

# the inside track



FORT WAYNE  
TRACK CLUB

March 1986

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



## Fort Wayne MARATHON 1986

May 18, 1986 • \$4,000 Cash Prizes

### RUN INFORMATION

Certified Marathon Course by  
Road Runners Club of America  
and TAC

Out and Back through Fort Wayne  
Race Date: Sunday, May 18, 1986

Wheelchair Start: 7:55 A.M.

Runners Start: 8:00 A.M.

### RECORDS

Men's Time: 2:25:22.5 (1978)

Women's Time: 2:41:47.8 (1978)

Wheelchair: 2:11:03 (1982)

### ENTRY FEE

\$7 Early Registration

\$10 Late Registration  
(After May 8, 1986)

### PRIZE MONEY

\$4,000 Cash Prizes:

\$1,000 First Place  
Male and Female

\$500 Second Place  
Male and Female

\$200 Third Place  
Male and Female

Age Group Awards



SPONSORS:

Wmее

97fm



FORT WAYNE  
TRACK CLUB

ACTION  
STATS

### REGISTRATION INFORMATION

Call or Write: Ron Horan, Race Director  
WMEE

Registration Form  
Inside

P.O. Box 6000  
Fort Wayne, Indiana 46896  
(219) 447-5511

# Fort Wayne Track Club

## Officers and Board Members 1986

JIM BUSHEY  
PRESIDENT 747-3770

DENNY ZECH  
VICE PRESIDENT 484-3473

ROGER WILSON  
VICE PRESIDENT 485-6119

DON LINDLEY  
TREASURER 456-8739

DEB GLASPER  
SECRETARY 432-8134

CHUCK DEVAULT  
RACE SCHEDULING  
456-5434

TIM FLEMING  
MEDIA CHAIRMAN  
749-8027

RUSS SEVER  
POINTS SYSTEM 493-2640

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ANGIE SEVERS  
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JANELLE GRABER  
NEWSLETTER 925-0676

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BOARD MEMBER 485-0587

MIKE ROBBINS  
BOARD MEMBER 485-3068

GARY HOOTEN  
BOARD MEMBER 747-6888

DAN KAUFMAN  
BOARD MEMBER 485-5241

JOHN TRELEAVEN  
BOARD MEMBER 432-5315

SUE LONG  
BOARD MEMBER 484-1373

KEITH DEMERITT  
BOARD MEMBER 426-5532

**Board Meeting**  
**March 4th**  
**7:00 p.m., Downtown YMCA**

### Don't forget . . .

A weekly Marathon training run commences at the downtown YMCA on Saturday mornings at 7 a.m. Contact Tim Fleming at 749-8027 for more details.

### Don't forget . . .

Race directors — the FWTC has camera ready logos that are available to use on FWTC points race applications.

### Don't forget . . .

to support your advertisers.

### Don't forget . . .

Marathon training report . . . Roger Wilson reported that 7 people began training on Feb. 8th. Bracing a 22 mph wind child on Feb. 15th six brave souls had a real work out in the 11 miles they covered. Join Roger on Saturday mornings at 9 a.m. and run your own pace. For more information contact Roger Wilson at 485-6119.

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# PRESIDENT'S COLUMN

By Jim Bushey

What a great board meeting we had last month. The discussion was lively and a lot of work was accomplished. I wish you would have been there!

Don Lindley's treasurer's report shows we are still hanging in there; but with the camera we bought for Runners Week, we have to work to replenish the fund.

Membership renewal is a problem. We finished 1985 with close to 600 members, but as of this date, just over half of us have renewed. Remind your friends and fellow track club members that the renewal is past due. Those who have not renewed will not receive a newsletter this month, but a reminder post card instead. This month's newsletter has the 1986 race schedule in it, and I think that is what most subscribers are interested in.

If you need to rent any equipment, ie: clocks, hand timers, etc., get in touch with Bob or Sharon Pauley. The bookings are filling up quickly for this summer.

As you can see in this issue, the 1986 race schedule is quite full. Make note of the many date and time changes for some of the races you may have run before. In addition, plans are in the works for a five mile race downtown and on the River Greenway. Sponsored by Central Soya and WOWO radio it will be similar to the race held a few years ago by Beatrice Foods. Tim Fleming and Preferred Painters are

planning a unique event, "The Main Street Mile". A one mile race down Main Street could be interesting, but there are a lot of details to work out. Why not volunteer to help Tim with this race? November 1st will mark the return of an Ultra Run in Fort Wayne. Plans are underway for a 50 mile race using a five mile loop course in Foster park. Chuck DeVault will hold a 10 mile Turkey Run on Thanksgiving morning. Contact Chuck to help start planning this new event.

