

the inside track



**FORT WAYNE
TRACK CLUB**

January-February 1986

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

WMEE-97 FM
Fort Wayne
Marathon 1986

May 18, 1986

*26 Mile, 385 Yard Scenic Course
through Fort Wayne, Indiana*

\$4,000 Prize Money

Age Division Awards

Sports Expo May 17, 1986

Fort Wayne Track Club

Officers and Board Members 1986

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TIM FLEMING MEDIA CHAIRMAN 749-8027	ANGIE SEVERS ADVERTISING 436-1151	SUE LONG BOARD MEMBER 484-1373
		KEITH DEMERITT BOARD MEMBER 426-5532

Next Board Meeting
February 4th
7:00 p.m., Downtown YMCA

Don't Forget...

The Wednesday night Fun Run every Wednesday night at Foster Park near the volley ball courts at 6:00 p.m. sharp.

The WMEE-Fort Wayne Marathon training runs every Saturday morning 9:00 a.m. starting at the Coliseum. Feb. 8th will be the first session with a 10 miler scheduled. Contact Roger Wilson 485-6119 for more details.

Don't Forget...

Saturday training runs will be every other Saturday at Southgate (6 mile mark). We will run the second half of the course.

Sunday A.M. Runs. Contact Mike Robbins 485-3068 if interested.

Don't Forget...

Change of Address. Effective next month, this class mailing will no longer be forwarded to you if the address we have on file is not current. Therefore, you must notify us if there is a change.

To update your address, remove the old address label and replace it with your new address and return it to us.

To All FWTC Members:

Effective January 1, 1986 all membership dues were placed on a calendar year basis. If you have not renewed your membership, please help us all out and drop it in the mail today.

PRESIDENT'S COLUMN

By Jim Bushey

As I sit down to write this month's column, so much has happened since December I am not sure where to start. One thing I can report for sure, is your elected board members have been very busy!

The big news, of course, is the announcement made recently that WMEE FM-97 will sponsor the marathon. I want to thank all the board members who assisted me in preparing and presenting a list of considerations and a budget for sponsoring a marathon. I received numerous calls from potential sponsors, narrowing it down to three. Your board met and voted on Jan. 7th. The key details are as follows:

1. Date: May 18th. (Two weeks later than previous years — more time to train.)
2. Age Division Awards. (Following our standard FWTC age divisions.)
3. \$4000.00 Prize Money. Top 10 female and 10 male finishers, with \$1000.00 going to the female and male winners. (Those top 10 do not qualify for age division awards.)
4. Parkview Hospital to have an expanded role with more wheel chair participants than ever.
5. Sports Expo on May 17th.
6. \$8.00 entry fee.

Many other details are being worked out by a committee representing the FWTC and Ron Horan, race director for WMEE. The FWTC committee members are Mike Robbins, Chuck DeVault, John Treleaven, and me. All of us on the committee are interested in your thoughts and suggestions.

Roger Wilson will hold training runs for the marathon every

Saturday beginning Feb. 8th. Runs will start at 9:00 AM at the Coliseum. Mike Robbins has expressed an interest in forming a Sunday morning training run. Contact Mike if interested.

Note the date and location change for Judy Tillapaugh's 20K race. Judy is hard at work preparing for a challenging and nutritional afternoon on March 15.

I have nominated Tim Fleming for the RRCA Journalism and Volunteer of the Year Awards. Tim is deserving of either award and I look forward to hearing from the RRCA soon.

Ken Miller and Russ Sever have the final results tabulated for the FWTC points races. Awards will be presented at our Annual Awards Banquet, Feb. 8th at the Oaks Hall in New Haven. When you see Ken or Russ, thank them for a job well done.

Janelle Graber and Randy Lavine deserve special recognition. Randy has been working overtime on an updated computer program for the membership renewals and also he helped with this month's newsletter. Janelle is coming off recent hospitalization and is not 100% yet but is doing a fine job. Please forward any articles for the newsletter to P.O. Box 11703, Attn.: Janelle Graber.

