

Bryan Sponseller & Doug Sundling share the lead in the TV-33/Hook's Marathon



the inside track
NEWSLETTER OF THE FORT WAYNE TRACK CLUB

JUNE 1985

FORT WAYNE TRACK CLUB

FORT WAYNE TRACK CLUB
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 ADVERTISEMENT RATES FOR THE "INSIDE
 TRACK" ARE: $\frac{1}{4}$ PAGE \$ 22.50
 $\frac{1}{2}$ PAGE \$ 35.00
 1 PAGE \$ 50.00

Don't forget the Wednesday night
Fun Run every Wednesday night at
Foster Park near the volleyball
courts at 6PM Sharp.

Don't forget to tune into "Runner's
Week" with Tim Fleming every Wednesday
Evening at 8PM on Channel 10

I am asking all contributors to type
their columns 2 and 5/8 inches wide.
This saves me a lot of work! If you
don't have a typewriter or if yours
isn't working up to par, send me
your neat handwritten copy and I'll
gladly type it for ya.
This includes all race results from
all race directors. THANKS!



TV-33/Hook's wheelchair
victor

INSIDE "THE INSIDE TRACK" THIS MONTH YOU MAY FIND (AND MANY THANKS TO THE
FOLLOWING PEOPLE FOR THEIR EXCELLENT CONTRIBUTIONS).....
 Prez Robbins wants us to get back to basics. He wants to 'Thank' some people
too and is already wanting you to think of good candidates for next fall's
club elections.....Editor Mazock rambles forever about the beauty of our
past spring and approaching summer.....(He also ends his series-THE MAZOCK
SYSTEM- with tips on post marathon running.....We got Boston Marathon result
Doug Sundling wrote 2 fine articles-1 before the marathon and 1 after....
 We got race ads for The FLAT/FLAT Out AND BACK (Hilly 4 replacement) AND
The Chain O' Lakes Classic AND The Diet Pepsi 10K....We got the Prediction
Run's results...An ad from Denny's Bike Shop.....Prez Robbins gives us an
UPDATE on Greg Orman....There ads for Shurtz Unlimited..Maumee Valley
Associates..Carpetland..FWTC merchandise..Watermeisters..Woodburn 10K Race..
 Judy Tillapaugh wants to know if you are "FIT or FAT" (If you're like me-
You're BOTH).....Karen Perrin compliments Lindley's aid stations.....And
then there's Louck's humongous race schedule.....There's also Glasper's
Bored minutes.....Thanks to Dave Fairchild, Tom Loucks, Don Lindley, Karen
Perrin and Clem Getty? for all the fine photography.....It simply amazing
all the junk one can find in this newsletter.(Especially if you know where
to look!) HOPE YOU ENJOY THIS STUFF

This issue of the newsletter is
a tad late (perhaps) in order to
cover our marathon in this issue
instead of waiting until July

Don't forget our club's runs this
month:
The Flat/Flat Out And Back at FOSTER
PARK.....And Turtle Days in 'Busco.



The FWTC's Boston Bunch at Boston



Bill Rodgers congratulates Dave Luetschilling for
his fine Boston performance



Editor's Run

by JERRY MAZOCK



ALL THE WAY
FROM THE
PLAINS OF
SUNDERLAND
COMES.....

-Thanks-

Thanks are due all the FWIC people who helped make the 11th TV-33/Hooks Marathon another success. Many people helped Don Lindley with the aid stations, Chuck DeVault with course timing/spotting, Mary Sohaski, Don Goldner and Mike and Deb Glasper with the Hospitality Room and Norm Spitzig with the spaghetti dinner.

-And More Thanks-

Special thanks are also due John Treleven who coordinated the FWIC involvement with the marathon, Jim Anderson for a lot of hours of work measuring and mapping and securing recertification for both the marathon course and a calibration course to be used to recertify additional courses and Danny Widman and Debbie Bloom for handling the finish line. Without the special efforts of all the FWIC volunteers this great marathon would not be possible.

-Elections-

Though annual elections are a number of months away, it is not too early to start thinking about nominations. If you are interested in an office or know of someone who is, please let me know. The more names the nominating committee has to consider, the more effective job they can do.

Running

BOSTON MARATHON

FORT WAYNE, AREA RUNNERS WOMEN

Betty Hite-Nelson, Columbia City, 15th, 2:55:38
Evelyn Leiter, Bourbon, 101th, 3:17:26
Ann Jamison, Leo, 105th overall, 3:18:17
Sue Carnes, Fort Wayne, 201st, 3:28:10
Sharon Getty, Fort Wayne, no place listed, 3:54:00
Judy Tilapaugh, Fort Wayne, 86th, 3:12:28
Joyce Wotters, no time or place listed
MEN
David Ruetschilling, 2,082th, 3:21:29
John Treleven, 2,387th, 3:27:41
Don Lindley, 2,409th, 3:28:10
Tony Close, 3:38:00, no place listed
Clem Getty 3:38:00, no place listed
Ray Sisbrel 3:40:00, no place listed
Tim Bowman, no time or place listed
Jay Jamison, no time or place listed

President's News and Views by: Mike Robbins

-Expectations-

It seems runners continue to expect more and more from each race in which they participate. Regardless of size, entry fee, cause or rationale, many runners demand precise splits, mile marks, elaborate aid and sundry amenities. Too often complaints about the shirts, the course or the treatment overwhelm the true purpose of the event. Though all races and race directors should provide exactly what they advertize, the traditional runner's spirit of rugged individualism appears often to have been replaced by one of wimpism. Why should runners expect perfection from everyone and everything but themselves? And then weep if it's not there? There would be far greater understanding of the efforts necessary to provide a race if everyone had to assist a race director in some capacity before ever toeing the starting line as a participant. Let's bring our expectations back to basics and approach running and racing for the simple, enjoyable sport that it is. Leave the tinsel to others.

-Example-

A good example of the type of run we need more of is the annual pre-marathon prediction run. This is a "race" in which everyone competes exclusively against his or her own goals. No age groups or the like; just "did you do what you said you would?" Thanks to Don and Roseann Lindley for again making this race available to us.

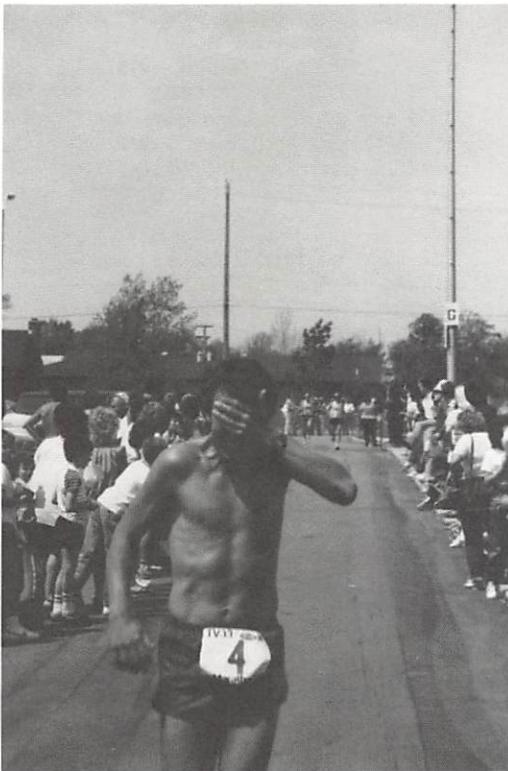
What a spring we had! What a great marathon! What a summer we're gonna have! Enjoy it!