Banquet: Although the turn out was sparse, a good time was had by those who did attend. Tim Fleming received the "FWTC Member of the Year Award". Mike Robbins received the "Gavel Award" as Past President of the club. Sharon Pauley received a special award. Jerry and Winn Perkins made a clock with the center being a FWTC logo. It was quite a beautiful piece of work. The track club thanks Jerry and Winn for donating the clock. The clock is quite an appropriate award for Sharon and Bob Pauley for all the time and effort they put into renting the FWTC equipment for the area races.

Sam Bell, the announced speaker, could not attend at the last moment, so he sent his Assistant Coach, Phillip L. Henson, Ph.D. Coach Henson works with the 1500 to 10,000 meter runners at Indiana University. His talk pertained mainly to training methods we all could

*Continued on the next page*

# RUNNERS WEEK

WEDNESDAY 8 PM - CHANNEL 10

## FEATURING:

- EXCITING RACES
- INTERESTING INTERVIEWS
- UP-CLOSE LOOK AT SPECIAL RUNNERS
- ANALYSIS OF INDIVIDUAL RUNNING STYLES
- TRAINING TIPS
- REPORTS FROM TRAVELING RACERS



## INTRODUCING:

"GETTING BACK ON YOUR FEET"

with DR. GEORGE BOWMAN DPM.

NEW THIS SEASON ON RUNNERS WEEK DR. BOWMAN, A PRACTICING FT.WAYNE PEDIATRIST AND FOOT SURGEON, WILL BE DISCUSSING RUNNING PAIN AND INJURIES. HOW TO TREAT THE ACHE AT HOME AND WHEN TO SEEK PROFESSIONAL HELP. GREAT INFO!!

HOST TIM FLEMING-ANN JAMISON

# PRESIDENT'S COLUMN

use. He went into how the body burns carbohydrates and fats during a race. He also talked about how important water replacement along with Gatorade type drinks are during a marathon. The most interesting part of his talk for me was about training methods and the importance of rest between hard workouts.

At our next board meeting I plan to ask for your help in planning for

1987. The areas I am concerned with being: points system, and is it necessary; and how can we get more people to attend the banquet — or is the banquet format what people really want. Please try to attend, or let a board member know your feelings on the above mentioned concerns.

Have a great March! See you at the Nutra-Run 20K. . . .

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# February Board of Directors Minutes

The following members were present at the February 4, 1986, FWTC Board meeting: Mike Robbins, Tim Fleming, Ken Miller, Judy Tillapaugh, Chuck DeVault, John Treleaven, Denny Zech, Sharon Pauley and Bobby, Randy LaVine, Jim Bushey, Deb Glasper, and Roger Wilson.

Jim Bushey, Prèsident, called the meeting to order. Jim read the list of area running clubs that will be sent marathon race applications. Minutes of the previous meeting were read and approved.

**Treasurer's Report** — Don Lindley, Treasurer, handed out a report for the months and year-to-date at 12/31/85 and 1/31/86. Total income for the 1985 year exceeded budget by \$550; total expenses exceeded budget by \$3,750. Income for January 1986 was \$1,700; expenses were \$670. Balance at January 31, 1986 was \$5,530.

**Membership** — Randy LaVine reported 204 members have renewed through 1987. Thirteen schools responded favorably to the recent letter to continue receiving "The Inside Track." Randy suggested publishing a running pamphlet mapping out popular running courses in Fort Wayne and distributing through Welcome Wagon.

**Banquet** — Sam Bell is unable to speak at the banquet; his assistant, Phil Hensen, will speak in his place.

**Newsletter** — The most economical source for printing the newsletter is still under consideration. Deadline for March issue is February 15; send to Jim

Bushey or P.O. Box. Articles submitted should be legible; they do not have to be typed or in columns.

**Advertising** — Ad rates will remain the same even with smaller newsletter format.

**Equipment** — Requests are coming in for equipment rentals. If equipment is needed for a race, contact the Pauley's as soon as possible to assure equipment is available.

