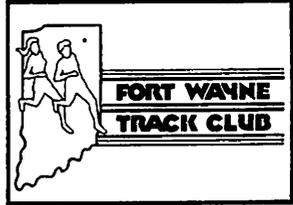


# the inside track

February 1991 - March 1991



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

# FANNY FREEZER 5K

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



Attend the Annual  
Fort Wayne Track Club  
Banquet

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

# 1991

## FORT WAYNE TRACK CLUB

### *Officers and Board Members*

#### OFFICERS

President .....	Jerry Diehl, Work: 481-6300 Home: 427-4470
Vice President .....	Robert Wyatt, 420-0370
Secretary .....	Herman Bueno, 749-6113
Treasurer .....	Don Lindley, 456-8739
Inside Track Newsletter	
Editor .....	Rodger Pucket, 489-8868
Asst. Editors .....	Bob & Shirley Loomis, 639-3253
Publicity Coordinator .....	Nancy Bubb, 632-4369
Equipment Coordinator .....	Mark Brattoli, 493-6240
Advertising Coordinator .....	Jack & Barb O'Neil, 482-2383
Membership .....	Randy Lavine, 493-2420
Indiana RRCA State Rep. ....	Judy Tillapaugh, 424-6723
Race Schedule Chairman .....	Richard Vorick, 489-1582

#### BOARD MEMBERS

Valerie Puckett	Jack & Barb O'Neil
Joyce Nookensmith	Robert Hockensmith
Randy Lavine	Stan Lipp
Ken Disler	Jack Hilker
Tom Loucks	

# THE INSIDE TRACK

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As Editor of the *Inside Track* I have accepted the responsibility of publishing a quality up-to-date 100 percent accurate newsletter. Our newsletter has been restructured from a monthly to a bi-monthly publication. Any articles to be published in the newsletter will have to be in my hands by the 15th of each odd numbered month. As editor I'm asking race directors, board members and all other members to please assist me by being on time. Feel free to write articles on running related events and send all articles to Roger Pucket, 10533 Oak Trail Road, Fort Wayne, Indiana 46845.

\_\_HOTLINE\_\_ \_\_HOTLINE\_\_ \_\_HOTLINE\_\_  
(219) 481-6152

For a F.W.T.C. update on local races or events please call. If you have information that needs to go in the newsletter you may do so. Please use the hotline for your every convenience.

President

Jerry Diehl

## PRESIDENT'S COLUMN - Jerry Diehl

The holidays are now history, and it is time to keep working on those resolutions we have vowed to keep for the new year. I hope everyone enjoyed this season of peace and goodwill. We had a nice turnout at the New Year's Eve Run, some of us braved the cold and ran outside, while others, ran on the track, rode bicycles or played basketball. Many feasted on "goodies" while welcoming in the new year.

Now that 1991 is here it is time to renew your membership in the club. Please take some time while renewing and consider volunteering for one or two events during the year. Here are but a few of the many activities our volunteers were involved in during the past year: Clem Getty made a huge kettle of soup for the Just Plain 10K race, Don Lindley and Keith Caudill spent hours timing events at the Three Rivers Festival, Herman Bueno and Tom Loucks put on an excellent summer track series at North Side High School, Brian & Lori Shepherd organized and directed many events in and around Fort Wayne, Judy Tillapaugh organized and directed the first Central Regional RRCA Meeting in Indianapolis, Steve Caswell directed races and organized our racing calendar, Mark Brattoli coordinated and ran finish line equipment for other race directors in our area, Roger and Valerie Puckett edited our fine newsletter, Rob Wyatt, our Vice President, organized and ran a training program for the Summit City 10K, Terry Diller travelled to Miami, Florida to put on a insurance workshop for the National Road Runners Club of America Convention. I know I left out many others who have contributed to our club, please forgive me. We all have talents in many different areas, the club needs those talents no matter how large or how small, if you can help please make a note on your membership application, contact a board member, club officer or leave a message on the hotline. This is your club, and together we can make 1991 a great year for fitness!

Remember that February 16 is the Fanny Freezer 5K at 2:00 p.m. in Foster Park, and 6:00 p.m. is the FWTC Banquet at the Southwest Conservation Club on Bluffton Road. Come bring your friends and family and celebrate with the Fort Wayne Track Club. In March, don't forget the Nutra Runs on the 16th at Woodside Middle School.

When you are out there, running, sliding, or skooting along in the morning/evening darkness, remember that the days are getting longer, and warm weather will return. Remember to keep the sun in your face, the wind at your back, and a song in your heart. Keep doin' what you're doin', and I'll see you on the roads!

PORT WAYNE TRACK CLUB  
BOARD MEETING SUMMARY  
DECEMBER 12, 1990 - JANUARY 9, 1991

Board members present: Nancy Bubb, Mark Bratoff, Judy Tillapaugh, Don Lindley, Ken Dister, David Faulkner, Jerry Diehl, Robert Valera, Garry Selinger, Barb Scrogam, Don Ashton, Herman Bueno, Bob & Joyce Hockensmith, Bob Gensheimer, Don Anderson, Mark & Cindy Furks, Brian & Lorri Shephard, Tonya Hiker and others.