HEAR YE HEAR YOU

THE MAZOCK SYSTEM FOR THE REST OF THE YEAR:

1. get fat
2. taper mileage drastically
3. train for Mazock's CHUG-A-LUG 10K Saturday August 17th 4PM

Interested in training for this event? Send \$ 29.95 and a case of Fud Lite to the Editor of this magazine who, in turn will see that you get 12 issues of "Chuggers World."



Editor Jerry Mazock can't believe he finished the TV-33/Hook's Marathon. He fried his brain for 3 hours-25 minutes and 55 seconds.



PREPARING FOR THE MARATHON
by Doug Sundling

I realize Jerry would want an article written after the TV 33/Hooks Marathon had been run, but with the last 2 weeks of Spring Quarter at Ball State University bearing down on me after May 5, I wouldn't have the time to write a column. So, I offer these pre-marathon reflections.

When I made the decision to return to Ball State last year to pursue graduate work, putting myself on both sides of the desk as instructor and student, I leaped out of a pond of tranquility into some of life's whitewaters.

Gone was the even-tempered, daily work routine. Gone was the conservative complacency of a small town environment. Gone was the social blanket of peers, friends, and associates who have settled into a place in life.

In that environment, running had become one of the main sources of challenge, of stimulation, a means to promote a sensation of growth that I seem to need.

Life at Ball State has become a cycle of up's-&-down's, roller coasted along by deadlines and an irregular daily routine which somehow tries to even into a sensible weekly pattern. Youthful ignorance of resignation has surrounded me with a world of questioning, of ideas, of mental and spiritual bantering, of growing. The social security blanket here is a magic carpet ride that flies in any direction.

And running no longer provides the badly-needed challenge. It has become more so the badly-needed outlet from all the other challenges. But, in January, I made the commitment to pursue the challenge of the TV 33/Hooks Marathon.

I knew May 5 fell on the Sunday in the next-to-last week in Spring Quarter. That meant I'd be training with a lot of deadlines and responsibilities competing for my energies. I have never been able to train competitively while pursuing college studies. So, why bother with a marathon?

"Why kill yourself?" more than one friend has asked.

"Because."

I can appreciate the married runner who has a family to be responsible for and who can still be a competitive runner. The combination of training for a marathon and of my academic responsibilities can easily grind me into the main ingredient for Hamburger Helper.

Of course, sitting in the Chug-a-Mug Bar on a Friday night discussing the relevancy of existentialism, the idolization of dead rock stars, what makes God "god", and the great myth of the American socio-economic system doesn't necessarily help one's training either.

Life at college moves in a fast lane, often in the same lane which competitive training runs in also.

But this time it's been different.

Maybe it's because of maturity. Maybe stupidity. Maybe whatever. But, so far, training has been good, although there's been moments I've wondered about that observation, "Why kill yourself?"



Doug Sundling finishing 2nd in the TV-33/Hooks Marathon in a fine PR

Most of March I went through my annual re-adjustment to long-distance training. Last year my left calf had persisted in being sore and tight for over a month. This year the right calf decided to take its turn.

In mid-March I run my first serious 1600M interval workout and it was drizzling bits of hail which, before the workout ends, turned to rain. I reminded myself more than once during that workout of Master Mazock's zen advice that one must constantly remind oneself of the rewards of discipline on May 5. But, then again, Master Mazock isn't training this year either.

There after followed the Homestead 20KM in which I found myself wrapped around by gray overcast and wondering for the first 8 miles into a stiff west wind why I was bothering to push myself in such conditions. The 5:30 pace the last 4 miles with the wind at my back certainly brightened my sense that these efforts made some strange sense.

My first big 20-mile workout was scheduled for Sunday, March 24, and March 24 was to be a come-down from a lot of deadlines which meant I was to be sick for a couple days. By Saturday, my throat was beginning to burn and I stopped eating. When I woke up the next morning, my throat was sore and gunk was pouring out of my throat and nose. So, no 20-mile training run today, right?

I like to find limits. So, I wanted to see what my limits were. Something had to break in 20 miles: either me or the throat. At mile 12 of the 20-mile run, the sore throat finally broke. I ran the 20 miles in about 2 hours & 7 minutes. Not bad for running on empty and sick. And at the end of having run 20 miles without any water, I was still spitting saliva and snot was still running out of my nose. The capacity of the human body to perform still amazes me as I continue to pursue running.

"Why kill yourself?" right?

March 28 -- 70°F weather.

April 5 -- downpour & thunderstorm as I ran flights of stairs at Ball State Stadium.

April 7 & 8 -- S-N-O-W ! ! !

April 11 -- the nice 50 - 60°F weather sets in.

April 18 -- 80°F ! ! !

I loved that infusion of warm weather. Loved it. But at the NAVL 15 KM on April 20, I began to feel the separation of my physical condition and the effects of stress on my insides. College life stress goes in cycles of peaks & valleys, and life had gotten proportionally boulder-laden over the 2 weeks up to the race. When I decided at mile 4 to put a little surge on the William brothers, I thought that I'd just drop the pace a few seconds and keep on rolling.

That's what I thought I felt like doing.

That's not what my body felt like doing. Something deep within wouldn't respond, so the rest of the race became a mental struggle of maintaining my initial pace.

At the end of the race, I recognized what I would have to do to be prepared by May 5. So, naturally, for the next several days my legs decide that it's time to feel like wood whenever I ran.

But, that seems to be the norm for the two weeks before a marathon. My body seems to have this behavior pattern it programs itself to in preparation for a marathon. Feeling wooden for several days seems to be one trait. My body didn't appreciate the 4 dark beers I put away the night after the NAVL 15KM; for some reason, the body knows when it needs to stay de-toxified. I started becoming lethargic towards doing any non-essential thing.

I even warned those close to me to be leary of me for the two weeks before this marathon. A marathoner, especially the week before a marathon, can be a bear.

"So, you're all edgy because of some marathon, uh? What do you expect to run?"

"I really won't know till mile 10. If I feel springing and good at mile 10, I'll finish in good shape. If at mile 15, I still feel like racing, then I'll finish in better shape. If at mile 20, I feel a strong 10KM left in me, I'll run a very good marathon."

For most non-runners, that kind of response isn't concise enough, like, "I'll break 3 hours" or "I'll finish in the top 50."

I know from experience that I can't say a response like that

and mean it. Anything can happen during a marathon, so I often return an ambiguous, "We'll see."

"Well, good luck."

Luck? Is there luck in a marathon?

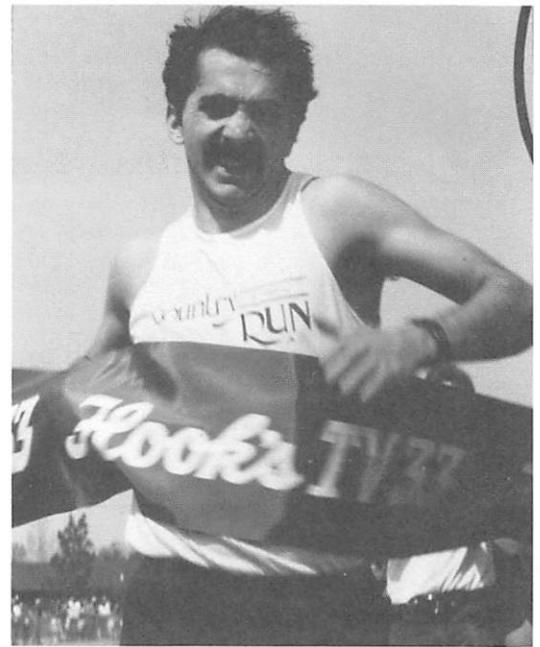
"Thanks, but what will be, will be."