**Points** — Ken Miller reported 1985 points are figured and award plaques are ready. Board members were polled as to their opinion on point system. Majority felt point system is liked by majority of members. Discussion was held regarding giving volunteers special recognition in "The Inside Track" each month.

**Runners Week** — Tim Fleming reported that Runners Week will be sponsoring 3 trophy runs in 1986: Arlington Park 5K — May 10; Hamilton Road Race 5K — July 4; and a race co-sponsored by Preferred Painters yet to be scheduled. Runners Week will be broadcasting almost every FWTC race.

**Merchandise** — Tim Fleming reported merchandise will be available at the banquet.

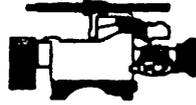
**Race Schedule** — Chuck DeVault reviewed the race schedule with the Board. There will be no limit on the number of points races this year.

**New Business** — It was suggested to list new members each month in the newsletter.

Meeting adjourned at 9:35.

Respectfully submitted,  
Deb Glasper, Secretary

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Fort Wayne Track Club

Dear Friends:

Thank you for your donation of food to the Fort Wayne Rescue Mission.

The mission continues to provide food, clothing, lodging, counseling, rehabilitation and employment sources to those in need. Many of our clients are referred to us from the Police or Sheriff's Department, Veterans Administration, hospitals, the courts, the Parole and Probation Departments, also churches, and other social service agencies . . . and of course, some fund us on their own.

We provide the material and physical needs of all who come our way only as a means of ministering to their far greater spiritual needs. We are first a ministry, and a social service agency second.

We appreciate your sharing with those who are in need.

Sincerely in His service,  
Rev. Gus Parris  
Executive Director

# Back To Basics

By Judy Tillapaugh, R.D., St. Joseph Hospital

Good nutrition — feel the difference. Keep this thought in mind. In celebration of nutrition month (March) remember the fuels for fitness; breads, fruits, vegetables, meats, and dairy products. Our bodies thrive on these nutritious foods.

Take time to consider your choice of food at meals. Nutritionists inform us about what's healthy and what's not, but the foods we eat are based on our own decisions.

It's tough to comply with balanced meal rules especially with the abundance of food available to us in our society. But there are no excuses for avoiding sound nutritious eating practices.

Eating for the health of it need not be tough. With some basic nutritional knowledge "nutra fitness" can be easy . . . so forget about foolish fad diets such as the Beverly Hills, the Atkins, Herbalife, or I Love New York diets. Instead concentrate on the following basic nutrition tips:

1. Choose a variety of foods — no single food group supplies all essential nutrients.
2. In your daily diet include each of

the following:

- a. 2 to 4 servings of milk or dairy products — Calcium in milk products keeps bones strong preventing stress fractures.
  - b. 2 to 3 servings of meat, poultry, fish, or protein substitute. Serving size examples include 2 ozs. of lean beef, 2 oz. of poultry, 2 eggs.
  - c. 4 or more servings of fruits and vegetables. Concentrate on selecting those sources high in vitamins A and C such as broccoli, green peppers, potatoes, carrots, and strawberries. Without vitamin C iron is not absorbed and used by the body.
  - d. 4 or more servings of breads and cereals. The milk, bread, and fruit/vegetable groups all supply super carbohydrate calories. Remember exercise increases your need for carbohydrate calories and fluids, but not protein.
3. Choose wholesome foods. The less refined and processed a product is the higher the nutrient value. *Continued on the next page*

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## From The Back Of The Pack

**FUN 'N' GAMES with COCHRAN!**



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

4. Drink 6 to 10 servings of fluid per day. Fluids are needed by all body systems to maintain perspiration production and prevent dehydration.
5. Try eating 4 to 6 smaller meals per day to improve digestion.
6. Select low fat and low cholesterol foods. Many health and diseases are related to high fat diets. Think wellness and eat fatty foods sparingly.
7. Limit use of sweets and alcohol. There's a time to indulge in "empty nothings", but be careful of excesses.

Remember the latter points at mealtime. They are guidelines for both young and old. If you need more food than is suggested to cover your exercise calorie needs eat larger portions. Think about health and fitness when you plan your meals. Happy eating!