Club member attendance for the December meeting was a great success. With a lot of goodies and Runners Week replays as the major part of the agenda everyone had a good time. Officer elections resulted in a repeat of 1990. Your 1991 Officers are:

President: Jerry Diehl  
Vice Pres: Rob Wyatt  
Secretary: Herman Bueno  
Treasurer: Don Lindley

Other positions announced are Nancy Bubb as the Publicity Coordinator. Look for an article by Nancy on the Track Club in the paper soon. Also announce was that Tonya Hiker will be Merchandise Coordinator. Other very important positions which need club member involvement to head up are Runners Week and a Walking program.

Don Lindley presented the budget for 1991 and explained the major expenses for the upcoming year. 1990 ended with approximately 450 members. Club members are encouraged to send in their renewals soon.

Recent races with FWTC involvement both went well. The Turkey Trot & JP JONES race had 151 & 67 participants respectively. Thanks to everyone involved who made both of these races a success. The FWTC received a special thank you from the Parks Dept & The Harvest Food Bank. IFSW also thanked the FWTC for its donation to the IFSW Scholarship Fund.

This years RCA Convention will be held in Kansas City during the end of May. If interested in attending see Judy Tillapaugh for info.

Key events for early 1991 are as follows.

Fanny Freezer & FWTC Award Banquet will be held Feb 16th.  
Nutra Run at Homestead March 15th. Hash House runs from IFSW.  
Training group runs to help out thru those winter blisks.

The next membership meeting will be December 12th at the IFSW Athletic Center, at 7:00 p.m. For anyone interested there will be a training run at 5:30 am before the meeting. Lockers and showers are available.

FWTC  
GET INVOLVED IN 1991

1991 TENTATIVE FORT WAYNE TRACK CLUB CALENDAR

Check THE INDIANA RUNNER for other surrounding races. Confirmations, whether or not a race has been postponed or cancelled, call race director and when writing to race director always send SASE for applications.

FEBRUARY

3 SUN	Ground Hog Seven	Clay School, Carmel	1:00 pm
9 SAT	Polar Bear 5 Mile	Univ. of Indy	9:00 am
10 SUN	14th Blizzard Break.	Toledo, OH	9:00 am
13 WED	FWTC BOARD MEETING	IPFW ATHLETIC CENTER	7:00 pm
16 SAT	FANNY FREEZER 5K	FOSTER PARK	2:00 pm
16 SAT	FWTC BANQUET	S.W. CONSERVATION	5:00 pm
23 SAT	Think Spring 5K	Ligonier, IN	2:00 pm

MARCH

3 SUN	Churchhill's 1/2 Mar	Toledo, OH	2:00 pm
13 WED	FWTC BOARD MEETING	IPFW ATHLETIC CENTER	7:00 pm
16 SAT	NUTRA RUNS	WOODSIDE MIDDLE SCH.	2:00 pm
24 SUN	Heart MiniMarathon	Cincinnati, OH	1:00 pm

APRIL

10 WED	FWTC BOARD MEETING	IPFW ATHLETIC CENTER	7:00 pm
14 SUN	Sam Costa 1/2 Mar.	Clay School, Carmel	1:00 pm
15 MON	Boston Marathon	Hopkinton, MA	Noon
20 SAT	IPFW SPRING CLASSIC	IPFW ATHLETIC CENTER	11:00 am
21 SUN	Glass City Marathon	Toledo, OH	8:00 am
27 SAT	NAVL SPRING CLASSIC	FORT WAYNE, IN	9:00 am
27 SAT	Kentucky Derby 1/2 Mar.	Louisville, KY	

MAY

4 SAT	ONE MILE RUN	FOSTER PARK, FT WAYNE	9:00 am
5 SUN	PITTSBURGH MARATHON	PITTSBURGH, PA	
8 WED	FWTC BOARD MEETING	IPFW ATHLETIC CENTER	7:00 pm
11 SAT	Old Kent River 25K	Grand Rapids, MI	9:00 am
11 SAT	BAERFIELD RACEWAY RUNS	FORT WAYNE, IN	9:00 am
18 SAT	Ice Age Trail 50 Mile	Waukesha, WI	6:00 am
19 SUN	Revco Marathon	Cleveland, OH	8:30 am
24 FRI	Indy 500 MiniMar.	Indpls., IN	9:00 am
27 MON	The Great Race	Elkhart, IN	
29 WED	RRCA National Convention,	Kansas City, KS	
30 THU	RRCA National Convention,	Kansas City, KS	
31 FRI	RRCA National Convention,	Kansas City, KS	

JUNE

1	SAT	RRCA Nat. Conven.	Kansas City, KS	
2	SUN	RRCA Nat. Conven.	Kansas City, KS	
4	TUE	Track Series	New Haven H. S.	
6	THUR	FWTC Social	T.J. Pastas	8:00 p.m.
8	SAT	Sunburst Marathon	South Bend, IN	6:00 a.m.
11	TUE	Track Series	New Haven H. S.	
12	WED	FWTC Board Meeting	IPFW Athletic Center	7:00 p.m.
15	SAT	Chain-o-lakes 5K	Albion Middle School	8:30 a.m. #:
16	SUN	Michigan City 15K	Michigan City, IN	8:30 a.m.
18	TUE	Track Series	New Haven H. S.	
20	THUR	FWTC Track Series	North Side H. S.	
22	SAT	Marsh Buckcreek 5M	Yorktown, IN	8:00 a.m.
25	TUE	Track Series	New Haven H. S.	
27	THUR	FWTC Track Series	North Side H. S.	
29	SAT	White River Park 5M	Foster Park	8:00 a.m.