In a way there is a lot of luck involved. Have your hard training days fallen on days of good weather or lousy weather? What kind of competition shows up? Did an unexpected responsibility or obligation divert you recently? Did the wheel of fate intersect your path of life and run over your foot in some manner?

And in a way, what will be, will be. I can only be as prepared as I can be and then perform the best I possibly can do within my limitations.

Of course, a beautiful day of 50°F morning weather with a gentle breeze would certainly improve "what will be."

It's been a long journey to May 5, these first few months of 1985, and what ever the outcome of the marathon, my performance will be just the ending of a journey that will probably continue on toward something else. I have gained wisdom of this body and been amazed at what it has been able to do. A strong showing May 5 at the prestigious TV 33/Hooks Marathon would be nice, but it's what I gained from the journey to get there that is a trophy which cannot be awarded.



Bryan Sponseller winning the TV-33 Hooks Marathon



TV-33/Hook's wheelchair victor

"FLAT/FLAT
JUNE 22 8AM
Foster Park near club house
FWTC POINTS RACE
(YOU MAY RUN A PR here!)

FWTC
4 mile points
RACE

OUT AND BACK"

This event replaces the Hilly 4

See ya there!

SEE IF YOU CAN RUN
ALL THE WAY UP THE HILL
AT 3 1/2 miles

Fort Wayne Track Club
13.1 Mile Prediction Run
April 28, 1985

SEE "STORY"

Name	Prediction	Actual	Differ	Overall
1. Dennis Kroells	1:26:10	1:26:05	:05	7
2. Jack Hamilton	1:37:30	1:37:22	:08	17
3. Mike Robbins	1:31:00	1:30:52	:08	12
4. Mike Zurzolo	1:33:58	1:34:08	:10	13
5. Al Henkel	1:44:00	1:44:11	:11	29
6. Kenton Kinf	1:40:00	1:39:47	:13	19
7. Johni Rasmussen	1:42:55	1:42:41	:14	25
8. Ray Sibrel	1:36:29	1:36:51	:22	16
9. Mark Brattoli	1:30:00	1:30:32	:32	11
10. Tammy Robinson	1:50:00	1:49:15	:45	34
11. Terry Campbell	1:50:00	1:49:13	:47	33
12. John Treleaven	1:29:12	1:28:23	:49	10
13. Pail Wisniewski	1:42:20	1:41:22	:58	22
14. Wendell Adams	1:50:15	1:49:16	:59	35
15. David Milner	1:45:00	1:46:00	1:00	31
16. J. P. Jones	2:60:00	1:59:49	1:11	40
17. Ron Wurst	1:35:00	1:36:42	1:42	15
18. Dan Kaufman	1:26:30	1:28:22	1:52	9
19. Tom Yoder	1:23:00	1:21:02	1:58	1
20. Joan Goldner	1:40:00	1:41:59	1:59	23
21. Terry Coonan	1:35:30	1:37:30	2:00	18
22. Steve Ray Smith	1:29:00	1:26:23	2:37	8
23. Steve Goldwaite	1:45:00	1:42:03	2:57	24
24. Myron Meyer	1:38:15	1:35:05	3:10	14
25. Ruetschilling	1:25:12	1:21:36	3:36	2
26. Joe Brooks	1:57:00	1:53:18	3:42	39
27. Don Tardiff	1:29:00	1:25:14	3:46	5
28. Donald Miner	1:50:00	1:43:15	6:45	28
29. Doug Crawford	1:29:20	1:22:18	7:02	3
30. Cliff Ditto	1:50:00	1:42:55	7:05	26
31. Gall Meister	2:00:00	1:52:34	7:26	38
32. Bob Swinehart	1:34:30	1:26:05	8:25	6
33. Don Jantz	1:50:00	1:41:19	8:41	20
34. Phil Burns	2:00:00	1:51:17	8:43	37
35. Jay Goldner	2:00:00	1:50:53	9:07	36
36. Curtis Nold	2:00:00	1:48:20	11:40	32
37. Vickie Harvey	1:57:00	1:43:10	13:50	27
38. Ray Gilbert	2:00:00	1:45:48	14:12	30
39. Larry Lee	1:56:00	1:41:20	14:40	21
40. Sharon Pauley	3:00:00	3:15:00	15:00	41
41. Jerry Mazock	2:07:10	1:24:44	42:26	4
42. HORACE AYOYO	56:19	2:07:10	1:10:49	40

PEUGEOT starting at \$189

AFFORDABLE LUXURY

at

DENNY'S BIKE SHOP
3496 N. CLINTON
FORT WAYNE, IN 46805

"STORY"

Again, the FWTC Prediction Run was a success. There were a total of 47 runners EXCLUDING Horace Ayoyo. Dennis Kroells won his first race ever and Tom Yoder and Dave Ruetschilling each had a super run. The weather was ideal for all those that finished the 13.1 miles and 8 miles for those who wanted to get to church early. Many thanks to all those who pitched in and helped.

Sincerely, Don Lindley



Betty Nelson wins her 3rd TV-33/Hook's Marathon.



Rock Weitzug waves to his many fans along the marathon route. Rock and Jerry Mazock did very well in the "Old Timers All Star" category in this race.

CHAIN O'LAKES CLASSIC

WHAT - 15 Kilometer - 9.3 miles
5 Kilometer - 3.1 miles

WHEN - June 8, 1985 8:00 a.m.

WHERE - Valley View Baseball Park - Road 8 West, Albion, Indiana

DIVISIONS
(Men & Women)

Under 14	35 - 39
15 - 19	40 - 44
20 - 24	45 - 49
25 - 29	50 & Over
30 - 34	

AWARDS: Trophies to first three finishers in each race (men & women)
\$25 Gift certificate to overall winner in each race (men & women)
12 \$15 Gift certificates to be drawn at random (6 men 6 women)

To receive a shirt and be eligible for \$15 gift certificates,
your entry must be received by June 4.

FEE: \$5.00 - Registration and same day registration will be from 6:30-7:30.
Same day registrants are not eligible for \$15 gift certificates
and will not receive a shirt.

For further information contact Jim Teegardin (219)636-7829

MAIL ENTRY FORM by June 4 to:

Jim Teegardin, Chain O'Lakes Classic.
303 E. Main Street, Albion, IN 46701

Make checks payable to
"Jim Teegardin"

Name _____ Date of Birth _____

Address _____ Age _____ Sex _____

City _____ State _____ Zip Code _____

Shirt Size: S(36-38) _____ M(40-42) _____ L(44-46) _____ XL(48-50) _____
(Adult)

I wish to enter the 15 Kilometer _____

I wish to enter the 5 Kilometer _____

I will not hold the Chain O'Lakes Classic, its staff or volunteers
liable for accident or injury prior to, during, or after the race.

Signature _____

If under 18, parent or guardian must sign here _____

THIS FORM MAY BE DUPLICATED



Jeff Bean leading the marathon

a "cycle" time. A cycle time for a half-mile interval workout may be 3:50 with the half to be run in 2:18. The difference between 3:50 and 2:18 is the recovery time. Each cycle lasts 3:50 and is then repeated a specific number of times. Another type provides the recovery in terms of distance as a percent of the running segment. A 300 meter run at a given pace is followed by a 1/3 distance (100 meter) recovery. After the interval, the run is repeated. Track workouts are scheduled once or twice a week (presently every five days).