**FOOD FACT:** A 5 oz. potato (with skin) has 130 cal., contains no fat or cholesterol, is low in sodium and high in fiber, vitamin C, niacin, and potassium. Also potatoes are a great complex carbohydrate source.

## Recipe of the Month French Vegetable Soup

10 green onions  
 1½ c chopped celery  
 1 Tbsp margarine  
 1½ c chopped carrot  
 1½ c cubed turnip  
 1½ c chicken stock  
 ¼ tsp thyme  
 salt and pepper as desired  
 1½ c cooked Great Northern Beans  
 6 Tbsp dairy sour cream (optional)

Saute onions and celery in margarine until tender. Add remaining ingredients except beans and sour cream. Simmer until vegetables are tender. Add beans (Beans may be pureed in blender if desired). Heat through. Garnish each serving with 1 tablespoon sour cream.

## 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 run with us over the hills and plains of Homestead.

Make it a race or just enjoy making the distance.

If it's chilly out be sure to wear warm clothes!

Hot beverages and fresh fruit will be ready for you at the finish.

See everyone there.

Mark your calendars today!

### HAPPY EATING!

**Race Director** — Judy Tillapaugh 425-3000 PG. 188

P.S. Race Helpers are needed.

# Tom Louck's Race Schedule

## March

- 8 Beer Bottle Open, 4 miles, Columbus Grove, Ohio, Jerry Bunn.
- 15 A.U.L. Governors Cup 8K, McCormicks Creek State Park, Spencer, IN, 800-622-4931.
- 15 Nutra Run 20K, Woodside Middle School (Homestead), 2 p.m., Judy Tillapaugh, 425-3000 Ext. 188.
- 22 No Frills Marathon, Chesterton, IN, Steve Kearney, 219-926-1750.
- 23 Cincinnati Heart Mini-Marathon 15K, Downtown Cincinnati, 1 p.m., Bob MacVeigh, 513-281-4048.

- 29 Gift of Life, 5 mile, Greenwood Runners Forum, 317-882-1800.
- 29 Bloomington Challenge, Bloomington, 5K at 8:30 a.m., 10K at 9:30 a.m. Exercise Inc. 812-339-1674.

## April

- 5 A.U.L. Governors Cup 8K, Lafayette McCutcheon High School, 10 a.m., 800-622-4931.
- 19 Big Boulder Dash 10K, Milford, IN, 9 a.m., Ron Baumgartner, 658-4111.

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## From The Back of The Pack

### By Randy LaVine

In the January-February issue of the Inside Track a cartoon appeared captioned From The Back of The Pack. I thought this title reflected the way a lot of us run year after year. During several of the recent FWTC Board Meetings concern was expressed as to what the image was of our club. We have a very disperse group ranging in age from 8 to 80. Some are very fast and some are very, very slow. The Board's comments were that our club is for all members. Some members enjoy the weekly racing while others enjoy three miles a week at a ten minute pace.

One of the many concerns of mine was "Why couldn't I keep up with my good friend Jim Bushey?" Was it my ten extra pounds? Was it less training? Was it my six extra

years? Probably the answer was yes to all of the above. So why did I feel bad about running? Jim and I talked about this type of conversation over many times regarding myself and many other members of the club. Jim made the comment "Why did I stop at 13 miles of the Chicago Marathon when I was on a 6:40 pace and felt fairly good?" Well neither one of us could answer these questions. One point we did agree on was that neither one of us should feel bad about what we didn't do or at what pace we should run on any one day.

This article in subsequent months will include the names of new members of the FWTC. In addition I have scheduled several interviews on everything from heart disease, to

*Continued on the next page*

colon cancer, to nutrition. Between some of these interviews will be Track Club interviews with many of you I hope! By all means don't feel like a slow runner if I ask for an interview. The title of this article includes all members, since none of us have won every race we entered. I hope to expose some various training methods, eating habits, racing habits and maybe some mental habits.

In conclusion next month will feature Giles Tomlinson from

Angola. If any of you would like to be interviewed or place some comments in this column my phone number is listed on the inside cover.

