

the inside track

December 1990 - January 1991



**FORT WAYNE
TRACK CLUB**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

FANNY FREEZER 5K

February 16, 1991
Foster Park — 2 p.m.



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

February 16, 1991 6 p.m.
at the
Southwest Conservation Club
Bluffton Road

1990

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Jerry Diehl, Work: 424-4470 Home: 622-7378
Vice President	Robert Wyatt, 420-0370
Secretary	Herman Bueno, 749-6113
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Randy Lavine	Jack Hilker
Ken Disler	Calvin King
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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 Pucket, 10533 Oak Trail Road, Fort Wayne, Indiana 46845.

__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

**Attend the Annual
Fort Wayne Track Club
Banquet
February 16, 1990
at the
Southwest Conservation Club
Bluffton Road**



POT LUCK DINNER

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

ENTERTAINMENT PLUS

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

AWARDS

Annual awards will be given out.

FUN

A chance to relax and have some fun.

—PLAN NOW TO ATTEND—

1990
PARLOR CITY TROT

OVERALL

<u>PLACE</u>	<u>NAME</u>	<u>M/F</u>	<u>AGE</u>	<u>TIME</u>
1.	Brad Cooper	M	28	1:08:14.0
2.	Scott Walschlager	M	25	1:10:45.4
3.	Michael McManus	M	27	1:12:01.7
4.	Duane Dye	M	31	1:12:28.1
5.	Leo Turchyn	M	33	1:12:58.3
6.	Mark Sanderson	M	29	1:13:15.3
7.	Dan Moord	M	33	1:14:58.4
8.	Kenny Bennett	M	30	1:15:13.1
9.	Herman Bueno	M	32	1:15:48.9
10.	Jerry Lacy	M	41	1:16:48.3
11.	Richard Vorick	M	39	1:16:53.8
12.	Steve Hoepfner	M	37	1:17:35.9
13.	Mike Hall	M	31	1:18:40.4
14.	Paul Knott	M	27	1:18:47.7
15.	Meg Schneiders	F	24	1:18:53.9
16.	Randy Hansard	M	34	1:18:59.7
17.	Terry Diller	M	32	1:19:09.4
18.	Jim Ellert	M	33	1:19:18.5
19.	Michael Amiss	M	33	1:19:27.7
20.	Curtis Ray	M	33	1:19:45.3
21.	Doug Fekete	M	38	1:20:37.9
22.	David Dorais	M	35	1:20:51.4
23.	Joseph Bennett	M	21	1:21:25.6
24.	John Branign	M	23	1:21:41.4
25.	Jay Prichard	M	33	1:21:48.7
26.	Tina Root	F	30	1:21:56.7
27.	Kenneth King	M	30	1:21:59.4
28.	Karl Waite	M	40	1:23:04.0
29.	Chris Cooper	F	28	1:23:11.8
30.	Jed Pearson	M	39	1:25:17.1
31.	Mary Theresa Connolly	F	34	1:25:25.4
32.	Larry Averbeck	M	50	1:25:33.0
33.	W. David Jenkins	M	35	1:26:14.8
34.	Glen Davis	M	52	1:26:19.6
35.	Brad Middleton	M	33	1:26:48.2
36.	Gary Walker	M	37	1:26:53.8
37.	Donald Ford	M	40	1:27:09.7
38.	Thomas Bussen	M	28	1:27:25.3
39.	Norm Spitzig	M	40	1:27:54.4
40.	Tod Huston	M	25	1:27:55.2
41.	Jack Morris	M	53	1:28:04.2
42.	Roger Wilson	M	37	1:28:39.3
43.	Gordon Denny	M	37	1:28:46.3
44.	Robert Meier	M	39	1:29:19.0
45.	Tim Packard	M	36	1:29:22.3
46.	Robin Walker	F	35	1:29:27.0
47.	Bret Curry	M	30	1:29:36.7
48.	John Schneiders	M	26	1:29:49.2
49.	Howard Prater	M	40	1:29:49.8
50.	Ray Sibrel	M	53	1:29:54.2

<u>PLACE:</u>	<u>NAME</u>	<u>M/F</u>	<u>AGE</u>	<u>TIME</u>
51.	Rodney Gay	M	37	1:30:01.3
52.	John McPherson	M	37	1:30:11.3
53.	John White	M	45	1:30:15.3
54.	Phil Rizzo	M	37	1:30:29.1
55.	Ben Rettig	M	30	1:30:40.6
56.	Kurt Schneiders	M	29	1:30:45.9
57.	Don Branstetter	M	28	1:30:46.6
58.	Marvin Kramer	M	29	1:31:10.7
59.	Dave Wolff	M	47	1:31:31.0
60.	Ken McElroy	M	49	1:31:54.9
61.	Bernie Burgette	M	47	1:32:27.2
62.	Dan Richey	M	37	1:33:03.2
63.	Norm Bailey	M	40	1:33:10.2
64.	Don Johnson	M	29	1:33:16.0
65.	Paul Hiser	M	46	1:33:51.8
66.	Rodney McKenzie	M	55	1:33:53.0
67.	Keith Walter	M	23	1:34:18.8
68.	Mark Walter	M	25	1:34:19.7
69.	Dennis Conner	M	38	1:34:33.6
70.	Joe Patterson	M	36	1:34:36.4
71.	Judy Mickey	F	31	1:35:06.1
72.	George Fratus	M	48	1:35:06.6
73.	Tom Folger	M	50	1:35:15.3
74.	John Potts	M	41	1:35:20.7
75.	David Montgomery	M	41	1:35:43.0
76.	Kevin Raineary	M	32	1:35:50.1
77.	Paul Rumschlag	M	33	1:35:52.7
78.	Carl Hansen	M	34	1:35:57.1
79.	David Parson	M	43	1:35:57.9
80.	John Boren	M	42	1:36:12.1
81.	Les Brown	M	38	1:36:23.7
82.	Greg Fahl	M	38	1:36:24.5
83.	Larry Bigler	M	44	1:36:26.8
84.	David Horvath	M	21	1:36:49.9
85.	Frank St. Phillips	M	40	1:37:00.1
86.	Bill Bennett	M	46	1:37:18.7
87.	Shirley Wilson	F	43	1:37:20.7
88.	Randy James	M	36	1:37:31.0
89.	Peter Gerken	M	30	1:37:41.2
90.	Joyce Butler	F	43	1:37:42.3
91.	Steve Goldthwaite	M	42	1:37:45.5
92.	Lien Koetecki	F	43	1:37:55.2
93.	Tim Bolin	M	39	1:38:23.7
94.	Jack Hilker	M	61	1:38:26.1
95.	Jim Malone	M	54	1:38:43.4
96.	Barb Scrogam	F	44	1:38:55.4
97.	Bruce Presller	M	41	1:38:57.9
98.	Dean Moyer	M	28	1:39:29.7
99.	Floyd Lobsiger	M	50	1:39:57.6
100.	Don Spellman	M	37	1:40:10.9
101.	Ron Woolsey	M	36	1:40:12.9
102.	Hal Atkinson	M	35	1:40:15.0
103.	David Fairchild	M	44	1:40:16.4
104.	Skip Stinson	M	26	1:40:20.4
105.	David Zaugg	M	29	1:40:23.3