I recently received a nice letter from a member, Gene Grau of Columbia City. I encourage everyone to write and express your thoughts about the FWTC.

Remember Sam Bell, the Indiana University track coach, will be our guest speaker at the Awards Banquet. I hope to see everyone there! Survive January and February 'cause Spring's a-coming. . . .

ANN JARMISON
TIM FLEMING

W.T.H.

BY RUNNERS
FOR RUNNERS
A RUNNING SHOW

CHANNEL 10

WED. 8 PM

WEEK

November Board of Directors Minutes

The FWTC Board meeting was held November 5 at the Library, Downtown. The following members were present: Tom Wagner, Clem Getty, Mike Robbins, Dan Kaufman, Angie Severs, Denny Zech, Don Lindley, Randy LaVine, Russ Suever, Sue Long, Tim Fleming, Greg Schmidt, Jim Bushey, and Deb Glasper. Jim Bushey, President, called the meeting to order and introductions were made.

Previous Minutes — There were no previous minutes, since the October meeting was the election and picnic.

Treasurer's Report — Don Lindley handed out a Treasurer's Report for the months and years ended September 30 and October 31, 1985. The balances at September 30 and October 31, 1985 were \$6,749 and \$5,772, respectively. Don projects \$5,000 in the account at the beginning of 1986. Bob & Sharon Pauley brought in twice as much as the \$1,500 projected for equipment rental. Discussed selling the 9-lane timer to Actionstat. Liability insurance was discussed briefly.

Membership — Randy Lavine reported 679 members in FWTC. Twenty-seven area schools currently receiving newsletters were sent letters and asked to respond by 12/15 if they wish to continue receiving "The Inside Track." A list of businesses and running clubs was reviewed as to whether they should continue receiving free newsletters. Mass renewal of memberships is coming up in January.

Equipment — Pauleys were not present to give report. We need to find someone to take over the handling of the rental equipment. Responsibilities include keeping equipment in garage or basement to recharge and sending contracts to race directors. Renters are responsible for pick-up and return of equipment.

Advertising — Denny Zech reported two advertisers to bill. Angie Severs is taking over advertising. Members should let Board know of businesses that could advertise in "The Inside Track." Running and health related businesses, such as doctors, hospitals, etc. are suggested prospects, but any kind of business may advertise. The size of the newsletter may be changing and will affect the size of the ads.

Points — Russ Suever reported they have not yet received the Parlor City results and, therefore, are not included in the points at this time. He and Ken are working on Home Loan and hope to get these in the next newsletter. Points prior to Parlor City will be published in next newsletter.

Merchandise Sales & Runners Week — Tim Fleming reported that Sue Long will be taking over merchandise sales. They have a good inventory of approximately \$1,100 worth of merchandise to start the year off. Discussed putting a mail order form in the newsletter. Also discussed whether to have a separate account for Runners Week or to go through FWTC account.

Continued on the next page

Newsletter — No report.

Race Update — No New Year's Eve race this year, unless someone wants to volunteer organizing one. YMCA is booked. Call Jim Bushey, if interested.

Home Loan — Dan Kaufman, race director, reported complete results will be in the Indiana Runner. Follow-up meeting will be held soon with Home Loan to plan next year's race.

Banquet — Keith Demerit will be in charge of the banquet scheduled for February 8 with Sam Bell the

guest speaker. Discussion was held regarding location of banquet and maybe charging \$2 per adult and have hot food catered and everyone bring a vegetable or dessert. No definite decisions were made.

New Business — Jim Bushey suggested organizing an overnight bus trip to the Cincinnati 15K and carpooling to distant races.

Meeting was adjourned at 7:00 p.m.

Deb Glasper
Secretary

December Board of Directors Minutes

The FWTC Board met December 4, 1985 at the YMCA at 7:00 P.M. The following members were present: Jim Bushey, Gary Hooten, Russ Suever, Judy Tillapaugh, Ken Miller, Tom Wagner, Roger Wilson, Mark Brattoli, Chuck DeVault, Denny Zech, Sue Long, Tim Fleming, Randy LaVine, Don Lindley, and Deb Glasper. Jim Bushey, President, called the meeting to order. Minutes of the previous meeting were read.