Greg's priority is to be the best runner he can be. The store is supportive of this quest and allows him to take occasional time off from his regular 40 hour week to travel to races. Some currently planned races for Greg are the Borges 10K (Kalamazoo); a 5K track race (Billy Hayes or Gatorade); the Boulder Boulder 10K (where Greg hopes to be a top American finisher) and the TAC National 10K championship in Indianapolis. Greg does not anticipate racing any distance greater than a 15K or 10 miler this year.

Greg Orman: An Update
by: Mike Robbins

Greg Orman is undoubtedly Fort Wayne's top runner. Last August Greg moved to Bloomington in order to enhance his training and be closer to his fiancé who attends IU. So far both his running and his relationship are prospering. A recent 28:36 10K proves the former.

Greg's training mileage has decreased (yes, folks, it is definitely the trend!) from the 110-115 mile weeks he ran in Fort Wayne to the approximately 80 miles a week of his current schedule. The current schedule, however, contains no junk miles.

Under the direction of IU track coach, Sam Bell, Greg runs twice a day. Morning runs are generally moderate runs of three to seven miles each while afternoon training provides the tougher but more varied workouts. Coach Bell outlines a new schedule every three weeks individually tailored to each of his runners.

This schedule consists of runs over varied and hilly courses at specific paces as well as various track workouts. One aspect of the schedule which impresses Greg is that each workout has a specific purpose and each is geared to simulate a race situation. A feature of the schedule which I found interesting, is the structure of interval workouts. Rather than simply repeat the running distance of, for example, a half-mile with a half-mile slow interval, the schedule calls for

Greg's schedule also calls for weight work twice a week. This is done for upper body strength with light, free weights rather than weight machines. Greg indicated that he no longer records either weight workouts or miles run in his log. His goal is to race the best he can not to fill up log books. Greg feels this focused approach is beneficial and helped by the fact he has others to train and share goals with.

Greg's 28:36 10K PR was achieved on the track at the Dogwood Relays in Knoxville, Tennessee. Greg was aided by a good support group of friends and former teammates who cheered him on. He was also helped by the quick pace set by his training partner, Danny Henderson, a IU grad student and member of Athletics West. Danny won the race while Greg finished fourth only 11 seconds behind him.

Though now the manager of the Sports Tech store in Bloomington;

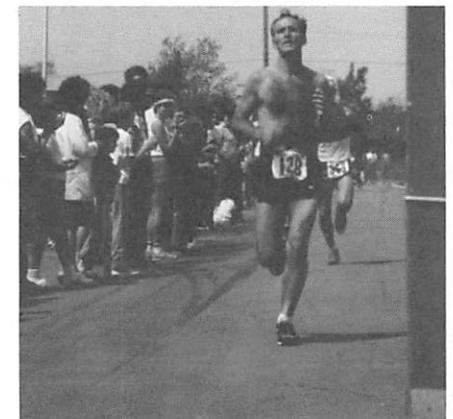
It's certainly encouraging to see a Fort Wayne Track Club alumnus running so successfully. Each in our own way and to our own extent aspire to similar goals. Though he has no local races planned for now and is not sure when he'll next get back to town, we wish Greg the best of luck and hope he stays in touch to share continued running and related successes. Greg is also to be congratulated on being chosen the "Indiana Runner" runner of the year. Good job, Greg!



Pat Davis-2 time winner and 2 time 2nd place finisher in this event, was on vacation and at the last minute decided to run. He finished fourth.



Charlie Brandt (is still alive-I told ya so!) and running a fine marathon.



Dennis Hudson qualifies for the Boston Marathon with a fine 3:08 on this very deceptive of days.

THREE RIVERS FESTIVAL DIET PEPSI 10K RACE

RACE STARTING TIME:
8 AM EST, SUNDAY
JULY 21, 1985

START:
DOWNTOWN, MAIN STREET
IN FRONT OF THE COURT HOUSE
FORT WAYNE, INDIANA

ENTRY FEE:
\$6.00 UNTIL JULY 15, 1985
\$7.00 AFTER JULY 15, 1985 & RACE DAY

AGE GROUPS:
MEN: 14 & UNDER; 15-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-59; 60 & OVER
WOMEN: 19 & UNDER; 20-29; 30-39; 40-50; 50 & OVER

AWARDS:
FIRST PLACE AWARDS WILL BE PRESENTED TO OVERALL WINNERS IN BOTH MEN'S AND WOMEN'S DIVISIONS (OVERALL WINNERS DO NOT QUALIFY FOR AGE GROUP AWARDS). AWARDS WILL BE PRESENTED THE DAY OF THE RUN TO THE TOP THREE FINISHERS IN EACH AGE GROUP. ALL RUNNERS WILL RECEIVE A T-SHIRT.

RACE COURSE:
SAME AS HOME LOAN 10,000

NAME _____ MALE _____ FEMALE _____ AGE (on 7-21-85) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ T-SHIRT SIZE SMALL _____ MEDIUM _____ LARGE _____ X-LARGE _____

WAIVER OF RESPONSIBILITY: IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY TO THE THREE RIVERS FESTIVAL DIET PEPSI 10K RACE, I WAIVE ALL CLAIMS FOR MYSELF, MY HEIRS, AND ASSIGNS AGAINST THE RACE SPONSORS OR PROMOTERS FOR INJURY OR ILLNESS WHICH MAY RESULT FROM MY PARTICIPATION. I FURTHER STATE I AM IN PROPER PHYSICAL CONDITION TO COMPETE IN THIS RACE.

SIGNATURE _____ DATE _____ PARENTS SIGNATURE _____
(IF UNDER 18 YRS. OLD)

MAIL ENTRY FORM TO:
THREE RIVERS FESTIVAL DIET PEPSI 10K RACE
P.O. BOX 13396
FORT WAYNE, IN 46868

FOR ADDITIONAL INFORMATION CALL:
FORT WAYNE PARKS & RECREATION DEPARTMENT
(219)427-1270

Dear Jerry:

I hope you will accept this article in lieu of the one you asked me to write on 'stretching.' Thanks. Maybe I'll write that one after I get my kidney stones taken care of in July. No promises!

"ARE YOU A WOUNDED RUNNER?"

If you are one of these little-mentioned irritable persons, take heart! This too shall pass. We will once again be like Willie Nelson-"On The Road Again." By the way, I read the other day that he quit the booze and is again running 5 miles a day and is feeling like he used to when he wrote his songs while running.

ANYHOW.....

If you are like I am (For the present only) you know that being a wounded runner is pure H... Physically we got to pot (In the gut, that is); Psychologically, we are always on the verge of a nervous breakdown. (Our friends and families can attest to that). These things are only true if you are an addicted wounded runner. A third disappointment that a wounded runner feels is having to make the decision to run only 23 miles of the Hook's Marathon this year. (Thanks Ron, for the lessons in power racing).

I share these frustrations with you guys and gals because I missed running these points races and competing (I think \neq) with you non-wounded addicted runners.

But take heart, my wounded running friend-LISTEN TO YOUR BODY- Find alternative ways to deal with your stress and frustrations (Don't take them out on your loved ones and friends) AND MOST OF ALL- Be assured that you too will be back "ON THE ROAD AGAIN"

Your optimistic wounded running buddy
Vern Chovan

P.S. I wish I could part the sea like Jerry thought I could!