<u>PLACE:</u>	<u>NAME</u>	<u>M/F</u>	<u>AGE</u>	<u>TIME</u>
106.	Ron McPherson	M	34	1:40:32.7
107.	Janine Carrier	M	28	1:40:42.4
108.	Jerrold Dickey	M	36	1:40:43.9
109.	George Kirby	M	41	1:40:47.2
110.	Joe Kuhn	M	36	1:41:06.6
111.	Melvin Hochstetler, Jr.	M	50	1:41:19.8
112.	Doyle Putman	M	60	1:41:25.2
113.	Phil Lutman	M	43	1:41:34.8
114.	Bill Webb	M	43	1:41:39.3
115.	Denver Jordan	M	36	1:42:00.9
116.	Ed Beckner	M	45	1:42:07.8
117.	Gary Oden	M	43	1:42:08.5
118.	Suzie Gilbert	F	18	1:42:12.4
119.	Scotty Warren	M	32	1:42:30.0
120.	Bill Ryan	M	32	1:42:51.2
121.	Dan Farrimond	M	42	1:43:00.7
122.	Ray Carey	M	58	1:43:14.7
123.	Jim Croy	M	45	1:43:22.9
124.	Jim Magnett	M	56	1:43:27.6
125.	Elizabeth Scheniders-Borland	F	30	1:43:42.7
126.	Jim Berghoff	M	41	1:43:55.5
127.	Paul Sabrack	M	38	1:44:10.5
128.	Duane Voirol	M	49	1:45:21.9
129.	Tom Elliott	M		1:46:00.5
130.	Jeff Sahr	M	34	1:46:19.7
131.	Allen McPherson	M	28	1:46:33.1
132.	James Thompson	M	31	1:46:54.5
133.	Ivan Painter	M	43	1:46:59.5
134.	David Clouse	M	37	1:47:08.3
135.	Lee Pearson	M	41	1:47:34.6
136.	Max Irick	M	43	1:47:43.2
137.	S.D. Stahlman	M	39	1:48:20.2
138.	Michael Yann	M	38	1:48:35.3
139.	Pierre Murray	M	39	1:48:43.5
140.	Lorraine Fox	F	29	1:48:49.0
141.	Larry Godair	M	44	1:48:56.5
142.	Ingrid Kipfer	F	26	1:48:58.3
143.	Michael Furnish	M	37	1:49:18.7
144.	Cynthia Sabrack	F	33	1:49:29.3
145.	Kent Loomis	M	36	1:50:23.0
146.	Dr. Howard Henry	M	69	1:51:00.1
147.	Suzie Loshe	F	29	1:51:03.2
148.	Don Jantz	M	53	1:51:08.5
149.	Robert Hockensmith	M	62	1:52:11.8
150.	Richard Crispen	M	46	1:52:27.2
151.	Charley Knepple	M	42	1:52:34.0
152.	Joyce Fuzy	F	52	1:53:06.5
153.	Terry Gautsch	M	57	1:53:39.7
154.	Robert Loomis	M	57	1:53:49.0
155.	Delmer Adams	M	59	1:53:55.7
156.	Thomas Johnson	M	36	1:53:57.7
157.	Dick Sive	M	55	1:53:59.7
158.	Edwin Knouse	M	45	1:54:06.6
159.	Norma Mabie	F	33	1:54:15.8
160.	James Knight	M	56	1:54:52.1
161.	Ann Mize	F	44	1:54:58.3

<u>PLACE</u>	<u>NAME</u>	<u>M/F</u>	<u>AGE</u>	<u>TIME</u>
162.	Vaughn Roberts	M	54	1:55:03.4
163.	Art Newell	M	48	1:55:04.7
164.	Gary Winder	M	52	1:55:20.7
165.	Bill Osterholt	M	39	1:55:28.0
166.	James Miller	M	44	1:55:29.0
167.	Lynne Bennett	F	39	1:55:47.0
168.	Eddie Borzabadi	M	29	1:56:19.3
169.	Joe Chitwood	M	33	1:56:36.5
170.	Harley Pugh	M	56	1:56:46.4
171.	Phillip Steinen	M	34	2:02:16.2
172.	Wendell Parson	M	70	2:02:38.0
173.	Rick Sprunger	M	36	2:03:46.4
174.	Gretchen Pedigo	F	33	2:03:47.1
175.	King Sullivan	M	59	2:05:09.8
176.	Frannie Godair	F	35	2:05:27.9
177.	James Jones	M	62	2:05:38.1
178.	Barb Hadley	F	39	2:06:57.4
179.	John Jedinak	M	57	2:07:04.7
180.	Robert Smith	M	40	2:07:07.5
181.	Rev. W.D. Greenhood	M	44	2:07:31.4
182.	Margaret Whitesel	F	52	2:07:56.1
183.	Curtis Nold	M	59	2:09:17.4
184.	Sue Mongovan	F	37	2:10:32.7
185.	James Hartley	M	46	2:11:11.6
186.	Gloria Nold	F	55	2:12:39.7
187.	Sarah Kleinknight	F	47	2:16:55.0
188.	Wayne Grade	M	24	2:16:56.1
189.	Alfonzo Lopez	M	48	2:21:12.7
190.	Carmen Lowe	F	49	2:21:30.0
191.	Ken Nyborg	M	40	2:21:48.7
192.	M. Strihowr	F		2:23:49.0
193.	Fred Wehrwein	M	44	2:29:41.3
194.	Lonnie McPherson	M	30	2:39:33.2
195.	Stan Tyner	M	38	2:41:03.0

1990 PARLOR CITY TROT

TOP TEN MEN

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
1.	Brad Cooper	1:08.11
2.	Scott Walschlager	1:10.45
3.	Michael McManus	1:12.01
4.	Duane Dye	1:12:27
5.	Leo Turchyn	1:12:57
6.	Mark Sanderson	1:13:15
7.	Dan Moord	1:14.58
8.	Kenny Bennett	1:15.12
9.	Herman Bueno	1:15:48
10.	Jerry Lacy	1:16:48

TOP TEN WOMEN

<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
1.	Meg Schneiders	1:18:53
2.	Tina Root	1:21:56
3.	Chris Cooper	1:23.11
4.	Mary Theresa Connolly	1:25:
5.	Robin Walker	1:29:26
6.	Judy Mickey	1:35:05
7.	Shirley Wilson	1:37:20
8.	Joyce Butler	1:37:41
9.	Lien Koetecki	1:37:56
10.	Barb Scrogam	1:38.56

1990 PARLOR CITY TROT

WOMEN AGE DIVISION WINNERS

14 & Under: 0

15-19:

1. Susie Gilbert

20-24: 0

25-29:

1. Janine Carrier
2. Lorraine Fox
3. Ingrid Kipfer
4. Suzie Loshe

30-34:

1. Elizabeth Schneiders-Borland
2. Cynthia Sabrack
3. Norma Mabie
4. Gretchen Pedigo

35-39:

1. Lynne Bennett
2. Frannie Godair
3. Barb Hadley
4. Sue Mongovan

40-49:

1. Ann Mize

50-59:

1. Joyce Fuzy
2. Margaret Whitesel
3. Gloria Nold

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.

1990 PARLOR CITY TROT

MALE AGE GROUP DIVISIONS

20-24:

1. Joseph Bennett
2. John Branign
3. Keith Walter
4. David Horvath

25-29:

1. Paul Knott
2. Thomas Bussen
3. Tod Huston
4. John Schneiders
5. Kurt Schneiders

30-34:

1. Mike Hall
2. Randy Hansard
3. Terry Diller
4. Jim Ellert
5. Michael Amiss

35-39:

1. Richard Vorick
2. Steve Hoepfner
3. Doug Fekete
4. David Dorais
5. Jed Pearson

40-44:

1. Karl Waite
2. Donald Ford
3. Norm Spitzig
4. Howard Prater
5. Norm Bailey

45-49:

1. John White
2. Dave Wolff
3. Ken McElroy
4. Bernie Burgette
5. Paul Miser

50-54:

1. Larry Averbek
2. Glen Davis
3. Jack Morris
4. Ray Sibrel
5. Tim Malone

55-59:

1. Rodney McKenzie
2. Ray Carey
3. Jim Magnett
4. Terry Gautsch
5. Robert Loomis

60-69:

1. Jack Hilker
2. Doyle Pittman
3. Dr. Howard Henry
4. Robert Hockensmith
5. James Jones

70+

1. Wendell Parson

1990

WELLS COUNTY TROTTER AWARDS

MEN

- | | | |
|----|-----------------|---------|
| 1. | Brad Cooper | 1:08:11 |
| 2. | John Schneiders | 1:29:49 |
| 3. | Kurt Schneiders | 1:30:45 |

WOMEN

- | | | |
|----|-------------------|---------|
| 1. | Chris Cooper | 1:23:11 |
| 2. | Margaret Whitesel | 2:07:56 |
| 3. | Sarah Kleinknight | 2:16:55 |

Don't Move Without Us!

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

Send it to:

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

Name:

Old address:

New address:

New Phone:

Effective:

PRESIDENT'S COLUMN

The fall marathoning season is drawing to a close. I hope that everyone had success in their pursuit of that better, smarter, more enjoyable fall classic. The last two races that I was keying for this year, I tried a different approach, starting out ever so slowly. I recently read a running article that seems to confirm the fact that in races lasting longer than one or two hours that the transition from glycogen burning to fat burning is very important. It is very easy to burn up the glycogen stores, you know the ones that you carbohydrate loaded for before that big race. By saving some of the glycogen for later in the race and burning fat early in the race, it is possible to have energy left for the later stages of a race. For your next long race, give this strategy a try, see if it doesn't lead to better race, and faster times.