Treasurer's Report — Don Lindley handed out a Treasurer's Report for the month and year ended November 30, 1985. The balance at November 30, 1985 was \$5,222.80. Total income for November was \$409, expenses \$958. Year-to-date income and expenses are \$10,250 and \$12,730 (projected \$12,000), respectively.

Membership — Randy LaVine reported 25 renewals came in; a surge is expected soon.

Equipment — Bob and Sharon Pauley have agreed to handle the equipment rental for another year.

Advertising Sports Tech and Denny's Bike Shop still give FWTC members discounts. It was suggested that a membership list be given to these advertisers.

Points — Ken Miller reported he and Russ have point standings including all races up to Blustery 12K. Discussed plaques for 1985 points awards. It was decided to cut off point awards to members with a minimum of 4 races. Discussion regarding point system for 1986 may be held at a future meeting.

Merchandise Sales — Sue Long reported \$122 worth of merchandise was sold at the Blustery 12K; \$34 worth of orders were received later, for a total of \$156 for the month. Present inventory is \$991 with \$400 debt outstanding. Don Lindley suggested using unsold inventory for race awards.

Runners Week — Tim Fleming has recruited Preferred Painters, represented by Craig Hartman, as

Continued on the next page

a new sponsor. Craig is concerned with the FWTC on a long-term basis. He and Tim are tentatively planning a race for 1986 involving the City of Fort Wayne to raise funds for the Club.

The Bluffton TV station is now broadcasting Runners Week. The show has received awards as a sporting program. Tim reports everyone enjoys helping out with the show.

Newsletter A 1-2 page January flyer will be published to remind members of renewal and present the 1986 Race Calendar.

Race Update — Chuck DeVault presented the tentative Race Calendar for 1987. Final dates will be published at a later date. American Cancer Society 5K and Grabill 10K have applied to be points races. American Cancer Society has been approved. Grabill is pending. Chuck suggested the Club have an ultra-marathon on the

River Greenway. Curt Nold and Don Bossard have volunteered to direct. October 26 is tentative date.

Banquet — Again this year, the banquet will be at the Oaks. The Board decided to have hot food (turkey, ham, beans) catered, charge \$2 per person, and have everyone bring a salad or dessert.

Old Business — Dan Kaufman and Jim Bushey will be meeting with Home Loan and TV 33 next week and will report the outcome at the next meeting.

New Business — Chuck DeVault suggested the women's age category of 50 and over be broken down to 50-59 and 60 & over. The Board decided to leave the age categories as is because there are only 9 women in 50 and over.

Meeting was adjourned at 9:15 p.m.

Deb Glasper
Secretary

Fort Wayne Track Club

Dear Mr. Fleming:

Please share with the members of the Fort Wayne Track Club my sincere thanks for your promotion of high school cross-country in our area. Your coverage of the Fort Wayne Cross-Country Sectional helped to "show case" this great sport and would not have been possible without your fine organization. Believe me, this kind of support helps our programs at the high school level and is a positive reflection in our student athletes. As a coach and former athlete myself, I cannot tell you how much it means to have that kind of recognition during the season.

Congratulations again on your fine coverage and I hope that you continue to focus on the high school level in both cross-country and track in the seasons ahead.

Thanks so much.

Yours in Athletics,
Chuck DeFord
Head Cross-Country Coach
Eastside High School

Eating: For The Health of It

by Judy Newman, R.D., St. Joseph's Hospital

The notion that the road to health and longevity must be traveled by fit individuals wearing running shoes, (or other type sport shoes), has made us a health and fitness conscious society. A positive result of the awareness that fitness breeds health is a slim, muscular segment of young people. A negative result is that many children hear only that "slim is beautiful" and they feel great anxiety about a few excess pounds.