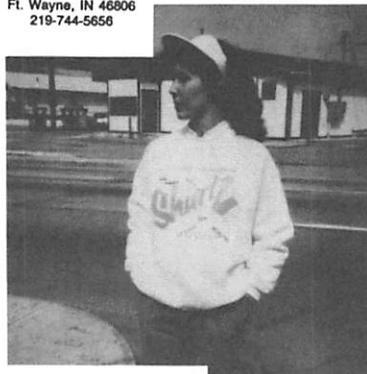
JAMES J. SOLON, PT AND MARY KAY SOLON, PT
ANNOUNCE THE OPENING OF THEIR OFFICE FOR THE
PRACTICE OF PHYSICAL THERAPY
MAUMEE VALLEY ASSOCIATES, INC.
COVINGTON CREEK PROFESSIONAL VILLAGE
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OFFICE HOURS
BY APPOINTMENT

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SEVENTH ANNUAL TURTLE 10,000 RACE
SATURDAY, JUNE 29, 1985

MON.-FRI.
10-9
SAT. 10-5
SUN. 12-5

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PEAK
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OUTDOOR EQUIPMENT

Mohawk
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We-no-nah Canoe

Eureka! Tents

& MORE!

WOODBURN 10,000

RACE TIME: 6:30 PM June 20
Registration: 5:00 PM till race time
ENTRY: \$ 5.00

Parent or guardian must sign a waiver of responsibility if under 18 years age.

Starting Place: Woodburn Elementary School (Registration will also take place there)

AGE GROUPS: MEN...

18 & Under
19 -29
30 & Over

WOMEN...

18 & Under
19 -29
30 & Over

Awards: Plaque for 1st and 2nd in the '18 & under'
\$ 25.00 gift certificate for 1st in 19,-29 AND 30 & Over categories
\$ 10.00 gift certificate for 2nd in 19 -29 and 30 & over categories

Restrooms available.....NO SHOWER FACILITIES

Any questions or problems please feel free to call Stu Hirsch 632-5439



FIT OR FAT?

by

Judy Tillapaugh, R.D.
St. Joseph's Hospital

Feeling healthy and feeling fit are two prime aspirations in life for people. The theories on achieving these is an endless list.

Really there is no trick to fitness. Covert Bailey, a nationally known nutrition and fitness lecturer/author, believes this too. Fort Wayne's Dental Society gave our community a chance to hear Bailey's views at an all day seminar held at the Scottish Rite Auditorium on April 10. During the presentation, he focused on both physical fitness and nutrition techniques used to obtain a fit body.

Baily was an impressive lecturer - a total entertainer. Using his speaking talents and humor, he generated audience fitness enthusiasm. Besides the comic scenes, Baily did discuss sound realistic fitness principles that anyone would have benefited from hearing. I'd recommend reading his

books - "Fit or Fat" and "The Fit or Fat Target Diet". The material is easy to read and simple to understand. It's not full of research data, but sensible techniques to improve one's nutrition and aerobic status.

As a nutritionist, I was curious about Bailey's nutrition ideas. Was he to preach another fad diet? Did he promote weight loss on 800 calories per day? Actually, he outlined a very workable meal plan called the Target Diet. The emphasis is on using a variety of low fat, low sugar, high fiber foods, not counting calories. It can be a plan for both fit and unfit people.

A "diet" as Bailey says "is temporary misery." Instead, he recommends people focus on making permanent healthy meal choices. His target diet approach is one way of doing this.

Before beginning Bailey's plan, you need to analyze your fitness level. To do this, Bailey requests everyone to find out their approximate percent body fat. He expressed numerous times during his talk, the importance of having an acceptable percent body fat, not to get too concerned about weight. What's an acceptable fat level? Below are average percent body fat levels Bailey believes to be healthy:

Men	Women	
15%	22%	White
12%	19%	Black
17%	25%	Chinese

For athletes, the percentages will be lower. Male endurance runners maybe as low as 6% fat. Male swimmers will range from 12 to 20% fat. Female professional gymnast jazzercizers will range from 15 to 18% fat. Bailey discouraged being too lean, especially women. He felt women can look and feel healthy between 18 and 22% fat, and don't have to be less than 15%

fat. As it's unhealthy to be too greasy (fat), it's unhealthy to be too lean. Don't let society trick you to believe you have to look like a stick to be attractive or handsome. Analyze your own physical status to determine what's a healthy fat level for you.

Picture playing darts if you will. The game objective is to toss the dart close to the bull's eye. The closer you hit the darts to the center, the higher the score. Bailey uses this concept in his diet. Instead of numbers on the dart board, there's food choices. Our board is cut into four pie pieces for the four food groups. Within each wedge, foods are distributed according to fat content. Leaner foods are towards the center. The outer edge contains the grease! Grease is Bailey's term for fat.

The object of the Target Diet is to select more leaner foods than fat foods, thus more fit meals are achieved. There's four diet rules which are - balanced meals, less fat, less sugar, more fiber. These sound familiar. Our american dietary guidelines stress these points as does the American Heart Association, American Dietetic Association, Dairy Council, and American Cancer Society. They are the basics of wellness meals. Following these guidelines brings you closer to maintaining physical health.

Of the four rules, balanced meals can be the most misunderstood phrase. Most people are aware of the harmful effects of abusing sweets and rich fatty foods, but what is balanced? Beer and nuts? Many believe lettuce, steak, shake and fries is a balanced meal. Well, it does supply protein, carbohydrate, and fat, but it's packed with fatty calories, plus

vitamins, minerals, and fiber is lacking. With a few modifications this meal can be more nutritionally balanced. Try these choices - broccoli salad, lean steak, baked potato and low fat milk. Bailey would be proud of you. Balanced means selecting foods from all four food groups. To Bailey, balanced meals are extra fit when over processed, greasy, sugary foods are limited or eliminated.

Meat/meat products, milk/milk products, fruits/vegetables, and bread/cereals are the four food groups to memorize. Using a variety of foods ensures you'll meet the recommended daily nutrient allowances. Foods in the inner circles of Bailey's target board are the ones to aim for, especially if you're 25 or more percent body fat. Carrying too much grease is asking for health trouble. Bull's eye foods like skim milk products, fish/poultry, fruits/vegetables, and whole grains/cereals are best for those needing to shape up, but also compliment an athlete's efforts to stay fit. They provide the perfect fuels for par performance.

If you're like most people, a day is not complete without a treat. As Bailey put it, if you worked yourself into a state of fitness, it's okay to use a little sugar and fat. Fit bodies can afford a few goodies. As Judy Tillapaugh says, if you're less than 18% fat go ahead and indulge a bit, but make it nutritious. Examples - whole grain oatmeal raisin cookies, carrot cake, and strawberry cheese cake.

Bailey was consistent in stressing that fat is our main food enemy. To fight fat at the table, one has to be aware of the hidden fats - butter, oil, margarine, gravies,

cream, mayonnaise, avacados, nuts, bacon, lard, salad dressings, and olives. Eliminate or cut back on these if you want to win the fat fight.

Joyce Wolters ran the Boston Marathon
3:31:00 CONGRATULATIONS!



A fine aid station at the 5/21 mile mark



Ready and willing to give water, aid and encouragement.



Judy Tillapaugh set a world record by running the whole way with her eyes closed in 3:12

RUNNING FOR RESEARCH??????

by KAREN PERRIN

After running the TV 33 Hooks 1985 Marathon for the first time, I can really reflect about the aid stations. I have been chairperson of the 5/21 mile Lincoln Life aid station since 1982. This year Diana McCullough, Carmen and Geoff LoVerde joined with me to present all marathoners a fine station again. I could say I completed this marathon, May 5th, as research for my aid station..... but, any of you that ran in that wind and heat wouldn't believe that!