JULY

2	TUE	Track Series	New Haven H. S.	
4	THUR	Running Wild 5K	Fort Wayne Zoo	
9	TUE	Track Series	New Haven H. S.	
10	WED	FWTC Board Meeting	IPFW Athletic Center	7:00 p.m.
11	THUR	FWTC Track Series	North Side H. S.	
13*	SAT	Central Soya Classic	Frieman Square	
17	WED	3 - Rivers Biathlon	Homestead H. S.	5:30 p.m.
18	THUR	FWTC Track Series	North Side H. S.	
19	FRI	Old Settlers 4 Mile	Columbia City	7:30 p.m.
25	THUR	One Hour Track Run	North Side H. S.	7:30 p.m.
27	SAT	Cromwell 5K	Cromwell, IN	#2

AUGUST

3	SAT	Scholarship Fund Run	IPFW Athletic Center	8:00 a.m.
10	SAT	Willow Creek 5K/10K	Huntertown, IN	8:00 a.m.
10	SAT	Kernal Classic 5K	Van Buren, IN	8:00 a.m.
14	WED	FWTC Nominations	Foster Park	5:00 p.m.
14	WED	FWTC Picnic	Foster Park	6:00 p.m.
17	SAT	Manchester Fest 5M	N. Manchester, IN	9:00 a.m.
17	SAT	AUL Pokagon 8K	Pokagon State Park	9:00 a.m.
18	SUN	Leading Ladies 5K	Indianapolis, IN	8:00 a.m.
24	SAT	Grape Stomp 10K	South Bend, IN	8:30 a.m.
31	SAT	Double Dip 5K	Stroh, IN	8:00 a.m.
31	SAT	Ligonier Days 5K	Ligonier, IN	7:00 p.m. #3

SEPTEMBER

2	MON	Blueberry Stomp 15K	Plymouth, IN	10:00 a.m.
7	SAT	Roanoke 5 Mile	Roanoke, IN	7:30 a.m.
11	WED	FWTC Board Meeting	IPFW Athletic Center	7:00 p.m.
21	SAT	Parlor City Trot	Bluffton, IN	8:30 a.m.
22	SUN	Wild Wild Wilderness	Danville, IL	11:00 a.m.
28	SAT	James Dean Mem. 10K	Fairmont, IN	9:00 a.m.
28	SAT	<i>Hilly Four</i>	<i>Homestead HS</i>	<i>9:00 AM</i>

OCTOBER

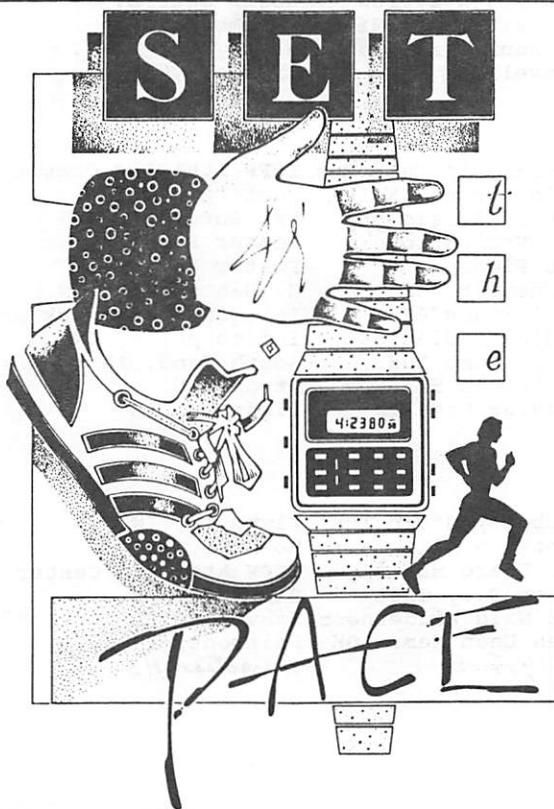
2	WED	NEHC Cross Country	IPFW Athletic Center	4:30 p.m.
3	THUR	SAC Cross Country	IPFW Athletic Center	4:30 p.m.
5	SAT	Dune Land YMCA 10K	Chesterton, IN	9:00 a.m.
6	SUN	Cole Porter 15K	Peru, IN	2:00 p.m.
6	SUN	Summit City 10K	Frieman Square	2:00 p.m.
9	WED	FWTC Board Meeting	IPFW Athletic Center	7:00 p.m.
12	SAT	Sect. Cross Country	IPFW Athletic Center	10:00 a.m.
12	SAT	Stampede 5K,10K,25K	Indianapolis, IN	8:00 a.m.
13	SUN	Mid America Fest.	Muncie, IN	7:00 a.m.
13	SUN	Wayne Trace 5K	Paulding, OH	2:30 p.m.
19	SAT	Region. Cross Coun.	Bellmont H. S.	
26	SAT	Semi-State Cross	Manchester H. S.	
27	SUN	Chicago Marathon	Chicago, IL	

NOVEMBER

2	SAT	State Cross Country	Indianapolis, IN	
13	WED	FWTC Board Meeting	IPFW Athletic Center	7:00 p.m.
16	SAT	Turkey Trot 4 Mile	Foster Park	10:00 a.m.
28	THUR	Mazock Turkey Trot	Jerry Mazock's House	8:00 a.m.