### 1986 New Members

Norm Bailey	Dale Thompson
Sally Riley	Ron Horan
Bernadette	Richard
Deardorf	Shepherd
Jed Pearson	Jean Schendel
Marc Stump	Steve Loshe
William Seck	Kim Stairs
Paul Miller	Donald Kemp

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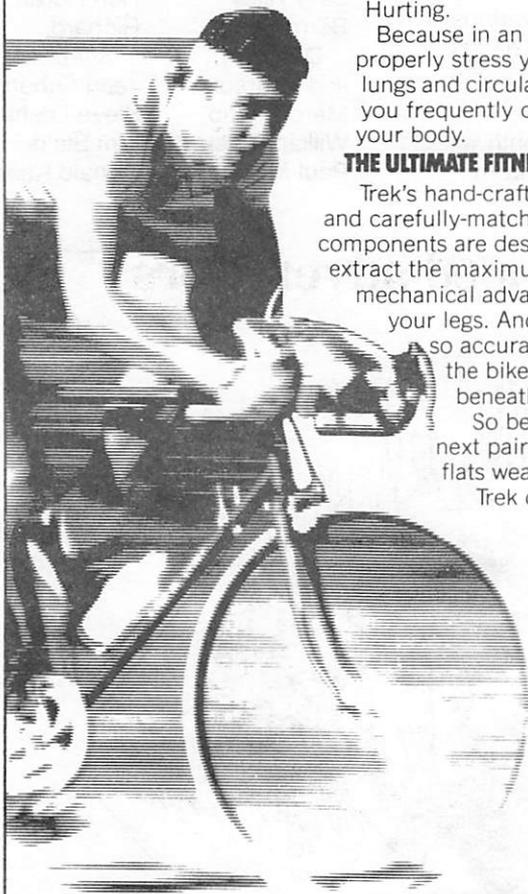
¼ PAGE	\$22.50
½ PAGE	\$35.00
1 PAGE	\$50.00

Contact Angie Severs  
(219) 436-1151

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# DO SOME OF YOUR BEST TRAINING SITTING DOWN.

If you run alot, there's something else you're probably doing quite a bit of, too.



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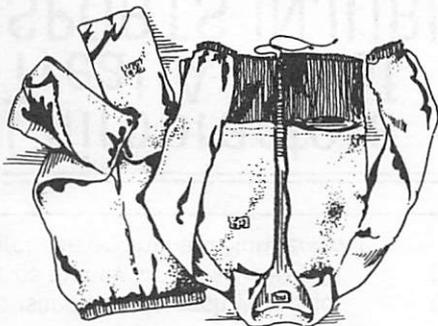
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# WMEE Fort Wayne Marathon Update

An entire weekend of activity is shaping up for the 1986 WMEE Fort Wayne Marathon. Events like a wine tasting at the Museum of Art, Runners Clinic and Saturday night Spaghetti Dinner will create an atmosphere of fun and information the weekend of May 16-18 for local and out of town runners and their families.

Friday night, May 16, WMEE and the Museum of Art will hold the Third Annual "Fine Art of Wine Tasting" at the Fort Wayne Museum of Art. Wine distributors set up tables of domestic and imported wine for sampling surrounded by art on display in the Museum. This event is attended by a couple of thousand people each year and raises money for the Museum to purchase original art. Runners will

receive more information about ticket prices in the race information packet they will receive after entering the marathon.

Saturday, at the Sports and Fitness Show and Sale, a special clinic for runners will be held. Conducting the clinic will be famous runners and writers, Hal Higdon and Jeff Galloway. Hal Higdon has written 26 books, out of them on Running, and is a Senior Writer for Runner Magazine. Jeff Galloway is the writer of a current best selling running book, "Galloway's Book On Running" and contributes regularly to Runners World and Runner Magazines. Both runners are well known for their running ability with a long list of records and accomplishments

*Continued on the next page*

## Chiropractors Treat A Lot of SPORTS INJURIES



Anyone who is seriously injured in sports will usually see the doctor right away. But minor injuries are frequently ignored, and acute injuries that don't heal become chronic. These can all too often lead to impaired function and altered lifestyle, or can set the stage for arthritis or other degenerative disorders.

**DELAY IN TREATMENT,  
RATHER THAN SEVERITY  
OF THE INJURY, IS OFTEN  
THE CAUSE OF LASTING PROBLEMS.**

If you have had any injury, even a minor one, the sooner you see your chiropractor the more likely you are to be helped — but treatment can often be effective even years later.

*Call today — most insurance plans cover chiropractic.*

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432-5880

3174 Mallard Cove Lane  
Fort Wayne, IN 46804

attached to their biographies. This clinic is free.