What makes the difference between aid stations? Don Lindley, aid station director, distributes (through sponsors) all the supplies to all stations. So what makes your station remembered by the marathoners? Your advance work and your people. To start with, do Don Lindley a favor, commit your group to him the year before. His job is not easy keeping up with his training, family and job. He should not have to recruit those to head the aid stations. Then make signs, have T-shirts, anything to let the participants know who you are. The real difference between Lincoln's 5/21 mile aid station and any other marathon station is "Abe's People". They all volunteer their time and genuinely care about taking care of the marathoners. Even the live band "Headwind" donated their talents. Your

company does not need to be as large as Lincoln National Corporation to sponsor an aid station. Lincoln furnishes donuts & coffee (for the workers), a banner and the T-shirts, yet the people and their enthusiasm and care makes the big difference. Besides my co-chairpersons, Diana, Carmen and Geoff--Mimi Roland, Chris and Kathie Perrin have served at Lincoln's station all four years I have organized it. I'm very proud of them and all of our other volunteers. Abe's People are all champions! Track club members--think about it--couldn't you convince your business to organize an aid station for next year? Their only expense is for advertising. The supplies for the marathoners are furnished through TV 33, Hooks, and etc., not by your employer. Being a runner, you are the best person to chair an aid station.

Once again, for the fourth straight year, from Lincoln Life's station to the marathon competition--your victory was ours; As I crossed the finish line of the 11th TV 33 Hooks Marathon, I thanked God, my friend Bonnie Taylor's endurance training, my family's faith in "Marathon Mom", Abe's People and all the many volunteers for my victory!

Karen Perrin and Bonnie Taylor cruise the 5 mile mark at TV-33/Hook's



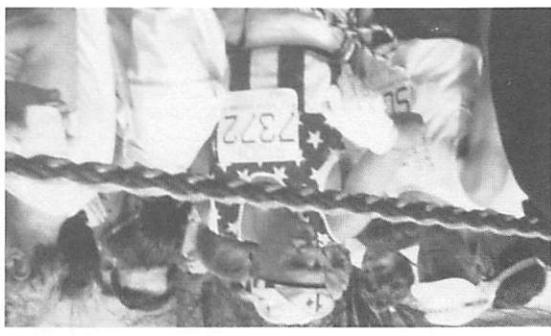
Don Lindley (in cap) hitting 10 miles at Boston in 24:00+



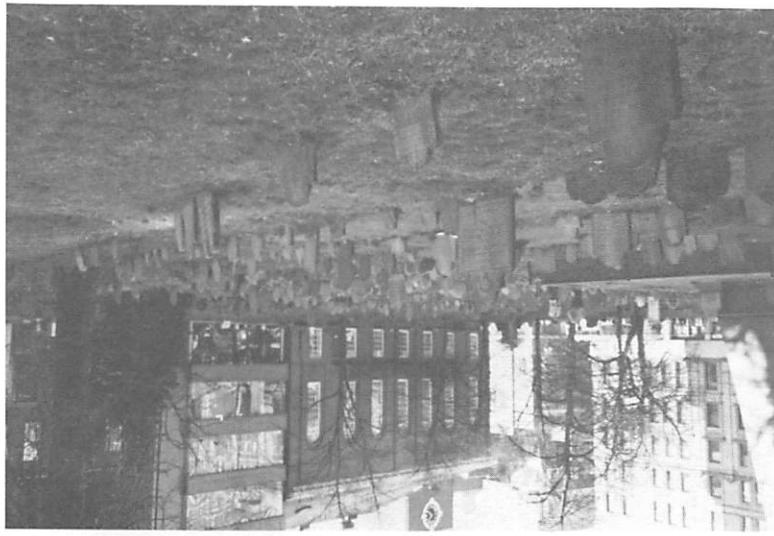
Here's a good picture!!!! Ray Sibrel Dave Kuetzschilling, Don Lindley, and Clam Getty lining up for the start of the Boston Marathon.



And here's Getty in the ring at Boston getting the elbow from # 7372



Those who died in the heat at this year's Boston were buried late in the afternoon here.





THE START



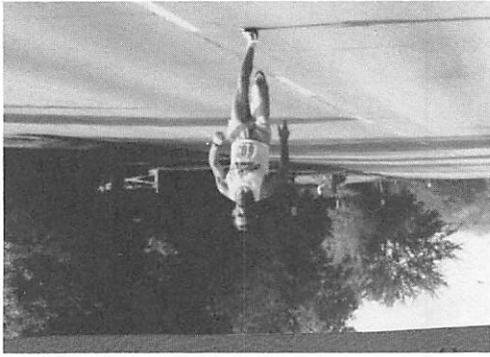
THE START



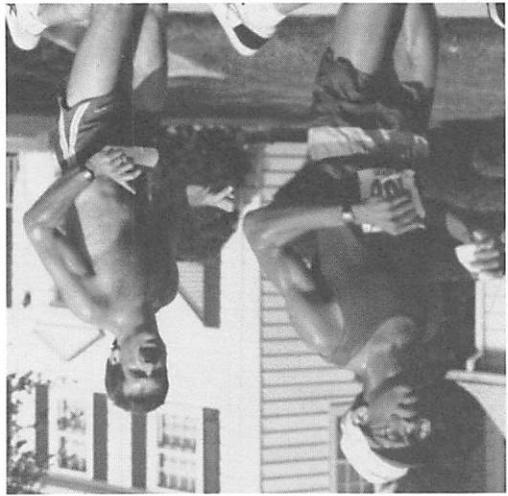
Brent Munro, Dan Kaufman, and Jerry Williams warmup with Dan during the first 6 miles



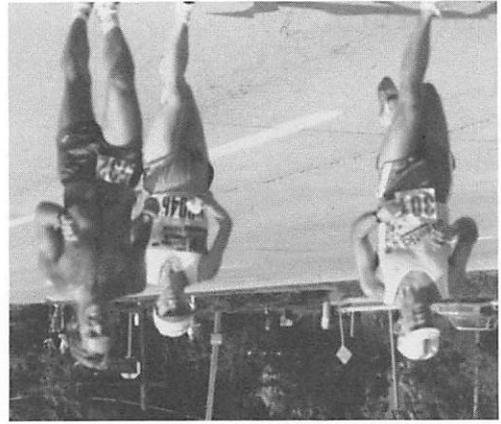
Beam feeling the heat at 18 miles and the heat from those behind him



Pat Davis on the way back



Calvin King ran and finished even though he was injured. Bill Sheets did okay too.



Betty Nelson and Don Lindley at 18 miles. Sorry #532 nobody knows you

TV-33
HOOKS
MARATHON
MAY 5th
1985

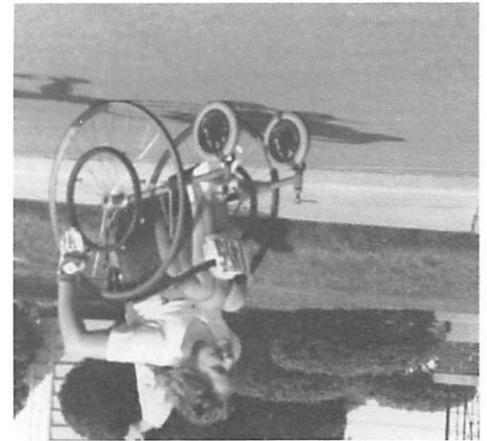
Ann Jamson passing 26 miles and thinking about eating a great steak for dinner from Jamson Meats



Just 3 miles to go!!!



Rolling along!