Fall is the time of year I really enjoy, the changing of seasons shift in activities, and upcoming holidays. Remember that the Fort Wayne Track Club continues to have activities throughout the year, no matter what the season. Look in this issue to see the various training runs throughout the city and greater Fort Wayne area. It's time once again to wrap up those t-shirt from past races and come out to the Just Plain 10K Race at Foster Park on December 8th at 2:00 p.m. Race Director J. P. Jones has more details, give him a call at 745-7339. December 12th is the next membership meeting at the IPFW Athletic Center at 7:00 p.m. We will be holding election of officers, come out and voice your support for the Fort Wayne Track Club. The New Year's Eve Fun Run will take place December 31st, at the IPFW Athletic Center, come out and welcome in the new year.

Now is the time to renew your membership if you haven't done so already. Again we would like your help in putting on high quality events in our area. Many of you are very actively involved in various exercise activities in our community throughout the year. Those of you that would like to be more involved in our club, please contact me or any of the board members. Our club is loaded with talent, come out to our events, help with a clinic, workshop, or race, it's a great way to learn more about the club and meet new people!

I would like to reflect back on some of the past year's activities, some old, some new, that the Fort Wayne Track Club has been involved with, we all can be proud of the statement we are making in this community.

New Year's Eve Fun Run	December 31, 1989
Hash House Runs	February 10 & 24
Nutra Runs	March 24
IPFW Health Fair	April 11
North American Spring Classic	April 21
Greenway Prediction Runs	May 6
Indiana RRCA State Meeting	May 6
Bicycle Clinic	May 23
FWTC Social	May 31
Central Soya Community Classic	June 16
FWTC Summer Track Series	June 20 - July 27

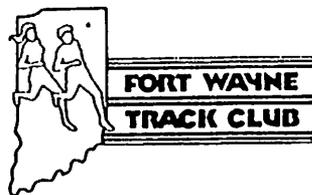
White River Park State Games	June 30
Moonlight Flight 5K	July 13
Old Settlers 4 Mile	July 20
One Hour Run on the Track	July 27
FWTC Picnic	August 15
RRCA Central Regional Meeting	August 18
Summit City 10K Training Program	August 20 - September 19
Scholarship Fund Run 5K	October 27
Hilly 4	November 3
Turkey Trot 4 Mile	November 17
Jerry Mazock's Thanksgiving Run	November 22
Just Plain 10K	December 8

I would like to thank all of the officers, board members, and FWTC members who have given so unselfishly of your time and talents this past year. Each and every one of you make the FWTC what it is, you all make us look great, keep up the good work! Congratulations to Joyce Butler and Robert Hockensmith, training partners for life!

Jerry

Watch for the . . .

JUST PLAIN 10K RUN



December 8, 1990

Foster Park, Fort Wayne, Indiana

The entry fee is a gift-wrapped t-shirt! T-shirts will be given to needy children. 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.

MY FIRST ULTRA

I held the entry form for the Mid America Festival of Running in my hand. The form had two lines on which to register. One was for the marathon and the other was a 50 K. I decided it was time to go for it so my name went on the 50 K line. As I approached the starting line i noticed it was a small field of runners. I Had thoughts going through my head of getting lost on the course. I met a lady named Linda and her friend Jim before the race started. Jim was quite helpful with information he was giving Linda and I about not going out to fast, pace and other items of importance.

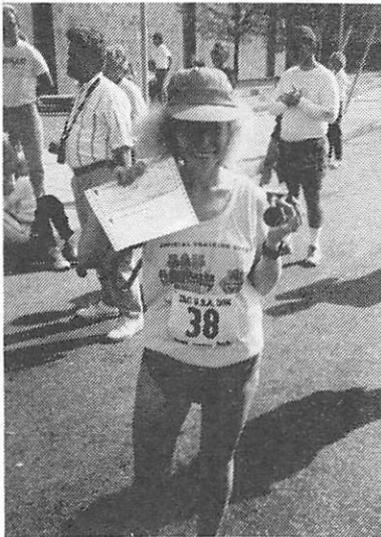
At around nine miles there were four of us running together. We talked and joked , and the miles just seemed to be dwindling away. At 21 miles I was still feeling good. I was amazed as i saw in front of me the sign that read 26 mile mark. I thought to myself, boy this is really a great feeling 26 miles down and I still feel great.

I was elated when I crossed the finish line and felt much better than if I had run a marathon. I placed 3 rd overall in the female division which won me a handsome check for \$250.00 (what a thrill).

Two weeks later I ran the Chicago Marathon and had a great time of 3:27:58. Maybe ill try a 50 miler next.

ARTICLE BY

Barb Scrogam



New Year's Eve Fun Run



December 31, 1990
11:00 p.m.
IPFW
Athletic Center

Sponsored
by:
Fort Wayne
Track Club
and
IPFW
Cross Country Team



For more information, call 481-6300

TURKEY TROT 1990
Saturday, November 17
Foster Park
4 Mile Run

Weather Conditions: Sunny, temperature 50, very slight wind

Overall Female Winner: Mary Connolly 24:04 19th overall
Second Place Female: Linda Conrad 26:08 35th overall

Overall Male Runner: Kevin Rigg 19:47
Second Place Male: Brian Shepherd 20:13

Wheelchair Participant: John Manske 53:28 142nd overall

Walkers:

1. Sharon Pauley 1:16:33 143rd overall
2. Dorcus Curry
3. Dawana Foster

Female 14 & Under

1. Justine Wells 28:02 60th overall
2. Jody Zinc 35:07 118th overall
3. Maggie Priebe 42:42 139th overall

Female 15 - 19

1. Shelley Bruner 27:00 45th overall
2. Caroline Seigel 30:38 81st overall
3. Jenny Henderson 30:53 84th overall

Female 20 - 24

1. Bev LeMaster 27:21 50th overall
2. Lori Hoberty 30:08 77th overall
3. Laura Beer 33:29 101st overall

Female 25 - 29

1. Jill Burnett 32:33 92nd overall
2. Kathleen Kilar 33:47 104th overall
3. Karen Kelley 46:53 141st overall

Female 30 - 39

1. Heidi Rae 30:00 75th overall
2. Margarita Throop 30:18 78th overall
3. Lisa Atwell 30:44 83rd overall
4. Joyce DeStefano 31:13 86th overall
5. Liz Brown 33:16 99th overall
6. Cynthia Miller 34:53 117th overall
7. Janet Seabury 35:13 121st overall
8. Carol Bloomfield 35:16 122nd overall
9. Jan Seddon 35:50 126th overall
10. Jean Coltrain 36:56 130th overall
11. Penna Foisy 41:45 138th overall

Female 40 - 49

1.	Barb Scrogam	27:23	52nd overall
2.	Gayle Bloom	34:24	109th overall
3.	Vicki Jacobs	36:33	129th overall
4.	Janet Haney	38:26	132nd overall
5.	Rosanna Eitniear	38:44	133rd overall
6.	Marilyn Mills	39:07	134th overall
7.	Pat Nuffer	41:31	137th overall
8.	Sharon Bruner	44:04	140th overall

Female 50 - 59

1.	Joan Gary	29:40	71st overall
2.	Fran Van Wagner	31:53	90th overall
3.	Sue Myers	39:48	135th overall

Female 60 & Over

1.	Polly Jacobs	40:03	136th overall
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Male 14 & Under

1.	Nathanael Siders	24:16	21st overall
2.	Jason Osborn	24:30	24th overall
3.	Dan Brier	27:21	49th overall
4.	Chris Henderson	28:11	61st overall

Male 15 - 19

1.	Dan Dunham	22:26	8th overall
2.	Mike Lindley	24:23	22nd overall
3.	Brad Thomas	24:46	26th overall
4.	Greg Ward	26:47	41st overall
5.	Jason Middleton	29:47	73rd overall
6.	Ian Goudy	34:29	112th overall

Male 20 - 24

1.	Kevin Heller	22:29	10th overall
2.	David Milner	26:39	39th overall
3.	Scott Nieveen	32:40	94th overall

Male 25 - 29

1.	Gregg Osborn	20:28	4th overall
2.	Mike McManus	21:10	5th overall
3.	Greg Weisser	22:27	9th overall
4.	Ahmed Allaoui	23:02	13th overall
5.	Patrick Rice	23:30	15th overall
6.	Ward Moya	23:30.8	16th overall
7.	Michael Beer	27:29	53rd overall
8.	Dave Gries	29:05	64th overall
9.	Chris Kilar	29:22	66th overall
10.	Dale Vandegriff	29:28	68th overall
11.	Gary Selking	31:28	88th overall
12.	Jeff Belknap	32:39	93rd overall
13.	Kurt Kilar	33:05	98th overall

