Nutrition Specialist
The Lutheran Hospital
Fort Wayne, Indiana

The Lite Bite Club

WEIGHT WATCHER'S CHILI
From The Kitchen of: Rita Berning

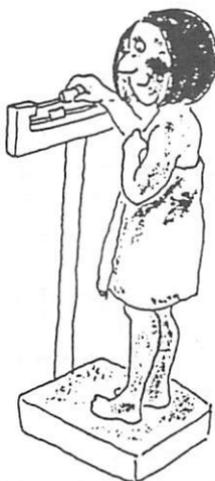
- 1/2 onion, chopped
- 1/2 large green pepper, chopped
- 1 garlic clove, minced (opt.)
- 32 oz drained canned pinto or kidney beans
- 1# cooked ground beef or turkey, crumbled
- 1 lg can tomatoes
- 1/2 can tomato paste
- 4 t chili powder
- 1/2 t cumin

Cook onion, green pepper and garlic in medium saucepan about 5 minutes or until onion is soft. Add remaining ingredients and mix well. Cook over low heat, stirring occasionally, about 20 minutes to develop flavors. Makes 4 servings.

- Per serving: 303 calories
26 gm protein
8 gm fat
34 gm carbohydrates
144 mg sodium

FOOD EXCHANGES PER SERVING:

- 3 lean meats, 2 starches



LUTHERAN HOSPITAL OF INDIANA
HEALTH PROMOTION SERVICES

3024 Fairfield Avenue
Fort Wayne, IN 46807
458-2345



ROAD RUNNERS CLUB OF AMERICA

September 9, 1990

Jerry Diehl, President
Fort Wayne Track Club
P.O. Box 11703
Fort Wayne, Ind. 46860

Dear Jerry,

On behalf of Road Runners Club Of America, Indy Runners, and all who attended our 1st RRCA Central Regional Meeting August 18th, 1990 at Lawrence North High School in Indianapolis, I want to express my appreciation for all of The Fort Wayne Track Club's help in making it successful. Your high quality man power ensured that our program went according to plan.

These people especially contributed much time and energy: Don Lindley, Mark Brattoli, Jim Bushey, Dr. Steve Drayer, and yourself. Successful events are primarily due to dedicated volunteers like those mentioned here.

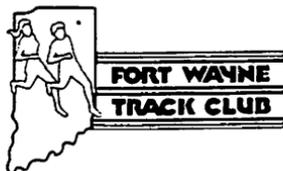
Meeting evaluation forms have rated our meeting A+. Most felt it was very beneficial. Our speakers were able to pass on much useful information. RRCA President Jane Dolley was pleased and hopes that this will be a kick off for future regional meeting in our region and around the nation.

Fort Wayne Track Club members helped make it complete!! Thanks again for all your support and hard work.

Good Running,

Judy Tillapaugh, R.D.

Judy Tillapaugh, R.D.
Indiana RRCA State Representative



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 _____

Coming Events

JUST PLAIN 10K RUN

December 8, 1990

2:00 P.M. - Foster Park



MEMBERSHIP MEETINGS

October 10, 1990 • 7:00 P.M. - IPFW

November 14, 1990 • 7:00 P.M. - IPFW

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.

Thanksgiving Morning Run

at

Jerry Mazock House

6135 Orchard Lane

at 7:30 a.m.

Coffee and Stale Donuts

*Come Join Us
For The Fun!!*





**FORT WAYNE
TRACK CLUB**

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

Bulk Rate
U.S. POSTAGE
PAID
Ft. Wayne, IN
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