Saturday night the Marriott Hotel (race headquarters) will serve a delicious Spaghetti Dinner. The menu includes the main course of Spaghetti with meatless tomato sauce and parmesan cheese, garlic toast, salad with your choice of two dressings, fresh fruit, ice cream, and your choice of refreshment (coffee, tea, milk, soft drink, juice, or iced tea). The price is just \$5.50 per

person. Space is limited and reservations will be taken on a first come, first served basis. You can contact the Marriott on Coldwater Road for reservations or use the form in your race packet. A cash bar will be available at the dinner.

We will have fun for runners and non-runners the entire weekend. As more activities are scheduled and confirmed you'll read about them right here in Inside Track.

*Continued on the next page*

## 1986 FWTC Race Schedule

### March 15

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

### April 26

North American Van Lines 15K  
9:00 AM Terry Shipley

### May 3

"We are winning" 5K 9:00 AM  
American Cancer Society  
Canterbury Green

### May 4\*

Foster Park 13.1 8:00 AM  
Don Lindley

### May 10\*

Runners Week 5K 8:00 AM  
Arlington Park

### May 18

WMEE Fort Wayne Marathon  
8:00 AM

### June 7

Canal Days 10K 7:00 AM  
New Haven

### June 14

Hilly 4 Homestead 9:00 AM

### June 28

Turtle Days 10,000 8:30 AM

### July 4\*

Runners Week 5K 8:00 AM  
Hamilton Lane

### July 13\*

White River Park Course  
5 miler 7:00 PM  
Foster Park Tom Loucks

### July 18

Old Settler's 10K 6:30 PM

### July 26

WOWO/Central Soya 5 miler 6:00 PM

### August

1 Hour Run Northrop H.S. 8:00 PM

### August 9\*

Peace and Understanding 5K  
6:00 PM IPFW Jim Bushey

### August 16\*

Kent Davis 5K 7:00 AM  
Georgetown Square Bill Schmidt

### August 23

Big Brothers/Big Sisters  
5 miler 5:00 PM

### August 31

8K Love Run Canterbury  
Green 5:00 PM  
Muscular Dystrophy

### October 5\*

5K Lutheran Hospital Race 2:00 PM  
Foster Park Sharon Glueck

### October 26

Homeloan 10,000 2:00 PM

### November

10 miler Downtown  
Fort Wayne 8:30 AM

### November 1\*

Ultra — 50 miler

### December 13

Just Jones 10K

\*Non-Points Race

# OFFICIAL ENTRY FORM

Entry fee: \$7.00 (\$10 after May 8, 1986)

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
(please print or type)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Division:      Male          Female          Wheelchair          (circle one)

What is your best marathon time? \_\_\_\_\_

Where run? \_\_\_\_\_

Fort Wayne Track Club member? \_\_\_\_\_

T-Shirt Size:    Small      Medium      Large      Extra Large      (circle one)

If you are in a wheelchair division, in which class will you be racing?

\_\_\_\_\_ (IA, IB, IC, II, III, IV, or V)

In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, for myself, my executors, administrators and assigns do hereby waive and release all sponsors, officials, and all persons and agencies connected with the 1986 WMEE FORT WAYNE MARATHON from all claims for damages arising from my participation in, and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this event.

I also hereby give my permission to the sponsors of the 1986 WMEE FORT WAYNE MARATHON to use my name and/or picture in any newspaper, broadcast, telecast, or any other account of this event without limitation.

Signature \_\_\_\_\_

If under 18, parent or guardian MUST sign and a Medical Certificate is required.

\_\_\_\_\_  
Parent or guardian signature.

Mail entry form with  
\$7 entry fee to:

Ron Horan  
c/o WMEE  
P.O. Box 6000  
Fort Wayne, IN 46896  
(219) 447-5511

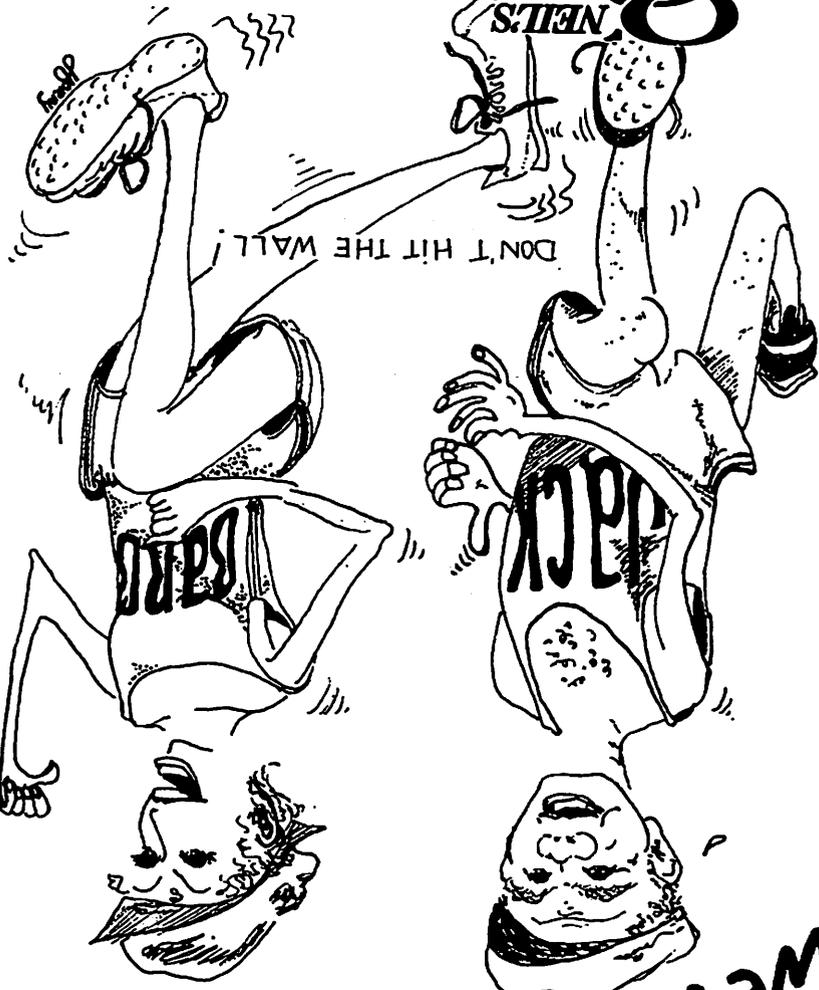
Date \_\_\_\_\_

3927 New Haven Ave. At Coliseum Blvd.  
Fort Wayne, IN 46803

**CLASS SERVICE 423-2477**



**NEETS**



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# **RULES FOR THE ROAD**

**RUNNING** has become one of our nation's more popular sports. As more and more **RUNNERS-JOGGERS** take to the urban and rural roadways, the incidence of **RUNNER/MOTOR** vehicle accidents increase.

Educating **RUNNERS-JOGGERS** about the many roadway hazards, may aid in the prevention and reduction of **JOGGER-MOTOR** vehicle accidents that occur each year.

The **INDIANA DIVISION OF TRAFFIC SAFETY** urges each and every **HOOSIER JOGGER** to **REMEMBER**. . . .

- **RUN FACING TRAFFIC** when at all practical
- Try to establish eye contact with driver at intersections, eye contact with those turning across your path at least establishes that you have been seen
- **DON'T DASH ACROSS ROADWAYS OR IN FRONT OF CARS**
- **TRY TO AVOID RUNNING ON THE ROAD**, **JOGGING** and bike paths are all preferable routes if available.
- **WATCH THE VEHICLE'S FRONT WHEELS** as the wheels of a car are generally the first tip indicating a change in direction
- **BE CAUTIOUS OF CARS ENTERING THE ROADWAY FROM CROSS STREETS OR DRIVEWAYS**
- **DON'T ASSUME A MOTORIST'S COURTESY**
- **DONT ASSUME THAT YOU HAVE BEEN SEEN**
- **OBEY TRAFFIC SIGNALS** — you are still a pedestrian
- **WEAR HIGHLY VISIBLE CLOTHING** reflective vests, wristbands, headbands and white or light colored clothing
- **ALWAYS CHECK WITH A PHYSICIAN** before beginning any strenuous physical activity
- **CARRY PERSONAL I.D. and MEDICAL INFORMATION**, specifying blood type and/or special medical condition(s)
- **REMEMBER** when **RUNNING** or **JOGGING** on **HOOSIER** roadways . . . . .  
**BE ALERT!!!!**

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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)

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