Male 30 - 39

1. Tom Loucks	20:25	3rd overall
2. John Treleaven	22:11	6th overall
3. Carl Risch	22:23	7th overall
4. Tim Zumbaugh	23:26	14th overall
5. Rick Gilbert	23:31	17th overall
6. John Boger	23:57	18th overall
7. Tom Rehrer	24:28	23rd overall
8. Chris Starkey	25:01	28th overall
9. Rod Gay	25:09	29th overall
10. Denny Kirkland	25:24	30th overall
11. John Powell	26:01	34th overall
12. Gary King	26:23	37th overall
13. Barry Baumbaugh	26:30	38th overall
14. Dan Fineran	26:58	44th overall
15. Steve Summers	27:20	48th overall
16. Dave Thompson	27:22	51st overall
17. Gerald Hoff	27:46	55th overall
18. Marvin Smith	27:55	56th overall
19. Alan Bradley	27:58	57th overall
20. Michael Rost	28:00	59th overall
21. Michael Throop	28:27	62nd overall
22. Joseph Kobiela	28:45	63rd overall
23. Kent Loomis	29:20	65th overall
24. Bill Osterholt	29:34	69th overall
25. Dana Budd	30:06	76th overall
26. Brian Miller	31:27	87th overall
27. Tom Coltrain	32:47	95th overall
28. James Haley	33:05	97th overall
29. Terry Elser	33:34	102nd overall
30. Steve Brown	33:50	105th overall
31. David DeStefano	35:51	127th overall
32. Don Seddon	41:31	137th overall

Male 40 - 49

1. Gary Dexheimer	22:30	11th overall
2. Jack Williams	24:12	20th overall
3. Rolly Badorek	24:45	25th overall
4. Roger Kingsbery	24:48	27th overall
5. Dave Winters	25:28	31st overall
6. Roger Puckett	25:34	32nd overall
7. Jack Reinking	25:49	33rd overall
8. Jay Osborn	26:14	36th overall
9. Phil Luttmann	26:43	40th overall
10. Jack Seigel	26:48	42nd overall
11. Ray Clark	27:59	58th overall
12. Ed Knouse	29:35	70th overall
13. John Brier	29:44	72nd overall
14. Jack Sprano	29:53	74th overall
15. Chuck Mynett	30:35	79th overall
16. Tom North	30:37	80th overall
17. Bernie Burgette	30:44	82nd overall
18. Rad Lamenzza	31:02	85th overall
19. John Bloom	31:46	89th overall
20. Bruce Cattell	32:27	91st overall
21. Ed Beckner	33:00	96th overall
22. Bill Foley	33:28	100th overall

23. James Norris	33:43	103rd overall
24. Pat Kelley	34:06	107th overall
25. Don Merkler	34:49	114th overall
26. Jerry White	34:51	115th overall
27. Larry Piano	35:11	119th overall
28. Tom Agness	35:12	120th overall
29. Tom Hart	35:18	123rd overall
30. John Goudy	35:45	125th overall

Male 50 - 59

1. Larry Targgart	22:44	12th overall
2. Steve O'Brien	26:54	43rd overall
3. Dick Harnly	27:05	46th overall
4. Ken Clark	27:35	54th overall
5. Bob Loomis	29:26	67th overall
6. Stan Williams	33:59	106th overall
7. Phil Wahls	34:27	111th overall
8. David Myers	34:38	113th overall
9. Clifford Dietrich	34:52	116th overall
10. Melvin Day	35:41	124th overall
11. Chuck Bolyard	35:52	128th overall

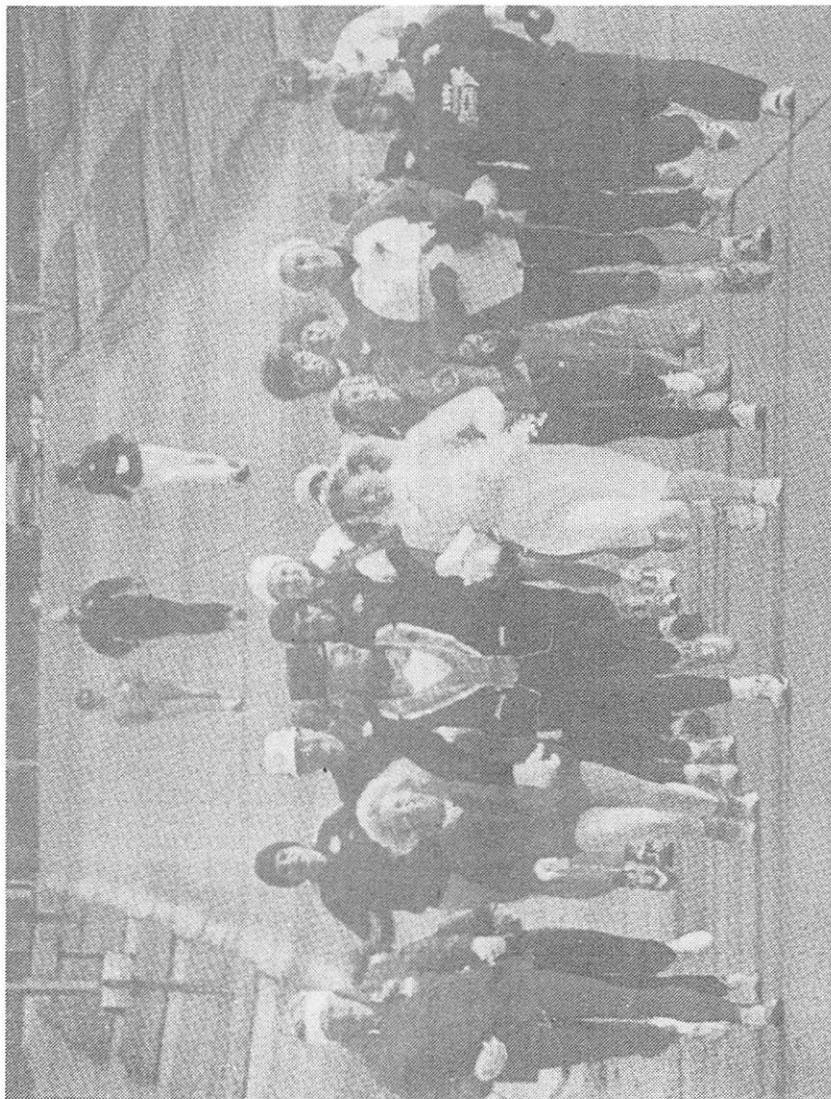
Male 60 & Over

1. Don Anderson	27:19	47th overall
2. Phil Burns	34:15	108th overall
3. J. P. Jones	34:25	110th overall

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 Scrognum 484-8938 or Joyce Butler 749-4646
- 3 Fort Wayne Homestead High School Wednesdays at 5:00 PM Contact John Trelevan 432-5315
- 4 Columbia City at the Court House Sundays at 7:00 AM Contact Mel Hochstettler at 248-8749
- 5 Fort Wayne down town YMCA Saturdays at 7:00 AM Contact Jack Hilker 432-2933
- 6 IPFW Athletic Center Tuesdays and Thursdays at 6:00 PM Saturdays at 9:00AM Contact Jerry Diehl 481-6300

Wedding day run



STAFF PHOTOGRAPH BY AKEMI MIYAMA

Allen Superior Court Judge Robert Hockensmith, wearing top hat, his bride, Joyce Butler, and some of their friends jog down Shell Drive on Sunday morning before their 6 p.m. wedding. Both are

serious marathon runners and met through their hobby. Hockensmith says they decided to host the 5-mile run "because running is such a big part of our lives."



Northeastern Indiana Diabetic Association

WELCOMED!! Contact Judy, Mike or Jerry if interested.
COME CELEBRATE NUTRITION MONTH WITH US!!!

RACE DIRECTOR: Judy Tillapaugh, R.D. - Assisted by Mike Kast and Jerry Diehl.
For more information call 219-424-6723.

DIRECTIONS: Woodside Middle School is located next to Homestead High School at the corner of Homestead and Abote Center Roads.

FEES: 2 mile walk - \$1.00; non-member - \$3.00; No Charge for 1 mile run, 2 mile walk. PLUS: All Runners Are Asked To Bring An Edible Food For Post Run/Walk Enjoyment (NON-ALCOHOLIC). Examples: fruit, pretzels, popcorn, or nutritive cookies. People are also encouraged to bring a non-perishable food for the St. Mary's Soup Kitchen.

* Special bonus for breaking the course records!! 20km Brad Cooper-1990 1:06:49, Chris Cooper-1990 1:19:41, 5 mile run, Mark Sanderson-1990 27:38, Mary Theresa Conolly-1989 32:15.