X - P

Z O I - T A D R A M

Sharon Pauley (Of Running Bears Fame) ran her best marathon ever.



Rock Reitzug hung in there for a PM BUT still won the Old Timers race between him, Jerry Hazok and Gene Bullshatt - 3:03:23 to 3:25:55 to 23:59:55 respectively



Betty Nelson at 23 miles well under the speed limit



It's getting hot!!!!



RACE CALENDAR

by
TOM LOUCKS

JUNE

- 1 GRABIL 10K - Grabil Pavillion
John Shedron 627-3621
- 1 Spring Fever 5 mi & 1 mi -
Huntington Mem. Hosp.
8:00 a.m.
- 1 AUL GOVERNORS CUP SERIES 8K
Dunes St. Park - Chesterton,
IN - 9:00 a.m.
- 1 MEIS MINI-MARATHON 13.1 mi &
5K - Fairbanks Pk - Terre
Haute - 7:30 a.m. - Rick
Mathews 812-232-6311
- 1 Phil Harris Run 10K - Linton-
Stockton HS, Linton, IN - Ray
Graham - 812-847-4592
7:45 a.m.
- 2 RUNNING & WALKING FOR RILEY
10K, 5K, 1.6 mi - IUPUI
Track Stadium, Indy - Rick
Francis 317-926-7551
9:00 a.m.
- 8 CANAL DAYS - New Haven
check in 6:00 a.m.
- 8 KIDNEY FOUNDATION 5K - Foster
Park - 6:00 p.m. - Sharon
Click 458-2151
- 8 CHAIN-O-LAKES CLASSIC 15K
& 5K - Valley View Baseball
Park - Albion - 8:00 a.m.
- 8 LUGAR FITNESS FESTIVAL 10K
& 5K - Butler Univ., Indy
317-882=1800
- 8 SUNBURST MARATHON & 10K -
South Bend - 6:00 a.m. -
Joyce Fox 219-233-6161
- 8 WHITE RIVER RUN 15K -
Anderson - 9:00 a.m. -
Fred Gonot 317-646-8408
- 8 GREENTOWN GLASS FESTIVAL 5 mi
Greentown Elem. School
8:00 a.m.
- 9 GREENTOWN GLASS FESTIVAL
8 mi, 37 mi, 9 mi -
Wildcat Creek Reservoir Pk
317-628-2071
- 9 A DAY AT THE RACES 10K -
St. John, IN - 9:00 a.m.
Ron Ester 219-932-8220
- 9 LOU GEHRIG RACE FOR LIFE 5 mi
Indy Motor Speedway 9:00 a.m.
- 15 BIATHLON 25KM BIKE, 10KM RUN
Chain-O-Lakes - 8:00 a.m.
219-636-2654
- 15 NORRIS INSURANCE AMBOY 5K
Community Pk, Amboy
5:00 p.m. - 317-395-7761

- 15 MIDDLETOWN LIONS MINITHON
15 K & 5K - Middletown, IN
6:30 p.m. - Norma Osburn
317-354-4479
- 15 AUL GOVERNORS CUP SERIES 8K
New Harmony (St.Park) 9:00
a.m.
- 15 SAM DAVIS MEMORIAL RUN 10K
Forest, IN - 8:00 a.m.
Richard Graves 317-883-7463
- 15 DANCE KALEIDOSCOPE 5K & 10K
Indy - Karen Shirley
317-634-8484
- 15 STRAWBERRY STROLL 10K - Lane
Place, Crawfordsville - 8:30
a.m. - D.L.White 317-339-7947
- 16 CARMEL CLASSIC 15KM - Carmel
Clay JHS - 8:00 a.m.
- 16 NEWS DISPATCH 15K - Michigan
City - Washington Park
Lakefront - 9:00 a.m.
- 16 SHELBYVILLE TRIATHLON SERIES
5M, 15M, 4M - Fairland
Recreational Pk - 9:00 a.m.
Bob Chaney 317-897-5906
deadline 6/10
- 22 REDMAN 4 MILE RUN & 1/2 mi
fun run - Belmont HS,
Decatur - 8:00 a.m. - Rudy
Kleinknight 724-3272
- 22* HILLY 4 MILE - Foster Park
8:00 a.m.
- 22 MONUMENT CITY GLASSIC 10K
Commons Pk - Angola - 8:00
a.m. - Jim Scott 665-3121
- 22 LIME CITY 5 MILE - Hunting-
ton - 10:00 a.m. - Ed
Beckner 356-7710
- 22 BUZZARDS ROOST RUN 10K -
Hamilton Heights HS,
Arcadia - 6:00 p.m. - Evan
Achenbach 317-984-3019
- 22 STONE CITY OPTIMIST CLASSIC
10K - Bedford - 7:00 p.m.
Craig Odaffer 812-279-9604
- 22 ISAAC VANWERT 10K - Van
Wert County Courthouse
9:00 a.m. - Terry Campbell
419-238-9910
- 28 CLOVERDALE SOCI RUN 10K
Cloverdale - 7:00 p.m.
Sandra Whiting 317-795-4934
- 29* TURTLE 10,000 - Churubusco
HS - 8:30 a.m. - Larry
Shively 693-2761
- 29 BUCKCREEK FESTIVAL 10K
Yorktown 8:30 a.m. -
Carl Pettigrew 317-288-7606
or Rick Cox 759-6844
- 29 LIBERTY RUN 8K - Hartford
City - 6:00 p.m.(?) - Doug
Osborn 317-348-4739
- 29 SHIPSEWANA DAY RACES 5K
& 10K - Shipshewana, IN
8:00 a.m. - Phil Hostetler
463-7088
- 29 INDIANAPOLIS TRIATHLON 1.5M,
4OK, 10K - Eagle Creek PK.
8:00 a.m.
- 29 ROSE FESTIVAL 10K - Richmond
8:30 a.m. - Rhonda Dunigh
317-935-7170
- 30 MONON HOMECOMING FESTIVAL
10K - Monon, IN - 8:30 a.m.
Rick Russ 253-8118

JULY

- 4 FIRECRACKER 6 - Twelve Mile
6:00 p.m. - Dale Sullivan
219-664-5221
- 4 TOPEKA JAYCEES 9 & 5 mi -
Topeka Town Park - 8:00 a.m.
463-7088 or 593-2074
- 4 FESTIVAL 5 Mile - Howard PK
South Bend 8:00 a.m. - Larry
Morningstar 284-9328
- 4 4TH OF JULY CLASSIC 10K -
Danville - 8:00 a.m. -
Anthony Peyton 317-745-6642
- 4 MUSEUM RACES 2m & 5m - New
Richmond 8:00 a.m. - Al
Boone 317-339-4289
- 4 TODD'S TROT 5K & 10K - Mc
Allister Pk, Lafayette 8:00
a.m. - David Norman 317-463-
0293
- 5 SERTOMA FREEDOM RUN 5mi -
Carmel Clay JHS - 8:00 a.m.
Bob Poppleton 317-877-2112
- 6 SALOMONIE FESTIVAL 10K -
Warren - 8:15 a.m. - Dave
Conrad 317-375-3729
- 6 MAIL-JOURNAL FLOTILLA ROAD
RACE - SyracuseCity Pk - 3.3
mi & 8 mi - Ron Baumgartner
658-4111
- 6 FIRECRACKER FIVE MILE - City
Park - Argos, IN - 5:00 p.m.,
892-5569
- 6 MADISON COURIER 10K - Madison
HS - 8:30 a.m.
- 7 LAKESHORE RUN 10K - Marguette
Pk - Gary - 9:00 a.m.
938-6878
- 13 IRON HORSE FESTIVAL 4 mi -
Logansport - 9:15 a.m. -
Brian Morrill 753-5141
- 13 BRISTOL FRUITHILLS CLASSIC
25K & 10K - Bristol, IN
9:00 a.m. - 294-7043
- 13 SWAYZEE 5 mi --Swayzee, IN
Norris Insurance - 8:15
a.m. - Sam Owen 922-4449
- 13 NEW LISBON DAYS 4 mi - New
Castle Comm. Bldg. - 8:30
a.m. - Ed Miller
317-529-2617
- 13 VAN WERT SESQUICENTENNIAL 10K
Hiestand Woods Pk - 8:30
a.m. - Connie Hoverman
419-238-6415
- 14 SHELBYVILLE TRIATHLON SERIES
1/2M, 15M, 4M - Fairland
Recreational PK - 9:00 a.m.
deadline 7/8
- 14 WICKER PARK RUN 4 mile -
Wicker Park - Highland 8:00
a.m. - 932-2530
- 20* OLD SETTLERS 10K - Whitley
County courthouse- 8:00 a.m.
Carl Fields - 244-5500 or
244-7726
- 20 ELEPHANT WALK 10K - Peru, IN
9:00 a.m.