DECEMBER

7	SAT	Just Plain 10K	Foster Park	2:00 p.m.
11	WED	FWTC Board Meeting	IPFW Athletic Center	7:00 p.m.
19	THUR	Jingle Bell Run	IPFW Athletic Center	6:00 p.m.
31	TUE	New Year's Eve Run	IPFW Athletic Center	11:00 p.m.



## TRAINING RUNS

- 1 Fort Wayne YMCA weekdays at noon, Saturdays at 7:00 AM. Contact Calvin King 447-2172
- 2 Fort Wayne Johnny Appleseed Park Saturdays and Sundays 7:30 AM Contact Barb Scrognum 484-0938 or Joyce Butler 749-4646
- 3 Fort Wayne Homestead High School Wednesdays at 5:00 PM Contact John Trelevan 432-5315
- 4 Columbia City at the Court House Sundays at 7:00 AM Contact Mel Hochstettler at 248-8749
- 5 Fort Wayne down town YMCA Saturdays at 7:00 AM Contact Jack Hilker 432-2933
- 6 IPFW Athletic Center Tuesdays and Thursdays at 6:00 PM Saturdays at 9:00AM Contact Jerry Diehl 481-6300

**Jamison**  
**Meats**

484-4158

**CATERING**

**HOT OR COLD ENTRIES FOR ANY NUMBER**

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

**3423 NORTH ANTHONY**

**Attend the Annual  
Fort Wayne Track Club  
Banquet  
February 16, 1991  
at the  
Southwest Conservation Club  
Bluffton Road**

---

**POT LUCK DINNER**

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

---

**ENTERTAINMENT PLUS**

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

---

**AWARDS**

*Annual awards will be given out.*

---

**FUN**

*A chance to relax and have some fun.*

---

**—PLAN NOW TO ATTEND—**



1991 FORT WAYNE TRACK CLUB OFFICERS & BOARD MEMBERS

PRESIDENT  
VICE PRESIDENT  
SECRETARY  
TREASURER  
NEWSLETTER EDITORS  
ASST. NEWSLETTER EDITORS  
PUBLICITY COORDINATOR  
SOCIAL COORDINATOR  
CHILDREN'S EVENTS COORDINATOR  
MERCHANDISE COORDINATOR  
ADVERTISING COORDINATORS  
ASST. ADVERTISING COORDINATOR  
MEMBERSHIP COORDINATOR  
ASST. MEMBERSHIP COORDINATOR  
RUNNER'S WEEK DIRECTOR  
RUNNER'S WEEK EDITOR  
INDIANA RRCA STATE REP.  
RACE SCHEDULE COORDINATOR  
POINTS RACE COORDINATORS  
ASST. SOCIAL COORDINATORS  
SUMMER TRACK SERIES  
ASST. SUMMER TRACK SERIES  
PARKS & RECREATION  
EQUIPMENT COORDINATOR  
ASST. EQUIPMENT COORDINATOR  
ASST. EQUIPMENT COORDINATOR  
INSURANCE  
WALKING COORDINATORS  
ASST. WALKING COORDINATOR  
ASST. WALKING COORDINATOR  
BOARD

Jerry Diehl  
Rob Wyatt  
Herman Bueno  
Don Lindley  
Roger & Valerie Puckett  
Bob & Shirley Loomis  
Nancy Bubb  
Barb Scrogam  
Mike Donlan  
Tonya Hilker  
Jack & Barb O'Neil  
Stan Lipp  
Randy Lavine  
Don Lindley

Ann Jamison  
Judy Tillapaugh  
Rick Vorick  
Brian & Lori Shepherd  
Bob & Joyce Hockensmith  
Herman Bueno  
Tom Loucks  
Jack Hilker  
Mark Brattoli  
Dave Faulkner  
Keith Caudill  
Terry Diller  
Rob & Sandy Wyatt  
Polly Jacobs  
Vicki Jacobs  
Ken Disler

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SUMMIT CITY BIKE

The  
Professional  
Experience



NATIONAL BICYCLE  
DEALERS ASSOC.

It Starts  
At Your  
Bike Shop.

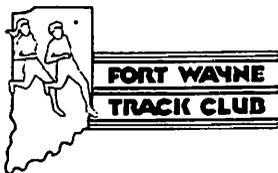
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FOR ALL YOUR PARTS AND  
ACCESSORIES CLIP THIS  
COUPON AND SAVE 10%

RENEMALS

EDWIN KNOUSE  
 GARY KUHN  
 JANICE KREUZ  
 GREG LAWRENCE  
 HAL LEWIS  
 BRENDA LICHTY  
 DON LINDLEY  
 KENT LOOMIS  
 ROBERT W. LOSHE  
 ELTIS MC CANN  
 JEFFREY E. MC CANN  
 BILL MACK  
 JASON MIDDLETON  
 DAVID V. MYERS  
 CHUCK MYNETT  
 KEN NELSON  
 MARGARET NORTH  
 GEORGE PARK  
 JERRY PERKINS  
 SUSAN PETERSON  
 REX REED  
 CARL RISCH  
 FRED ROSS  
 PAUL SABRACK  
 CYNTHIA SABRACK  
 GARY SELKINK  
 PAUL SHAFER  
 KAREN SIMMONS  
 ROSEANN SIMMONS  
 BELINDA SLOFFER  
 LEWIE STONE  
 RUSS SORGEN  
 DON STEININGER  
 EUGENE STRIGLE  
 KING SULLIVAN  
 DON SUMMERS  
 TARRY W. TARGGART  
 JAMES W. THOMPSON  
 MICHAEL THROOP  
 MARGARITA THROOP  
 JUDY TILLAPAUH  
 LISA A. WARREN  
 TIM WARREN  
 ROBERT A. WIRSMA  
 LOIS WIRSMA  
 DAVID WILSON  
 JULIA WILSON  
 LARRY YANT  
 STEVE YAGER