Ribbons and surprises to all 1 mile run and 2 mile walk participants. age group winners in the 20km and 5 mile runs.
Ribbons and whole bread from Hillers Farm Market to all WILL GET CASA D'ANGELO'S GIFT CERTIFICATES
2ND & 3RD PLACE OVERALL FINISHERS IN THE 20km and 5 MILE EVENT EXERCISE SPECIALIST - WORTH \$100.00
MENT BY LUTHERAN HOSPITAL'S HEALTH PROMOTION SERVICES
1ST PLACE MALE AND FEMALE, 5 MILE RUN--AEROBIC FITNESS ASSESS. EXERCISE SPECIALIST - WORTH \$225.00.
ANALYSIS BY LUTHERAN HOSPITAL'S HEALTH PROMOTION SERVICES
1ST PLACE MALE AND FEMALE, 20km RUN--FULL AEROBIC FITNESS

NUTRITIOUS AND DELICIOUS!

REGISTRATION: After 1:00 p.m., DAY OF RACE ONLY

COURSE: Over the hills and plains of Homestead

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

PLACE: Woodside Middle School, Fort Wayne, IN
Restrooms, water, NO showers

SATURDAY MARCH 16, 1991

EVENTS: 20KM. (12.4 MI), 5 MILE
1 MILE RUNS, 2 MILE WALK
ELEVENTH ANNUAL NUTRA RUNS AND WALK

P.O. BOX 11700
FORT WAYNE, IN 46860

FORT WAYNE
TRACK CLUB



LUTHERAN HOSPITAL OF INDIANA
Health Promotion Services
(219) 458-2345



December 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Training Run Central YMCA 7:00 a.m.
2 Training Run Johnny Appleseed Park 7:30 a.m.	3	4 Training Run IPFW Athletic Center 6:00 pm	5 Training Run Homestead HS 5:00 p.m.	6 Training Run IPFW Athletic Center 6:00 pm	7	8 Just Plain 10K Foster Park 2:00 p.m.
9 Muncie 10 Mile Mitchell School 1:00 p.m.	10	11 Training Run IPFW Athletic Center 6:00 pm	12 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	13 Training Run IPFW Athletic Center 6:00 pm	14	15 Training Run Central YMCA 7:00 a.m.
16 Training Run Johnny Appleseed Park 7:30 a.m.	17	18 Training Run IPFW Athletic Center 6:00 pm	19 Training Run Homestead HS 5:00 p.m.	20 Training Run IPFW Athletic Center 6:00 pm	21	22 Training Run Central YMCA 7:00 a.m.
23 Training Run Johnny Appleseed Park 7:30 a.m.	24	25 CHRISTMAS	26 Training Run Homestead HS 5:00 p.m.	27 Training Run IPFW Athletic Center 6:00 pm	28	29 Training Run Central YMCA 7:00 a.m.
30 Training Run Johnny Appleseed Park 7:30 a.m.	31 New Year's Eve Fun Run 11:00 pm IPFW Athletic Center					

January 1991

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NEW YEAR'S	2 Training Run Homestead HS 5:00 p.m.	3 Training Run IPFW Athletic Center 6:00 pm	4	5 Training Run Central YMCA 7:00 a.m.
6 Training Run Johnny Appleseed Park 7:30 a.m.	7	8 Training Run IPFW Athletic Center 6:00 pm	9 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	10 Training Run IPFW Athletic Center 6:00 pm	11	12 Hash House Run IPFW Athletic Center 9:00 am
13 Training Run Johnny Appleseed Park 7:30 a.m.	14	15 Training Run IPFW Athletic Center 6:00 pm	16 Training Run Homestead HS 5:00 p.m.	17 Training Run IPFW Athletic Center 6:00 pm	18	19 Training Run Central YMCA 7:00 a.m.
20 Training Run Johnny Appleseed Park 7:30 a.m.	21	22 Training Run IPFW Athletic Center 6:00 pm	23 Training Run Homestead HS 5:00 p.m.	24 Training Run IPFW Athletic Center 6:00 pm	25	26 Cross Country Skiing 8:00 am IPFW Athletic Center
27 Training Run Johnny Appleseed Park 7:30 a.m.	28	29 Training Run IPFW Athletic Center 6:00 pm	30 Training Run Homestead HS 5:00 p.m.	31 Training Run IPFW Athletic Center 6:00 pm		

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

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Homestead
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Dwenger
Northrop

Glenbrook Square By the Ice Rink 484-4322

FORT WAYNE TRACK CLUB
BOARD MEETING SUMMARY
OCTOBER 10, 1990 / NOVEMBER 14, 1990

Board members present; Steve Caswell, Mark Brattoli, Judy Tillapaugh, Don Lindley, Ken Disler, Jack Hilker, David Faulkner, Jerry Diehl, Roger & Valerie Puckett, Rob Wyatt, Barb Scrogam, Don Ashton, Herman Buenc, Bob & Judy Hockensmith, and others.

The treasurer's report was given by Don Lindley. The FWTC's account balance looks very good. Special thanks to Mark Brattoli with the rental equipment and Roger Puckett on the newsletter. Major expenses expected for 1991 include: newsletter, print timer, insurance, Indiana Runner ...

Early nominations for officers include;

President: Jerry Diehl Secretary: Herman Bueno

Vice Pres: Rob Wyatt Treasurer: Don Lindley

Nominations are open until the elections are held at the December 12th membership meeting. Decembers meeting will begin with the election of officers followed by snacks and selected Runners Week tapes. All club members are welcome to attend.

Any volunteers to help with the following committiees are welcome !!!!!
(Race Volunteer, Publicity, Advertising, Newsletter, Race Director)

If any club member has material for The Inside Track please send it to Roger Puckett. Any idea for a new cover design can still be sent in. Advertisers are needed for The Inside Track. If you know of any potential advertisers please contact a board member.

A special meeting will be held in early December to work out a schedule of races and running events for 1991. If interested in attending be sure to contact Jerry Diehl. Race Directors !!! Be sure to get your race on the calender early & in the newsletter on time. THE INSIDE TRACK is a bimonthly publication so plan ahead.

Runners Week is still in need of someone or a team of individuals to head up this program. If interested or if you know of anyone with an talent for video please contact a board member.

Problems with this years Summit City 10K were discussed as well as other events the FWTC is involved with. Don Lindley motioned that we form a committiee to decide which Races/Events the FWTC will keep, eliminate, or concentrate our efforts toward for the 1991 season. The motion was approved by all. Any input from club members will be welcome.

Events for 1991 already planned and on the schedule are as follows. Fanny Freezer & FWTC Award s Banquet will be held Feb 16th. Early plans are being worked on by the Northeast Indiana Wellness Council to include a Corporate Challenge to be included as part of the Central Soya 5 Mile Run. Also the Wellness Council & Downtown YMCA may have a training clinic/group program leading up to the race. Judy Tillapaugh is working with others on this project. Any questions, ideas or suggestions are welcome.



ROAD RUNNERS CLUB OF AMERICA

Cold Weather Running

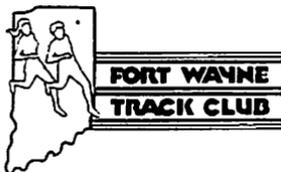
Damien Howell

Chairman of the RRCA Sports Medicine Committee

The onset of winter needn't bring a seasonal halt to a runner's enthusiasm or routines. Outdoor exercise in the winter can be a pleasurable experience. The major risk posed by running in subfreezing air is frostbite and minor irritations to the respiratory tract. With some minor precautions these risks can be eliminated.

1. Wear clothing in layers so that warm air can be trapped between the layers. Depending on the weather conditions, 2 to 4 layers on the trunk and 1 to 2 layers on the legs are appropriate. It is helpful if the outer layers have vents and zippers to allow excess heat to escape as you become warm. On windy days the outer layer should be of wind resistant material.
2. Clothing made of material which carries the sweat away from the body is best, like wool, silk, or "space age" synthetics like polypropylene or polyester. Avoid cotton as it tends to hold the sweat.
3. Hat and gloves are crucial as these regions of the body have a substantial role in the regulation of body temperature. Mittens tend to be warmer than gloves. On very cold days mittens worn over gloves are very effective. Stocking caps or ski masks are desirable. On very windy days goggles or eye glasses can provide additional protection.
4. The outer layer should be light colored and have reflective material if you are running during darker hours. Reflective material works only if there is a light source. Blaze orange becomes poorly visible brown at night. Light colored material is visible even without a strong light source. During snowy days dark colors provide visible contrast and attracts solar energy.
5. Pin to your clothes or shoes emergency identification, preferably of a waterproof material. Let someone know where you are going to run and when you expect to return. Do not run with headphones.
6. Plan your run so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind. Be alert when running in snowy, icy conditions particularly near vehicular traffic.
7. Avoid overdressing. Feel a bit underdressed and chilly as you start, knowing that later as you run in your layered environment the temperature will rise about 20°.