Some perfectly normal children may put themselves on a diet without telling anyone. Unsupervised dieting in adolescence can be harmful in several ways. Physicians have discovered that adolescents experience delayed puberty and stunted growth as a result of self-imposed diets as well as malnutrition in extreme cases. Other children who decide upon a diet that eliminates certain foods or food groups or self-guided vegetarian diets can experience severe forms of vitamin, mineral, or protein deficiencies. If normal diets are resumed before children are too old,

normal growth returns. Some older children may experience permanently stunted growth and the possibility that a restrictive diet will result in an eating disorder always exists.

Children who are afraid of getting fat will skip meals or eat only small portions when parents insist they join the family for a meal. Breakfast is skipped entirely while school lunch often may be the second meal most commonly skipped. It's easy for teens to suggest they don't like school lunch or that they're not hungry so they'll just have a salad, a few crackers or a piece of fruit. Some prefer junk food, others a high-fiber diet or a vegetarian diet. Milk is often eliminated with a resulting deficiency of calcium and vitamin D. Vitamin C and iron are the other two most common nutrient deficiencies among adolescents. Restricting food intake during the day often leads to binging at night.

Parents or friends of fitness conscious young people, can assist

Continued on the next page

From The Back Of The Pack!

FUN 'N' GAMES with COCHRAN!



"9.3 months! Not bad for the 100-yard dash."

them by being aware of what foods are included in their diet and if meals are skipped. If there is a question of nutrient adequacy in the diet ask the adolescent to keep a 3-day diary of all foods and liquids consumed. Assess this diary for recommended numbers of servings from the Basic Four Food Groups each day as well as for sources of vitamins A and C and iron. If you feel you need further assessment contact your physician or a dietitian who can determine the adequacy of a teen's diet and advise a weight loss program if needed.

Another important factor in guaranteeing good nutrition for children is the frequency that meals are eaten at home as a family. Families who eat pleasant meals together rarely experience eating or nutrition problems. Also have

healthy nutritious snacks available for after-school like the recipe below.

Pizza Snack Filling

1¼ lb. lean ground beef
½ lb. Italian sausage
1 onion chopped
½ lb. shredded mozzarella cheese
1 can tomato soup
½ c parsley, chopped
¼ c ketchup
1 T oregano
½ t pepper

Saute beef, sausage and onion until meats are browned and onion limp. Drain, cool. Add rest of ingredients and mix well. When ready to eat spread on bun halves, English muffin halves or French bread slices. Bake 425° for 12 minutes. May be frozen before baking.

20KM (12.4 Miles) Nutra Run Plus One Mile Fun Run

WHEN

Saturday, March 15, 1986

WHERE

Woodside Middle School (Next to Homestead H.S.)

TIME

2:00 PM — 20KM, 2:15 PM — 1 Mile

REGISTRATION

After 1:00 PM Day of Race Only. No Pre-registration

FEE

FWTC Members — \$1.00, Non-Members — \$2.00

Come celebrate nutrition month over the hills of Homestead March 15th. Oh it's a little tough but you can do it! Take a friend and start preparing now. It's a good pre-WMEE Marathon challenge. The awards are meant to tempt anyone's taste buds.

Mark your calendars today!

HAPPY EATING!

Race Director — Judy Tillapaugh 425-3000 PG. 188
P.S. Race Helpers are needed.

Just Plain Cool 10K

December 7, 1985



The 9th annual Foster Park 3.3K/10K race involved a total of 61 participants in 30° temperature and overcast skies.

A newcomer, Chris Falloon, a 17 year old from Homestead came in first for the 10K race with a time of 34:32. We acknowledge the help of Dennis Hudson for calling the 2-4 and 6 mile splits, Ron and Doug Heimberger at the finish line, Don Lindley for marking the course and to Bob and Sharon Pauley for the finish clock and that great hot soup!