DONALD ANDERSON  
 LANE ANDERSON  
 LYNN ARMSTRONG  
 CAROLYN ARMSTRONG  
 LISA ATWELL  
 CHARLES BACKOFEN  
 RONALD BARBEE  
 DONALD BASHOR  
 BARRY BAUMBAUGH  
 MICHAEL BELTZ  
 TIM BOLIN  
 DAVID BOYLAN  
 DON BRANSTETTER  
 NANCY BUBB  
 HERMAN J. BUENO  
 BERNIE BURGETTE  
 DANIEL BURNETT  
 BEN BURNETT  
 MICHAEL CALLAHAN  
 BEV CHRISTENSEN  
 KELLY D. CLEVELANGER  
 RICHARD CROWMELL  
 DAN DANIEL  
 JERRY DIEHL  
 KENNETH DISLER  
 JOHN H. EDRIS, JR.  
 MATT ELLENBERGER  
 DAVID FAULKNER  
 TOM FELGER  
 CHEL FLEETWOOD  
 DONALD FORD  
 TOM FUELLING  
 MARK FURKIS  
 JIM FURKIS  
 CINDY FURKIS  
 JENNY FURKIS  
 JOAN GARY  
 ROBERT GEBBERT  
 MIKE GILLAND  
 RHONDA GOLDEN  
 EUGENE HAINES  
 JAMES R. HEYMANN  
 STEVE HOOD  
 BERNIE HUESING  
 BARRY HUMBLE  
 POLLY JACOBS  
 WICKI JACOBS  
 MICHAEL KAST  
 JAMES T. KLINE



## FWTC MEMBERSHIP APPLICATION

*Fort Wayne Track Club — for runners and walkers*

Name/s \_\_\_\_\_ Birthday \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Business Affiliation \_\_\_\_\_ Business Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ New Member \_\_\_\_\_ Renewal \_\_\_\_\_

**Dues:**

Individual Membership \$12.00. Each additional Family Member \$6.00 (\$24.00 Maximum per Family).

List the names, birthdates, and sex of each family member.

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Send application and dues to:

Fort Wayne Track Club

P.O. Box 11703

Fort Wayne, IN 46850

**We would very much appreciate your volunteer help in at least one or two races a year. Please check those that seem best.**

I will help with:

- |  |   |
|--|---|
| <input type="checkbox"/> Runner's Week                             | <input type="checkbox"/> NAVL Spring Classic 15 — April         |
| <input type="checkbox"/> Equipment                                 | <input type="checkbox"/> White River Park State Games — 5 miler |
| <input type="checkbox"/> Race Directing or Race Director Assistant | <input type="checkbox"/> Hilly 4                                |
| <input type="checkbox"/> Banquet                                   | <input type="checkbox"/> Scholarship Fund Run — October         |
| <input type="checkbox"/> Aid Station                               | <input type="checkbox"/> Lindley's Prediction Run               |
| <input type="checkbox"/> Social Activities                         | <input type="checkbox"/> Summit City 10km Run/5km walk          |
| <input type="checkbox"/> Fanny Freezer 5km 2/17                    | <input type="checkbox"/> Veteran's Day 5 mile/5km walk          |
| <input type="checkbox"/> 10th Annual Nutra Runs — March            |   |

Comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The fall of 1978 saw a new event transpire for the Fort Wayne area. The Lincoln 10,000 came to life with its roots firmly entrenched in the Fort Wayne Track Club. The cooperative spirit of the sponsor with the generous help of the Fort Wayne Track Club made the event an instant success. After two years the race took on a new sponsor and changed its name to the Home Loan 10,000. Again in the Fort Wayne Track Club was instrumental in the workings of a successful event, and the race prospered for many years, becoming a rite of fall in the Fort Wayne area.

The fall of 1988 saw new sponsorship come on board and the name changed to the Summit City 10K. This change also brought a change in the working relationship of the FWTC and the sponsors. The End Results race directing firm took over management of the event, working directly with the sponsors. This change found the Fort Wayne Track Club having less responsibility for the race and the activities associated with it. The FWTC provided a pool of volunteers for finish line, aid stations, mile splits, and other duties, equipment, and vendors for refreshments.

The last three years the FWTC has seen both the positive and the negative aspects of this working relationship. The race seemed to take on the presence of an "elite" race, sometimes at the expense of the other runners/walkers. The festive atmosphere, and convenience of Friesman Square was replaced by the Grand Wayne Center, for race registration and awards. Many of the aspects that had made this race great, started to disappear, or were done poorly. Many of the shortcomings have been communicated to the End Results for consideration, but very little progress has been made. Results for consideration from the End Results, has been poor at best from the communication in the race. The FWTC Board does not see the prospect of better communications in the future. After the 1990 Summit City 10K, discussions were held with the End Results and the FWTC Board has decided to drop sponsorship of the Summit City 10K.