THIS ARTICLE IS A SERVICE FROM THE ROAD RUNNERS CLUB OF AMERICA
IT MAY BE REPRINTED WITH CREDIT TO THE RRCA



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 _____

FORT WAYNE SPORTS MEDICINE - 1990's

Mike McAvoy P.T./A.T.,C.

Have you ever noticed how all newspaper or magazine articles that deal with athletic injuries always come to the conclusion that you need to stretch and strengthen the muscles in the region of the injury. It seems as if the only recommended treatment for athletic injuries is to stretch and strengthen. You go to a sports medicine specialist; one who has spent years of study in the prevention and treatment of orthopedic injuries sustained while engaged in athletic activities, and what does he tell you to do?... Stretch and strengthen.

Well, today I'm going to reveal a new and revolutionary treatment of athletic injuries: increasing flexibility and muscular power.

Let's face it gang, all injuries are the result of stressing the body beyond its capabilities to adapt. Most running related injuries occur gradually as these stresses "add up". You hope the minor pain in your arch that's present only at the last half of your run and during your first steps in the morning, will just go away if ignored. But soon every running step is painful, then pain with every walking step. Congratulations, your are developing a chronic injury.

One of the first steps in any rehabilitation program is to decrease the inflammation that is associated with the injury. The body is doing its best to that end but could always use some help. This may involve ice packs/cups and anti-inflammatory medications including aspirin. At this stage of recovery, a significant decrease in running mileage may be indicated, depending on the severity of the injury. This recommendation is to assist the body in healing and is not meant to be just the all-to-often automatic response of stop running when any pain occurs. Also with the availability of bikes, swimming pools, stair-climbing machines, indoor cross-country skiing machines, and rowing machines, a runners cardiovascular system need not suffer significantly.

Other methods to aid the body in accepting the physical stresses of activity are our old buddies, flexibility and strengthening exercises. If nothing is done to change the physical structure of the injured area, when the previous exercises and stresses are resumed, there is a high probability that the body will revolt and resume the pain.

A final defense for decreasing and preventing chronic injury is achieving and maintaining proper biomechanics. (This is not necessarily the final step, in fact, all of the treatment approaches mentioned previously can be performed concurrently.) Typically, an evaluation of biomechanics of the runner will begin at the feet, and will include evaluation non-weight bearing, standing, walking and running. With the exception of the final paragraph, all of the treatment can be done by the runner without consultation from the medical community. However, if problems persist, do not ignore them and expect the pain to go away; seek the advice of a qualified health professional.

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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Some suggestions to avoid holiday gorging:

Food is a natural accompaniment to the festivities of the holiday season, but the temptations of all the sweets and rich foods are sometimes too much for a health-conscious person to resist. Some pointers to keep in mind:



- Don't approach holiday feasts after fasting all day. A light snack will keep you from gorging when you arrive at a party.
- Never stand at a buffet or hors d'oeuvre table; take one or two items and move across the room to chat with someone. Food isn't as tempting when you are across the room.
- Keep in mind that alcohol does have calories. A shot (1½ ounces) of rye whiskey has 120 calories. If egg nog is served, limit yourself to one punch cup, which has 335 calories. Better yet, have a glass of Perrier or club soda with a twist of lime. A Virgin Mary (a Bloody Mary without liquor) is an excellent dieter's drink.
- If you want to try everything at a buffet, take a fourth or a third of the average serving size.
- Don't overeat or take seconds just to please an insistent hostess.
- Don't use holidays and vacations as an excuse for weight gain.
- Don't eat out without planning; consider the type of restaurant and the alternatives it offers. Also, when dining out, don't order items with sauces, gravies and salad dressings, and ask for side orders so you can control the amount you consume. Choose broiled or grilled meats, not breaded or deep fried.
- Don't neglect exercises and/or physical activity. If you know you've eaten excessively, "exercise it away!"



Remember—calories can add up quickly; even an extra 200 per day will be visually evident on January 2!

HOLIDAY EATING TIPS

Holidays can be devastating to some people's waistline and a dieter's nightmare. The following hints might be helpful if you fall into either of the above categories or if you just want to be more intentional about what you eat. Happy holidays and happy eating!

Cocktail Parties

• Never arrive hungry. Eat a mini-meal before arriving and temptations will be lessened. (Example: meat or cheese and raw vegetable with a low calorie beverage)

• Never arrive early. By the time you arrive, most people will be here and you will have something to do besides eat and drink.

• Cut down on alcohol content by drinking mineral water or a wine spritzer. Avoid holiday drinks.

• Wait as long as you can to go to the buffet tables. Once most people have filled their plates, review the food and pick one meat, one vegetable, and one starch. Don't eat just one of everything.

• Take a salad-size plate if available. It will look filled with less food.

• Don't figure you can eat more because the food is your dinner. It is easy to piece eat 1200 to 1500 calories in one meal.

Calories in Beverages:

White wine (3 1/2 oz.)	80	Whiskey Sour (2 1/2 oz.)	135
Red wine (3 1/2 oz.)	76	Eggnog (4 oz.)	330
Coke (8 oz.)	100	Light Beer (12 oz.)	100
Bloody Mary	130	Regular Beer (12 oz.)	150

Holidays at Home

• If you must eat that dessert you only eat once a year, take a bite for a friend's or eat a small bite you can cut off yourself.

• Avoid sauces, creams, gravies.

• Don't be obliged to eat everything available. If your relatives insist on you eating something, take a small portion but be sure to tell them how good it is.

• Think about what you are eating. Many calories can be eaten without thinking.

• Be sure to do a lot of talking. The more you talk, the less you eat.

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.

December 8, 2:00 p.m. Sat.
JUST PLAIN 10K, J.P. Jones (219) 745-7339
Location: Foster Park, Fort Wayne, IN
Entry fee gift wrapped t-shirt or t-shirts

* December 8, 7 am, Sat.
12TH ANNUAL KENTUCKY 50 MILER, David Powell, (502) 897-5782 (evenings), Louisville, KY.

* December 8, 8:00 a.m. Sat.
14TH ANNUAL ROCKET CITY MARATHON, (205) 881-9077
Harold Tinsley, 8811 Edgehill Dr., Huntsville, AL 35802

* December 8, 10 am, Sat.
JINGLE BELL RUN 5K, IUPUI Natorium, Don Carr, 8163
E. Avery Dr., Indpls, IN 46268 (317) 876-1871

* December 9, 9 am, Sat.
6TH ANNUAL JINGLE BELL RUN 5K, Franklin Park Hall,
Arthritis Foundation, 2659 N. Reynolds, Toledo, OH 43615
(419) 537-0888 - Ruth Allen

December 9, 1 pm, Sun.
MUNCIE TEN, 10 Miles, Mitchell School, John Primer, 5301
Moore Rd., Muncie, IN 47302 (317) 288-8062

December 16, 9 am, Sun.
THE AMBULANCE CHASE 5K, IUPUI Natorium, B. Craig,
11525 Sunset Cove Ln., Indpls., IN 46236 (317) 823-4926

* December 16, 8am, Sun.
BALLY'S/VIC TANNY INDOOR MARATHON, Dave Payette, 2338
Laskey Rd., Toledo, OH 43613 (419) 473-1341 (limit 40)

December 23, 10 am, Sun.
RUN AND SLIDE 5/10K JOG, Pearson Park, Toledo, OH, No fee
and no awards, hot choc & rolls, Fick Garcia (417) 474-0438

December 31, 11:00 p.m. Mon. & Tues.
NEW YEARS EVE RUN, IPFW Athletic Center, Jerry Diehl, (219)
481-6300 Inside & Outdoor Running.
Sponsored by the FWTC and IPFW Cross Country Team

January 5, 9 am, Sat.
ICICLE 5K PREDICTION RUN, Pearson Park, Toledo, OH,
75 cents. One Mile fun run at 8:45, 25 cents. Dick
Corado, (417) 693-0363

January 6, High Noon, Sunday
7th ANNUAL SIBEFIAN EXPRESS 7.6 MILE RUN, Kennekuk PR,
P.O.Box 1701m Danville, IL 61834 (217) 431-4243

January 13, 2pm, Sun.
DAVE'S RUNNING SHOP 10-MILE SHOE RACE, Delta High School
Delta, OH. Awards long sleeve shirts & Merchandise. Dave
and Sandy Mason (419) 822-3498

January 19, _____ Sat.
SYRACUSE, IN, Brian Shepherd, 511 Lincoln Way, Ligonier, IN
46767 (219) 894-4638