We thank all participants for the 89 gift wrapped T-shirts that were distributed to the Fort Wayne Children's Home, Allen County Children's Home and the Christmas Bureau. We apologize for not rescuing the runners waiting for the race to start at the volley ball courts instead of the start at the end of Hartman Road. Here are the results:

3.3K — WOMEN

14 and Under	Time	Place
Jodi Ziegler	14:01	2
Mickie Gorrell	16:01	3

25-35

Martha Hoepfner	20:29	7
Lynn Handlin	20:30	8

35 and Over

Sharon Pauley	23:59	9
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3.3K — MEN

14 and Under

Michael Lindley	16:06	4
Brian Lindley	18:18	6

40-49

Joe Ziegler	13:01	1
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50 and Over

Phil Burns	17:44	5
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10K — WOMEN

15-19

Jamie Gorrell	40:57	21
Jacque Hoevel	44:53	37

20-29

Beth Rehrer	42:11	28
Cynthia Sabrack	47:31	46

30 and Over

Barb O'Neil	55:51	50
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10K — MEN

19 and Under

Chris Falloon	34:32	1
Tim Gorrell	39:16	14
Mark Hindenlang	47:43	47
Jeff McCullough	45:44	48

Continued on the next page

20-30

Steve Smith	36:31	4
Randy Palmer	37:02	6
Tony Gatton	37:09	7
Ron Gallogly	38:29	11
Randy Hisner	39:12	13
Jim Bushey	40:59	23
Gary Hooten	45:48	39

30-34

John Trevealen	35:36	3
Steve Caswell	37:57	8
Don Kawlecki	38:39	12
Terry Coonan	39:34	16
Pat Hermann	39:39	18
Tom Rehrer	40:40	20
Thom Johnson	43:56	31
Mike Callahan	44:03	32
Joe Peters	44:23	34
D. A. Stonebraker	44:49	36
Paul Sabrack	45:44	38

35-39

Dan Kaufman	34:49	2
Mike Robbins	36:45	5
Phil Wisniewski	42:08	27
Clifton Gorrell	43:51	30
Richard Shepherd	46:45	41
Chuck Mills	66:40	52

40-44

Jack Dyer	38:23	9
Bob Milton	38:27	10
Steve Adkinson	40:38	19
Don Lindley	40:58	22
Bernie Burgette	41:36	26
Jeff McCann	46:15	40
Rudy Kleinknight	47:08	43
Mike Holbrook	63:35	51

45-49

Jack Morris	39:37	17
Ray Sibrel	41:04	24
Tom Felger	43:02	29
Tom Laird	44:09	33
Joe Ziegler	44:33	35
Bob Gensheimer	46:52	42

50-54

Clem Getty	41:23	25
Cliff Ditto	47:18	45

55-59

Myron Meyer	39:29	15
Wendell Adams	47:17	44

60 Over

Jack O'Neil	54:16	49
Who knows what the weather will be at the next Just Plain 3.3K/10 race on December 6, 1986.		

J. P. Jones

1986 FWTC Points Race Schedule

March 15

20K Nutra Run 2:00 PM
Woodside School, Homestead Rd.
Judy Tillapaugh

***April 26**

NAVL 15K
Terry Shipley

***May 3**

"We are winning 5K" 9:00 AM
American Cancer Society
482-9181

May 18

WMEE-Fort Wayne Marathon
8:00 AM Coliseum
26.2 mile marathon
Ron Horan 447-5511

June 28

Turtle Days 10K 8:30 AM
Churubusco H.S.
Larry Shively 693-2761

***July 18**

Old Settlers 10K 6:30 PM
Carl Fields 244-5500

RACE DIRECTORS:

We need your confirmation on race time and date. Please contact:
Chuck DeVault
2420 Nordholme Ave.
Fort Wayne, IN 46805
482-2272 after 6:00 PM

*Tentative, watch for changes ...

Final Track Club Overall and Age Group Award Winners

Congratulations to the overall and age group award winners. These standings have been adjusted and represent the final results.

Awards will be presented at the FWTC annual banquet. We hope all the winners and their families will be present to receive their awards.