The FWTC Board will continue to support events that promote health/fitness while giving something back to our members and the community. The main emphasis of our club has and continues to be promotion of healthy forms of exercise that can be enjoyed by everyone in the community.

Jerry Diehl

FWTC President

## RUNNERS WEEK

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



### Quite Icy at Siberian Express

Indiana runners swept the top three positions at one of the midwest's largest cross country races. Brian Shepherd, Mark Furkis, and Rick Veach all tied for first place on a very icy course in Danville at 43:07.

Over 480 runners participated in this year's race. Marc Reddy, Siberian race director, said, "The course is as treacherous as it has ever been." Results follow:

Brian Shepherd	43:07	1st
Mark Furkis	43:07	1st
Rick Veach	43:07	1st
Jim Furkis	53:10	58th
Cindy Furkis	78:45	342nd

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Training Run Central YMCA 7:00 a.m.
3 Training Run Johnny Appleseed Park 7:30 a.m.	4	5 Training Run IPFW Athletic Center 6:00 p.m.	6 Training Run Homestead HS 5:00 p.m.	7 Training Run IPFW Athletic Center 6:00 p.m.	8	9 Training Run Central YMCA 7:00 a.m.
10 Training Run Johnny Appleseed Park 7:30 a.m.	11	12 Training Run IPFW Athletic Center 6:00 p.m.	13 FWTC Membership Meeting 7:00 IPFW Athletic Center	14 Training Run IPFW Athletic Center 6:00 p.m.	15	16 Fanny Freezer Foster Park FWTC Banquet S.W. Conserva tion Club 6:00pm
17 Training Run Johnny Appleseed Park 7:30 a.m.	18	19 Training Run IPFW Athletic Center 6:00 p.m.	20 Training Run Homestead HS 5:00 p.m.	21 Training Run IPFW Athletic Center 6:00 p.m.	22	23 Think Spring Ligonier 10:00 a.m.
24 Training Run Johnny Appleseed Park 7:30 a.m.	25	26 Training Run IPFW Athletic Center 6:00 p.m.	27 Training Run Homestead HS 5:00 p.m.	28 Training Run IPFW Athletic Center 6:00 p.m.		

5K  
2:00 p.m.

ion Club 6:00pm

5K

# MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Training Run Central YMCA 7:00 a.m.
3 Training Run Johnny Appleseed Park 7:30 a.m.	4	5 Training Run IPFW Athletic Center 6:00 p.m.	6 Training Run Homestead HS 5:00 p.m.	7 Training Run IPFW Athletic Center 6:00 p.m.	8	9 Training Run Central YMCA 7:00 a.m.
10 Training Run Johnny Appleseed Park 7:30 a.m.	11	12 Training Run IPFW Athletic Center 6:00 p.m.	13 FWTC Members Meeting 7:00 IPFW Athletic Center	14 Ship Training Run IPFW Athletic Center 6:00 p.m.	15	16 Nutra Runs Woodside Middle School 2:00 p.m.
17 Training Run Johnny Appleseed Park 7:30 a.m.	18	19 Training Run IPFW Athletic Center 6:00 p.m.	20 Training Run Homestead HS 5:00 p.m.	21 Training Run IPFW Athletic Center 6:00 p.m.	22	23 Training Run Central YMCA 7:00 a.m.
24 Training Run Johnny Appleseed Park 7:30 a.m.	25	26 Training Run IPFW Athletic Center 6:00 p.m.	27 Training Run Homestead HS 5:00 p.m.	28 Training Run IPFW Athletic Center 6:00 p.m.	29	30 Training Run Central YMCA 7:00 a.m.

# ROAD RUNNERS CLUB OF AMERICA



## Road Runners Club of America's 1991 INSURANCE POLICY

We are offering a comprehensive, general liability insurance policy to all RRCA Clubs. For your club to be covered on January 1, 1991, your insurance and dues MUST be received by December 31, 1990. Coverage for those paying after December 31, will begin on the date of receipt and will not be retroactive.

What is the policy? This is a \$1,000,000 comprehensive general liability insurance policy including participant liability and hired and non-owned autos.

When does the policy begin? Effective date of the policy is January 1, 1991.

What is included? Coverage includes all RRCA sanctioned events and club activities including races, fun runs, picnics, meetings, expos, club meetings. Also included are track races which are not part of a track and field meet and club interval training sessions. Wheelchair divisions in foot races are also covered.

What is excluded? Coverage does not include strollers, baby joggers, bicycles, skateboards, etc. Coverage is not for track and field meets, bi or multi-sport events. It does not include events where the club simply helps out or rents their clock or equipment. The events must be club managed and directed. This coverage cannot be sold by a club to another group. It is for RRCA CLUB EVENTS only.

How is the fee determined? The fee will be paid one time annually at the time RRCA dues are paid, based on the number of members who pay dues. The exception to this is certain "event chapters," like a Cherry Blossom Inc. or Gasparilla. These clubs have relatively few members yet put on 1 or 2 or more events with over 3,000 participants. Their rate will be developed to assure it is fair and equitable in comparison to the rest of the majority of our clubs. RRCA dues must be paid to get the insurance - no exceptions. Bills will be sent in December and due by December 31 for insurance to be in effect on January 1. NEW clubs may pay a slightly pro-rated fee based on the time of year that they join.