January 19, 2pm Sat.
FLURRY SCURRY 8K, Duneland YMCA, Mary Ann Daum, 215
Roosevelt St., Chesterton, IN 46304 (219) 926-4204

January 27, 11 am. Sun.
DOUGHNUT DASH 5/10K PREDICTION RUNS, Pearson Park, \$1.00
with doughnuts to all runners. Denny & Sue Robinson
(419) 385-7888

February 10, 9 am, Sun.
14TH ANNUAL BLIZZARD BREAKFAST RUN, 3/9 Mile Prediction
Runs. The new Rossford Recreation Bldg., Dixie Highway,
next to Fifth Third Bank. \$2.00 includes breakfast.
Pam Graver, (419) 691-6064

////////////////////////////////////
February 16, 2 pm, Sat.
Fanny Freezer, Foster Park, Sponsored by the FWTC
////////////////////////////////////

March 3, 2pm, Sun.
24TH ANNUAL CHURCHHILL'S HALF MARATHON, Race course to be
announced. Walt Churchhill, Jr., or Sue Garby (419) 822-
0051

////////////////////////////////////
March 16, 2 pm, Sat.
NUTRA RUNS, 20K, 5M, 1M
Woodside School, Judy Tillapaugh (219) 424-6723
Sponsored by the FWTC
////////////////////////////////////

September 7, Sat, 7:30 am
ROANOKE FALL FESTIVAL 5 MILE, David Winters, (219)
482-4277; 1-mile Fun Run 8:30 am

* Contact Don Lindley for applications.

BLISTER SALVE

1. A & D Ointment
 2. Vaseline
 3. Desitin Ointment
- Mix these three ingredients into equal parts and add to them equal parts of the next two ingredients.

1. Vitamin E Cream
2. Aloe Vera Cream

Consistency of the salve will depend on the amounts of vitamin E cream and Aloe Cream you use. If you want it thinner use more, thicker use less. I personally find that mixing all parts equal works just fine. To use the for the best results do the following. Grease your feet extra heavy the night before your big race and go to bed with your socks on. The next morning shower as usual and apply again before the race. I and several of my fellow runners have tried this formula several times including 50 and 100 mile runs. If you have any questions feel free to call me. 489-8868

TRY IT YOU'LL LIKE IT. Roger Puckett

CALLITHUMPIAN CANTER 5K CROSS COUNTRY RESULTS - Oct. 28,1990 - Decatur, Ind.

<u>Overall Place</u>	<u>Name</u>	<u>Place in age div.</u>	<u>Time</u>
1.	Brian Shepherd	overall 1	16:15.4
2.	Mark Sanderson	overall 2	16:16.5
3.	Jerry Williams,Jr.	overall 3	16:27.3
4.	Randy Hisner	overall 4	16:38.7
5.	Gary Williams	overall 5	16:53.5
6.	Tim OConnell	M30-34/ 1	17:23.1
7.	Dan Green	M35-39/ 1	17:31.6
8.	Tim Reusser	M35-39/ 2	17:36.5
9.	Carl Risch	M30-34/ 2	17:40.6
10.	Phil Suelzer	M35-39/ 3	18:13.0
11.	Larry Targgart	M40-49/ 1	18:15.3
12.	Ken Swales	M25-29/ 1	18:21.8
13.	Dion Jordan	M14-18/ 1	18:36.1
14.	Bob Milton	M40-49/ 2	18:44.4
15.	Rick Gilbert	M30-34/ 3	18:52.0
16.	Patrick Rice	M25-29/ 2	18:58.1
17.	Michael Clay	M30-34/ 4	19:01.5
18.	Jason Osborn	M14-18/ 2	19:06.8
19.	Todd Johnson	M14-18/ 3	19:24.2
20.	Tom Titus	M14-18/ 4	19:25.4
21.	Gordon Denny	M35-39/ 4	19:38.2
22.	Bernie Motycka	M40-49/ 3	19:59.4
23.	Brian Milton	M14-18/ 5	20:08.7
24.	Amy Yoder	overall 1 - Female	20:09.5
25.	Jay Osborn	M40-49/ 4	20:24.1
26.	Sarah Carter	overall 2 - Female	20:47.9
27.	Kent Merritt	M14-18/ 6	20:51.5
28.	Brad Thomas	M14-18/ 7	21:01.1
29.	James Hexamer	M30-34/ 5	21:24.5
30.	Chris McKinney	M13&am/ 1	21:32.7
31.	Mike Yoder	M40-49/ 5	21:44.1
32.	Katie Park	overall 3 - Female	21:45.7
33.	Glenn Moore	M50-59/ 1	21:46.1
34.	Lisa Roller	F14-18/ 1	21:55.3
35.	Norval Lehman	M40-49/ 6	22:00.4
36.	Ryan Johnson	M13&am/ 2	22:17.4
37.	Pat Bailey	M14-18/ 8	22:36.8
38.	Edwin Knouse	M40-49/ 7	22:37.6
39.	Julie Manger	F33-39/ 1	22:40.5
40.	Trent Gump	M14-18/ 9	22:42.2
41.	Georgie Allen	F40+/ 1	23:00.8
42.	George Springer	M14-18/ 10	23:13.1
43.	Bob Dahl	M35-39/ 5	23:19.5
44.	Charles Swales	M50-59/ 2	23:32.4
45.	Andrew Tyler	M13&am/ 3	23:35.6
46.	Mark Swincher	M25-29/ 3	23:37.4
47.	Gary Selking	M25-29/ 4	23:43.6
48.	Bob Loomis	M50-59/ 3	23:48.1
49.	Rick Lichtenberger	M35-39/ 6	23:58.5
50.	Dana Budd	M35-39/ 7	24:17.9

CALLITHUMPIAN CANTER 5K CROSS COUNTRY RESULTS - cont.

<u>Overall Place</u>	<u>Name</u>	<u>Place in age div.</u>	<u>Time</u>
51.	Jim Rice	M60+/ 1	24:24.7
52.	Masakazu Ichikawa	M14-18/ 11	24:37.0
53.	Ken Disler	M60+/ 2	24:39.3
54.	Tammy Gilbert	F13&un/ 1	24:40.1
55.	Marcia Yoder	F13&un/ 2	25:30.9
56.	Dean B. Sharp	M40-49/ 8	26:04.6
57.	Bill Sanderson	M35-39/ 8	26:05.9
58.	Seth Ziegel	M14-18/ 12	26:15.9
59.	Craig Miller	M50-59/ 4	26:24.3
60.	Don Merkler	M40-49/ 9	27:01.8
61.	David Myers	M50-59/ 5	27:21.6
62.	Robin Ashby	F13&un/ 3	27:47.8
63.	J.P.Jones	M60+/ 3	28:09.2
64.	Jean Coltrain	F33-39/ 2	28:32.5
65.	Tom Coltrain	M35-39/ 9	28:33.3
66.	Jill Ash	F26-32/ 1	28:51.0
67.	Bill Sohaski	M50-59/ 6	28:51.7
68.	Flavia Titus	F26-32/ 2	28:55.3
69.	Belinda Sharp	F40+/ 2	28:58.8
70.	Sandra Hartman	F26-32/ 3	30:52.7
71.	Sue Myers	F40+/ 3	32:09.6
72.	Angie Hirschy	F26-32/ 4	32:13.8
73.	Sharon Pauley (Funerella Van Witch)	F40+/ 4	60:52

CALLITHUMPIAN CANTER 1-MILE FUN RUN RESULTS - Oct. 28,1990 - Decatur, Ind.