Women Overall

1. Judy Tillapaugh
2. Linda Conrad
3. Marsha Schmidt
4. Sharon Getty
5. Lyn Handlin

Women 19 and Under

1. Amy Clay
2. Karma Geyer
3. Mickie Gorrell
4. Chris Perrin

Women 20-29

1. Cynthia Sabrack
2. Betty Dewells
3. Theresa Yankowiak
4. Mary Connolly
5. Karen Vachon

Women 30-39

1. Joyce Wolters
2. Kathy Wiedau
3. Val Puckett
4. Teri Dawson

Women 40-49

1. Roseann Simmons
2. Ann Jamison
3. Joyce Fuzy
4. Julie Wilson

Women 50 and Over

1. Gloria Nycum
2. Joan Burns
3. Doris Snyder

Men's Overall

1. Doug Sundling
2. Jerry Williams
3. Rick Wallen
4. Mike Robbins
5. John Treleavan
6. Roger Wilson
7. Terry Diller
8. Bob Schendel
9. Kenneth King
10. Jerry Perkins

Men 14 and Under

1. Tim Gorrell
2. Stan Florea
3. Mike Lindley
4. Brian Lindley

Men 15-19

1. Brian Shepard
2. Bob Swinehart
3. David Milner

Men 20-24

1. Dave Geiger
2. Mark Geiger
3. Randy Johnson
4. Jeff Beam

Men 25-29

1. Steve Smith
2. Paul Shaffer
3. Paul Bauman
4. James Beeson
5. Tony Gatton
6. Mark Brattole
7. Larry Ellis
8. Gary Neuman
9. James Bushey
10. Calvin King

Men 30-34

1. Dan Kaufman
2. Terry Coonan
3. Hal Pearson
4. Bill Aksamit
5. Steve Caswell
6. Phil Rizzo
7. Denny Zeck
8. Vince Garcia
9. Dennis Conner
10. Dave Rueischilling

Men 35-39

1. Dennis Kroells
2. Dave Winters
3. Jack Reinking
4. Russ Sever
5. Todd Rigelman

6. Al Henkel
7. Phil Wisnewski
8. Mike Zurzolo
9. Gary Rickner
10. Tom Dendinger

Men 40-44

1. Bernie Motycka
2. Don Lindley
3. Larry Averbeck
4. Dennis Hudson
5. Ron Motycka
6. Roger Puckett
7. Steve Adkinson
8. Dave Boylan
9. Don Ashton
10. Bernie Burgette

Men 45-49

1. Ray Sibrel
2. Tom Felger
3. Joe Ziegler
4. Woody Barker
5. Craig Miller
6. Tom Laird
7. Ken Clark

Men 50-59

1. Myron Meyer
2. Bill Schmidt
3. Gene Gran
4. Clem Getty
5. John Hilker
6. Terry Gautsch
7. Jack Goble
8. Mike Kast
9. Norm Whisler
10. King Sullivan

Men 60 and Over

1. Phil Burns
2. Walt Harris
3. Chet Fleetwood

If you have any questions please call Russ Sever or Ken Miller.

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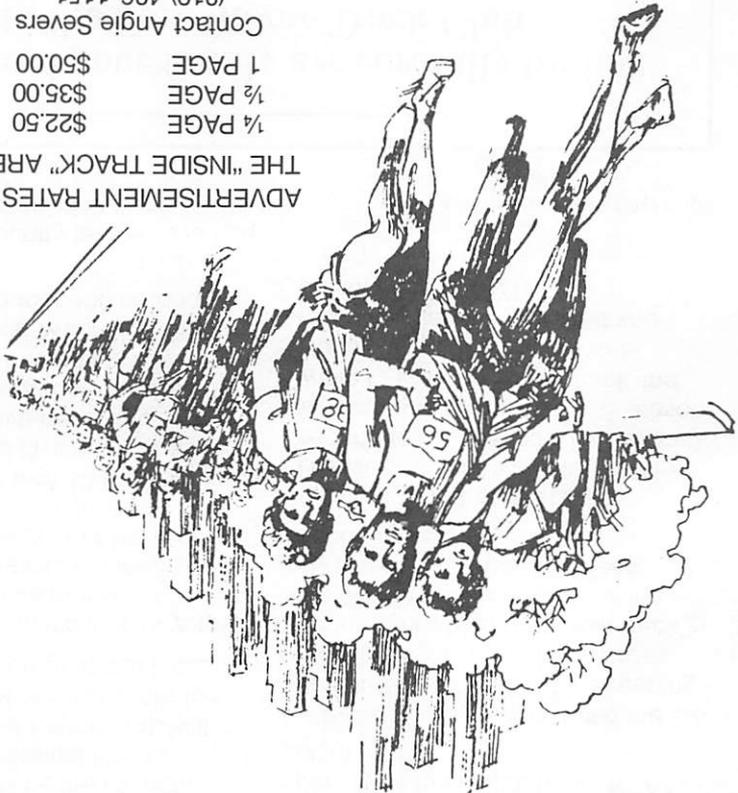
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1/2 PAGE	\$35.00
1 PAGE	\$50.00