How much paperwork is involved? No other paperwork beyond the fee and initial application "RRCA Sanctioned" on the entry form (if a race). Whether or not a fee is charged for a fun run or club race, a release/waiver signed by the participants is required. This could be a release/waiver typed at the top of a sheet which everyone signs.

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## Don't Move Without Us!

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

*Send it to:*

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

*Name:*

---

*Old address:*

---

---

*New address:*

---

---

*New Phone:*

---

*Effective:*

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# Common Sense Tips for Runners and Walkers



- Runners and walkers must observe pedestrian safety laws strictly. (*Don't* run or walk against traffic lights, don't jaywalk, and don't run or walk in the street. *Do* wear reflective clothing when it's dark outside.)

- Don't respond to provocative language or behavior from passing motorists or observers.

- Don't allow yourself to "space out;" be aware of your surroundings.

- Consider finding a running/walking companion.

- Runners and walkers should avoid overgrown, badly lit, or deserted places.

- Carry identification, and carry change to make a telephone call.

- When possible, let a household member know where you're going and when you expect to return.

- Vary your route from day to day so that a thug cannot expect you to be at a certain place at a certain time.

January 4, 1991

### SPECTATOR MUNCHIES

Too often it's too easy to over snack while watching football games, basketball games or any spectator event. T.V. watching can especially signal us to eat a bag of chips, a jar of nuts, a bowl of buttered popcorn, a couple ounces of rich cheese and crackers, or  $\frac{1}{2}$  pound of candy. These are all greater than 50% fat calories. Occasional use of common American snack foods, small servings if possible, is fine, but usually during a T.V. program or ball game, we consume more than we really need. Just a little extra food during the week above weight maintenance calorie needs can become one pound of fat.

24 ounces of chips = 3600 calories

(8-3 ounce bags)

1 pound of fat = 3500 calories

Be aware that extra food, particularly extra rich foods, will increase one's chances of gaining weight, developing high blood cholesterol, getting high blood pressure, and/or having high blood sugar. All these factors can promote health problems. Heart disease, stroke, gall bladder disease, and certain forms of cancer are more likely to occur when a diet's unfit.

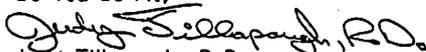
Think a moment! Most days we take better care of our car, plants, pets, etc. than our own body. So how about skipping unfit foods and choose healthier alternatives instead? Be wise! Pick nutritious snacks and make them a part of your daily food intake!

#### FOOD THOUGHTS:

- Choose to buy less chips, nuts, buttered popcorn, and candy, and instead, purchase more pretzels, low fat popcorn, low fat crackers, fresh fruit, and raw vegetables.
- If you choose rich foods, serve yourself small portions. Buy a small bag of chips, not the big bag. Get 2 cookies not a whole box. Using smaller portions will save you plenty of calories. For example, 1 oz of chips has 150 calories, 3 oz has 450 calories! Just 1 oz of nuts has 165 calories. As the saying goes, "An Ounce of Prevention Is Worth A Pound of Cure!"
- If you choose to drink alcohol, drink in moderation. Have only 1-2 drinks daily. One alcohol serving is equal to:
  - 1  $\frac{1}{2}$  oz liquor
  - 4 oz wine
  - 12 oz beer
- Choose to drink more non-alcoholic beverages daily. Water is ideal. Have 8 cups daily.
- Choose to make new reduced fat recipes like fat-free tortilla crisps or seasoned potato slices.
- Choose to dip into a fit and trim dip, not one loaded with fat grams. Onion dip made with mock sour cream has half the calories as regular onion dip.