<u>Place</u>	<u>Name</u>	<u>Male or Female</u>	<u>Time</u>
1.	Aaron Ingram	M	5:31.2
2.	Ryan Lengerich	M	6:03.6
3.	Ben Fenstermaker	M	7:08.8
4.	Ryan Gibson	M	7:27.7
5.	Binegar, Luke	M	7:29.5
6.	Binegar, John E.	M	7:30.1
7.	Jill Fenstermaker	F 1	7:31.7
8.	Cris Merritt	M	7:54.0
9.	Emmy Bailey	F	8:05.5
10.	Brooke Dahl	F	8:06.0
11.	Erick Braun	M	8:54.5
12.	Justin Geimer	M	8:59.8
13.	David Gibson	M	9:06.1
14.	Jenny Friedt	F	9:18.7
15.	Ryan Hisner	M	9:30.8
16.	Molly Merkler	F	9:44.3
17.	Nathan Clay	M	9:45.1
18.	Matt Merkler	M	10:09.8
19.	Brandy Geimer	F	10:12.0
20.	Todd Hoy	M	10:42.5
21.	Eric Hisner	M	10:46.4
22.	Christopher Hoy	M	10:47.2
23.	Matthew Braun	M	10:55.6
24.	Steve Braun	M	11:01.4
25.	Ross Green	M	11:03.2

FORT WAYNE TRACK CLUB HILLY FOUR
SATURDAY, NOVEMBER 3, 1990
HOMESTEAD HIGH SCHOOL
4 MILE RUN

P1	Name	Time
1.	DONALD BASHOR	22:53
2.	GARY DEXHEIMER	23:19
3.	KEN KING	23:40
4.	TERRY COONAN	24:06
5.	LARRY AVERBECK	25:30
6.	DAVE BOYLAN	25:36
7.	RODGER PUCKETT	25:51
8.	DON FORD	26:26
9.	DICK HARNLY	27:16
10.	TOM FELGER	27:25
11.	MIKE DONLAN	27:41
12.	DON ANDERSON	27:59
13.	GREG LAWRENCE	28:35
14.	CRAIG FELGER	29:29
15.	MEL HOCKSTETTLER	29:31
16.	LORRAINE FOX	29:54
17.	KENT LOOMIS	30:07
18.	BOB LOOMIS	30:09
19.	JOAN GARY	30:14
20.	JEREMY FORD	30:54
21.	JOHN STURTEVANT	30:55
22.	KEN DISLER	34:42
23.	PHIL BURNS	35:11
24.	J.P. JONES	35:40

WALKERS

1.	SHARON PAULEY	70:09
2.	BARBARA BRAUN	70:10

EVERYONE HAD A GOOD TIME DURING A NICE SUNNY WARM DAY. PIES WERE THE AWARDS FOR THE DAY THAT EVERYONE ENJOYED. MANY THANKS TO ALL THOSE THAT VOLUNTEERED. JERRY DIEHL, MICHAEL KAST, JUDY TILLAFAUGH, NORM WHISLER, BOB & SHARON PAULEY, & DON, ROSANN, & MICHAEL LINDLEY.

IPFW SCHOLARSHIP FUND RUN

5K Cross Country Race

Indiana-Purdue University Fort Wayne

October 27, 1990

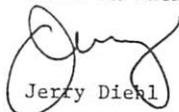
Overall Results

1.	Tim Zumbaugh	19:03
2.	Paul Knott	19:19
3.	Mike Lindley	19:33
4.	Rich Woodmansee	19:52
5.	Rob Wyatt	20:21
6.	Mei Hockstetler	21:48

7. Mike Donlan	21:51
8. Dick Harnly	22:23
9. Craig Felger	22:46
10. Don Anderson	23:02
11. Greg Lawrence	23:25
12. Bill Foley	24:03
13. Gary Selking	24:11
14. Dana Budd	24:21
15. Lorraine Fox	24:34
16. Larry Lee	25:02
17. Bob Loomis	25:29
18. Heather Chalmers	25:46
19. Ken Disler	26:41
20. J. P. Jones	27:56
21. Phil Burns	28:46
22. Brion Bertsch	29:48

I would like to thank all of the runners who came out to support our cross country teams, and the Fort Wayne Track Club for all their help, Don Lindley, Mike Kast, Judy Tillapaugh, Dave Faulkner, and others. Without the FWTC to help at these events, it would be very difficult to put on a quality event, thanks again for all your help.

Yours in fitness and health,



Jerry Diehl
IPFW Cross Country Coach

CHILDREN'S RUNNING-- *A GUIDE FOR PARENTS AND KIDS*

GIVE A CHILD A GIFT OF HEALTH AND FITNESS FOR CHRISTMAS AND 1991

Published in 1989 for both parents and children, the booklet answers numerous questions that will help kids enjoy the sport that so many adults have discovered over the years: How safe is running? What equipment do I need? Should I run alone or with a group? How far should I run? "Numerous studies have shown that children in the United States are unfit and sedentary, more apt to tune into TV than exercise. The RRCA published this booklet in the hopes that kids will try non competitive running and a tiny seed will be sown for the joy of this sport and the better health of our future generations," says Henley Gibble, RRCA Executive Director.

This booklet is available by sending \$1.50 to :

RRCA NATIONAL OFFICE
629 SOUTH WASHINGTON ST.
ALEXANDRIA, VA 22314

SEE OTHER SIDE FOR BULK RATES



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 Scrognum 484-8938 or Joyce Butler 749-4646
- 3 Fort Wayne Homestead High School Wednesdays at 5:00 PM Contact John Trelevan 432-5315
- 4 Columbia City at the Court House Sundays at 7:00 AM Contact Mel Hochstettler at 248-8749
- 5 Fort Wayne down town YMCA Saturdays at 7:00 AM Contact Jack Hilker 432-2933
- 6 IPFW Athletic Center Tuesdays and Thursdays at 6:00 PM Saturdays at 9:00AM Contact Jerry Diehl 481-6300

Jamison
Meats

484-4158

CATERING

HOT OR COLD ENTRIES FOR ANY NUMBER

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

3423 NORTH ANTHONY

My name is Michael Baker and I'm a member of the Fort Wayne Track Club. I am a sophomore at Carroll High School and just earned my second varsity letter in cross country. Last summer I spent a week at a cross country camp run by the cross country coach of Carmel High School. Coach Koeppen has been named coach of an International Sports Exchange team that is going to compete against China. I have been invited to participate on the I. S. E. Indiana Road Running Team. We will be competing in Shanghai, China over my Christmas vacation this year. My parents think I would win the distance travelled to run in a 5K event if one were given by the Track Club this year. When I return I will write again to tell you how we did.

I am also looking for some help to raise my share of the trip cost. If you know of anyone who might be interested could you please show them this letter? I would be happy to meet with anyone so they could get to know me as a person. For more information or if there are any questions, I can be reached at home after 6PM most evenings at 637-6026.

Thank you very much.

Sincerely,

Michael Baker

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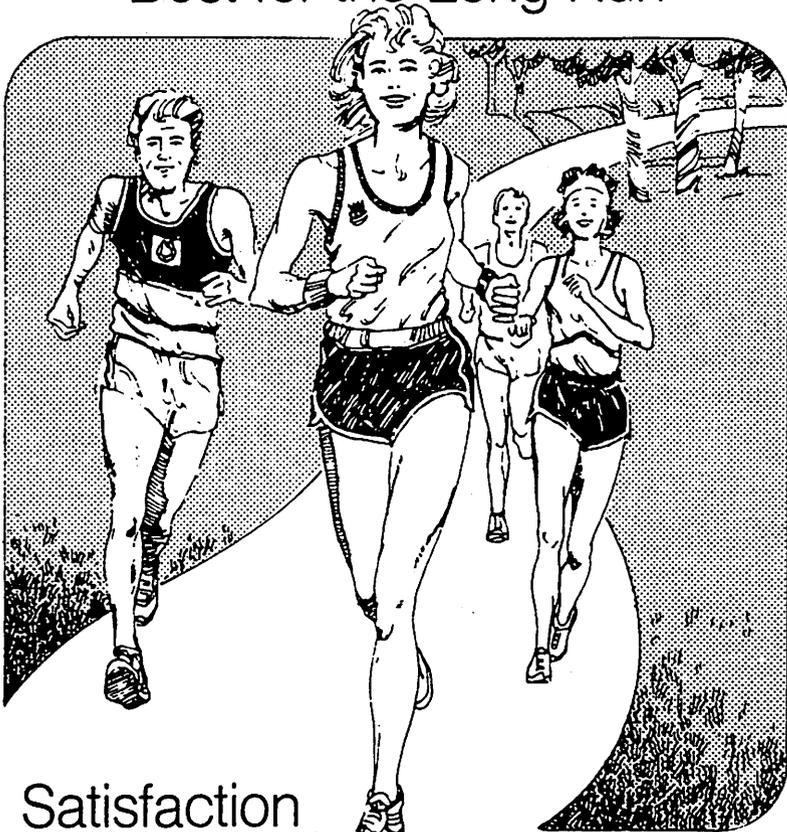
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Coming Events

FANNY FREEZER 5K

February 16, 1991
Foster Park — 2 p.m.

NEW YEAR'S EVE RUN

Start out the New Year with a fun run. Come run with us at I.P.F.W. Athletic Center 11:00 p.m. to midnight. Bring some munchies and drink for after the run. You can either run inside or outside. Come join us. See you there.

F.W.T.C. President
Jerry Diehl

The December board meeting on the 12th will include the annual election of officers. There will be a small social get together afterwards with some tapes being shown from runners week. Please attend and cast your vote for your favorite officers.

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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