FWTC BOARD MEETING MINUTES

The Fort Wayne Track Club held a meeting at the downtown YMCA on April 14, 1985 at 7:00 PM.

Present were Mike Robbins, president, Dan Kaufman, Tim Fleming, Don Goldner, Randy LaVine, Lyn Schlegel, Ken Miller, Russ Suever, Tom Wagner, Ron Heimbürger, Sharon Pauley, Jerry Mazock, and Michael Glasper.

The March meeting minutes were read and approved.

Tim Fleming reported he had FWTC merchandise available. He also requested the FWTC's support at the Arlington Park RUNNER'S WEEK 5K Testing Race from which all proceeds go towards purchasing a camera for the RUNNER'S WEEK show.

Denny Zech and Tim Fleming are trying to determine the minimum level of advertising needed to offset printing costs of the FWTC newsletter.

The treasurer's report was given showing income for the month of March to be \$1304.48 and expenditures to be \$1799.15.

Lyn Schlegel presented the FWTC information flyer, which will be available at sporting goods stores and the YMCA.

Mike Robbins presented the final report of the Definition Committee, which details the FWTC's race responsibilities.

Jerry Mazock restated the need for people to type their reports and to submit all material by the 5th of the month, for which Jerry gives his lifelong gratitude. The points standings will not be published until after the Circular 5K.



Don Lindley demonstrates the way Horace Ayoyo eats an oyster.

Sharon Pauley noted that rentals for the race equipment are picking up. Also, Bob is retiring soon and they plan to travel some this summer and as a result may need some assistance with equipment delivery during the summer.

The Hilly 4 has been moved to Foster Park, same time and date, noted Mike Robbins.

Don Goldner noted the Muscular Dystrophy Association Love Run has been changed to 5:00 PM., same date, August 31.

Randy LaVine reported the membership expiration warning cards are being sent to members 2 months past due.

Under new business, Mike Robbins reported SPORTS TECH is having a FWTC day on May 19 with 25% discount on purchases made.

With no further business, the meeting was adjourned.

Respectfully submitted,

Michael Glasper

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*****
*****
**          **
** DISCOUNTS FOR **
** TRACK CLUB MEMBERS **
**          **
*****
*****
* PLEASE SHOW YOUR FWTC *
* MEMBERSHIP CARD *
*          *
*          *
*** SPORTS TECH ***
*          *
* 10% Discount off *
* Regular price *
*          *
*** FOOTLOCKER ***
*          *
* 10% Discount off *
* Regular price *
*          *
*** DENNY'S BIKE SHOP ***
*          *
* 10% off reg. price *
* of all bikes *
*          *
* 15% off reg. price *
* of all accessories *
*          *
*** BRENDAMOUR'S ***
*          *
* 10% Discount off *
* Regular price *
*          *
* ASK AT OTHER STORES *
* FOR DISCOUNTS *
*          *
*****
    
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ANNOUNCING THE FWTC'S 1985 RACE SCHEDULE

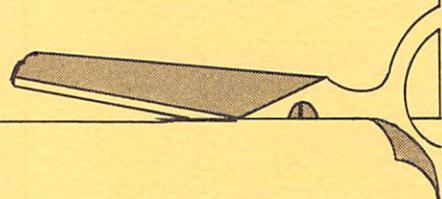
* = POINTS RACE

DATE	TIME	DISTANCE
*		
* 4/20/85	9AM	15K
		Spring Classic
		North American Van Lines
4/28/85	8AM	13.1 miles
		Foster Park
* 5/5/85	8AM	26.2miles
		TV/33-Hooks Marathon
		Coliseum
* 5/19/85	8AM	5K
		Circular 5K
		Shoaff Park
* 6/22/85	8AM	4 mile
		Flat/Flat Out And Back
		Foster Park
* 6/29/85	8Am	10K
		Turtle Days
		Churubusco High School
* 7/20/85	8AM	10K
		Old Settlers Day
		Columbia City
* 8/2/85	8PM	Up to you
		Never Ending 1 hour Run
		on the Track
		Northrop High School
8/17/85	8AM	5K
		Kent Davis 5K
		Georgetown Square
* 8/24/85	6PM	5 mile
		Big Brothers/Big Sisters
		Park Run
		Foster Park
* 8/31/85	8AM	8K
		M/D Love Run
		Canterbury Green
* 9/21/85	8AM	13.1 miles
		Parlor City Trot
		Bluffton In.
10/6/85	2PM	8 mile/2 man relay
		Foster Park
* 10/27/85	2PM	10K
		Home Loan 10K
		Downtown
* 11/16/85	1PM	25K
		Challenging 25K
		Homestead High School
11/17/85		(Tentative)
		Bluffton/Oubache State
		Park Cross Country Run
		usually 1:30PM 9K
		Oubache Park
12/7/85	2PM	3 & 10K
		J.P. Jones 10K
		(Formerly "Lindley's 10K")
		Foster Park
12/31/85	11:30PM	5 mile
		New Year's Party Fun Run
		YMCA
		Downtown

DO A FRIEND A FAVOR

Give this card to them and invite them to
start enjoying the benefits of the

FORT WAYNE TRACK CLUB



M A
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M P
B L
E I
R C
S A
H T
I I
P O
N

NAME _____ SEX _____ BIRTHDATE _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

ALL MEMBERSHIPS GOOD THRU 1-1-86 (ANNUAL BASIS)

IF YOU RENEW BEFORE 5-30-85 A FEE OF \$10.00

IF YOU RENEW AFTER 6-1-85 A FEE OF \$5.00

EA. ADD'L. FAMILY MEMBER, \$5.00 EA.

(\$20.00 MAX. PER FAMILY)

TOTAL

\$

MAKE CHECKS PAYABLE TO FORT WAYNE TRACK CLUB AND MAIL TO:

FORT WAYNE TRACK CLUB, P.O. BOX 11703 FT. WAYNE, IN 46860

NEW _____

RENEWAL # _____

FORT WAYNE TRACK CLUB APPLICATION:

(LIST NAME, BIRTHDATES AND SEX OF EACH MEMBER)



**FORT WAYNE
TRACK CLUB**

Bulk Rate
U.S. POSTAGE PAID
Ft. Wayne, IN
Permit No. 1799

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

RETURN
POSTAGE
GUARANTEED