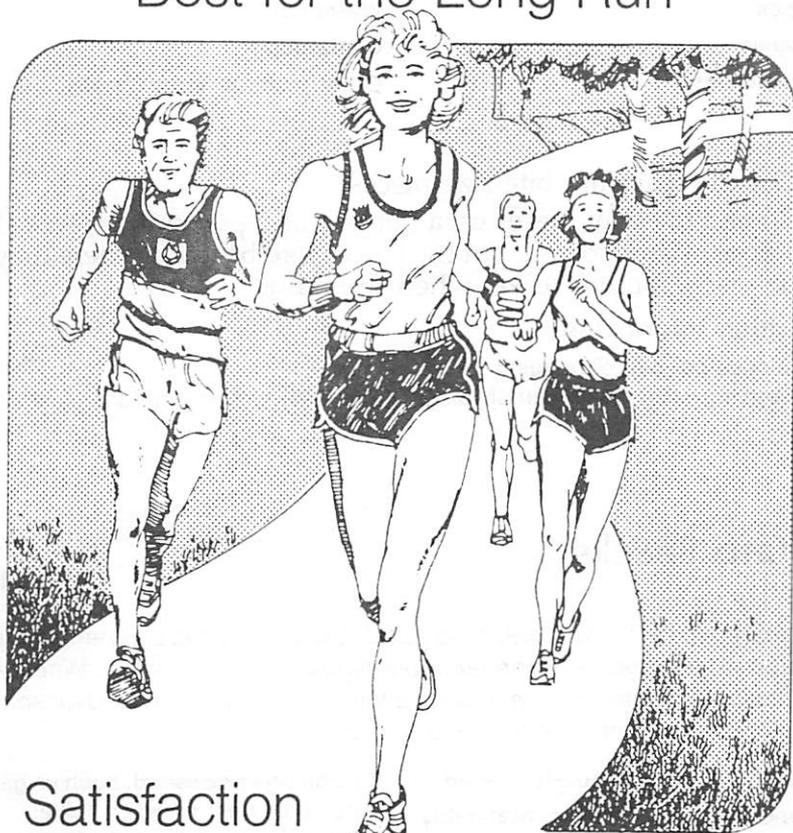
**EAT SLOWLY AND ENJOY EVERY BITE.  
ENJOY THE TASTE OF EATING RIGHT!!**

Be You Be Fit,

  
Judy Tillapaugh, R.D.  
Nutrition Specialist

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## Frozen Fruit Nuggets

*Popping a few of these frozen fruit chunks into your mouth is a refreshing treat after a hot summer workout. Frozen bananas are particularly good—similar to banana ice cream! These frozen chunks also whip up into delightful frosty shakes when blenderized with either milk or juice.*

**Grapes**

**Bananas**

**Strawberries**

**Watermelon**

**Cantaloupe**

**Other fruits of your choice**

- 
1. Cut the fruit into bite-size pieces.
  2. Spread the fruit pieces on a flat pan and put in the freezer for 1 hour. When frozen, put the pieces into baggies, where they'll be ready for you to eat when the munchies strike!

### Nutrition Information

50 calories per cup of nuggets

One serving: 12g (95%) carbohydrate, trace (5%) protein and fat

## Potato Snacks

Yield  
**1 serving**

*Compared to restaurant-prepared potato skins, which are generally fried, this low-fat alternative fits better into a high-carbohydrate diet. When you are baking potatoes for dinner, cook a few extra to have on hand for snacking. Or pop one into the microwave oven.*

**1 large (1/2-pound) potato, baked**

**1 ounce shredded cheese, preferably low-fat**

**Seasonings as desired, such as garlic powder, chili powder, Italian seasonings, salt, and pepper**

- 
1. Slice the potato into 1/2-inch coins.
  2. Sprinkle with cheese and seasonings as desired.
  3. Heat in the toaster oven or microwave until cheese is melted.

### Nutrition Information

200 calories per serving

One serving: 35g (70%) carbohydrate, 10g (20%) protein, 2g (10%) fat

# Tortilla Crisps

Yield  
1 serving

*This low-fat version of nachos saves lots of calories yet offers an enjoyable "munch." Enjoy these crisps plain as low-fat crackers, or use them for dipping with salsa or refried beans. To make them into nachos, sprinkle the toasted crisps with low-fat cheese and chopped green chilies; heat in the oven for 5 minutes or until the cheese is melted.*

**1 6-inch tortilla: (white, whole wheat, or corn)**

*Seasonings as desired: garlic salt, chili powder, taco seasoning mix, grated cheese, and so on.*

- 
1. Cut the tortillas into chip-size wedges. Place on a baking sheet.
  2. Sprinkle with seasonings to taste.
  3. Toast in a 250° oven for 20 minutes or until golden.

## Nutrition Information

50 calories per one small (6-inch) tortilla

One serving: 10g (80%) carbohydrate, 2g (15%) protein, trace (5%) fat

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INDIANA UNIVERSITY  
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Office of Development  
(219) 481-6660



December 27, 1990

Mr. Don Lindley  
Treasurer  
Fort Wayne Track Club  
P.O. Box 11703  
Fort Wayne, IN 46860

Dear Mr. Lindley:

Thank you for your gift on behalf of the students and faculty  
of IPFW.

It has been recorded as follows:

Donor: Fort Wayne Track Club  
Amount: \$400.00  
Purpose: Royal Dons Club  
Paid To: Indiana-Purdue Foundation at Fort Wayne  
Recognition Group: Annual Donor  
Your gift is for the Cross-Country Program.

Mr. Lindley, your gift comes at an exciting and important  
time for IPFW. The campus continues to grow for the future.  
Support such as yours is vital to IPFW's mission of teaching,  
research, and service to this region.

Thank you for investing in the future of IPFW.

Sincerely yours,

Leonard P. Jaquin  
Director of Development

Best wishes for  
the New Year!  
Please retain for your records. Document Number: 70556

Fort Wayne, Indiana 46805-1499

Russell Athletic Sweats from

# SPORTS TECH

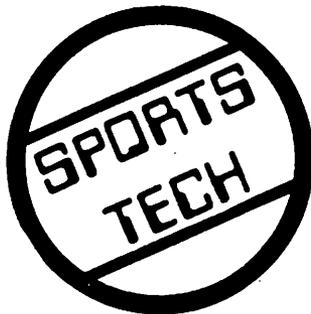


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# Coming Events

## FANNY FREEZER 5K

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

FWTC Membership Meeting, February 13, 1991  
7:00 P.M. • IPFW Athletic Center

FWTC Membership Meeting, March 13, 1991  
7:00 P.M. • IPFW Athletic Center

### DISPLAY ADVERTISING RATES

Full Page (4½ x 7¾ inches) .....	\$75.00
Half Page (4½ x 3¾ inches) .....	40.00
Quarter Page (2¼ x 3¾ inches) .....	25.00

Insert Race Application (includes printing results)

12 x Entry fee, minimum \$35.00 (10 x entry fee paid in advance)

Advertising must be supplied, camera ready art, or layout charges will be incurred.

All race applications must be supplied for insertion.

*Inside Track* publishes 500 issues bi-monthly.



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