Contact Angie Severs
(219) 436-1151



We need advertisers

Banquet Features IU Track Coach

Sam Bell, the Indiana University track coach will be the keynote speaker at the annual FWTC awards banquet February 8. Bell has built one of the Midwest's top track and field programs at Indiana.

He has been at Indiana 14 years, and that span has produced success unparalleled in the distinguished history of Hoosier track. During his tenure the Hoosiers have won 12 Big Ten championships (five outdoor, seven indoor) and have never finished below third in outdoor competition. Additionally, the Hoosiers have placed in the top twenty in NCAA competition (indoor and outdoor) 12 times.

His cross country teams have had equal success, winning three

conference championships and placing in the top 20 in the NCAA eight times.

Bell's Hoosiers dominated the Big Ten in 1973 and 1974 by sweeping the triple crown — titles in cross country, indoor and outdoor track — the first time in the history of the conference that feat had been accomplished.

Through Bell's efforts, the Hoosiers also boast track facilities second to none. A new indoor track was completed for the 1973 season while E. C. (Billy) Hayes track, the Hoosiers' outdoor home, was resurfaced and refurbished and put into use in 1977.

Continued on the next page

You and your family are cordially invited
to the Fort Wayne Track Club
annual awards banquet on

Saturday, February 8

6:00 p.m.

Oaks Hall

1336 Ryan Road • New Haven, IN

Join us for an evening shared with friends,
family, and fellow runners. On the agenda
are speeches, a delicious meal,
and an awards ceremony.

A dinner buffet will be served.
Please bring a salad or dessert.

Bell, 56, served tenures of seven years at Oregon State and four years at California before coming to Indiana. His 1961 Oregon State cross country team took the NCAA crown with Dale Storey taking individual honors. During his 25-year collegiate coaching career, Bell has tutored 60 All-Americans, 31 of them at Indiana. IU athletes have won seven NCAA individual titles in the Bell years.

Bell has been active on the national scene as well. In 1964 he coached the U.S. National team in a meet with the Russians and the 139-97 score was the biggest margin in the history of the meet. In 1971 he led a contingent of AAU performers on a successful tour of Europe, but perhaps his greatest honor came in 1976, when he was chosen to coach the men's distance

runners for the U.S. Olympic team at Montreal. In 1979 he was the head coach of the winning U.S. team in the World Cup Games in Montreal, and in 1981 he was the referee in track at the National Sports Festival. He was president of the NCAA Coaches Association in 1977-78 and served as chairman of the Men's Olympic Development Committee from 1976-1980.

Bell was born in Columbus, Mo., in 1928 and was graduated from Aurora, Neb., High in 1945. He obtained his A.B. degree in political science and English from Doane College in 1950. He obtained his M.S. degree in physical education from the University of Oregon in 1956.

Sam and his wife, Fran, are the parents of four children.

DO A FRIEND A FAVOR

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

FORT WAYNE TRACK CLUB

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Name _____

Sex _____ Birthdate _____

Address _____ Phone _____

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If Renewal, Your Current Track Club # _____

All Memberships Good Thru 1-1-87

Make Checks Payable To:

Fort Wayne Track Club and Mail To

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

Membership Fee \$12.00

Ea. Add'l Family Member \$6.00 (\$24.00 Max. Per Family)

(List The Names, Birthdates and Sex of Each Family Member)



**FORT WAYNE
TRIATIC CLUB**

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

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