

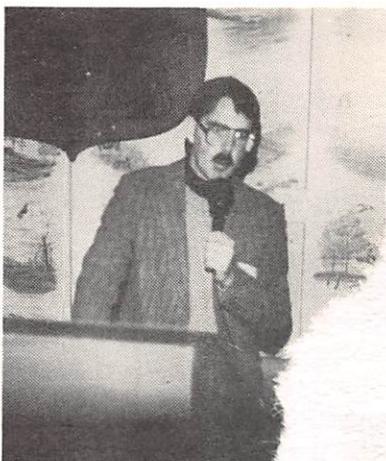
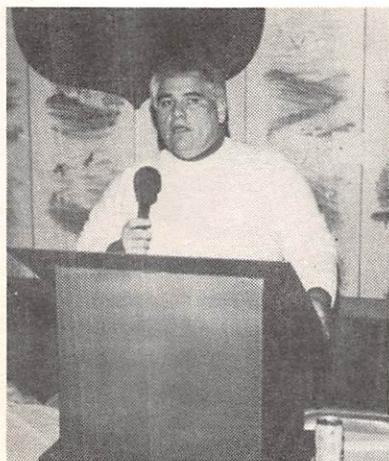
# the inside track

April 1991 - May 1991



**FORT WAYNE  
TRACK CLUB**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



# 1991

## FORT WAYNE TRACK CLUB

### *Officers and Board Members*

#### OFFICERS

President .....	Jerry Diehl, Work: 481-6300 Home 424-4470
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  
Randy Lavine  
Ken Disler  
Tom Loucks

Jack & Barb O'Neil  
Bob & Joyce Hockensmith  
Stan Lipp  
Jack Hilker

# IF YOU CAN'T RUN "INDY", RUN

WITH ...

Bill Rodgers\*

Jim Ryun\*

Greg Meyer\*

Julie Isphording\*

Craig Virgin\*

Noel Harvey\*

Monica Joyce

Ken Frenette

Ron Hill

Gerard Donakowski\*

Francie Larrieu Smith

Ruth Rothfarb

Mark Nemon

The Elkhart Truth and Ameritrust

Proudly Present:

"The race you can feel great about". Featuring the \$2,000 McDonald's record breaking challenge. (\$10,000 in cash awards.) Events include: 10K Run, Power Walk, 1/2 Marathon, 10K Wheel Chair, 50K Bike Race, Bike Critrium, 1/2 mi. Swim, 13 mi. Canoe Race and 5K Fun Walk. Join Us! Please write or call for details. Great Race XI, c/o Ron Schmanske, P.O. Box 487, Elkhart, Indiana 46515 (219) 294-1661; 1/2 price entry fee for 2nd or 3rd event; no race day registration.

THE ELKHART TRUTH

11TH ANNUAL

10K ROAD RACE &

HAIF MARATHON

MEMORIAL DAY, MAY 27, 1991

\* denotes 91 participation



PRESIDENT'S COLUMN - Jerry Diehl

Spring is finally here, this is my favorite season of the year! Everything is so fresh and new, the days continue to get longer, and the training runs become even more enjoyable seeing those many signs of spring along the way. Whatever your training mode or schedule, remember to enjoy this wonderful time of year when you are doing your thing.

For those that missed the awards banquet in February, you missed a good one. There was plenty of great food, and conversation, lots of awards, prizes and a few surprizes. The evening capped a great day at Foster Park, Steve Caswell and company put on another fantastic Fanny Freezer. The race lived up to its name this year with plenty of snow to run/walk in. Thanks to all the volunteers and participants of this event.

Here are a few of the upcoming FWTC events: Sunday, April 7th, 2:00 p.m. at Marion - RRCA State Meeting; Saturday, April 20th, 11:00 a.m. at IPFW Athletic Center - IPFW Spring Classic 5K Run/Walk; Saturday, May 4th, 9:00 a.m. at Foster Park - One Mile Run; Saturday, May 11th, 9:00 a.m. at Baerfield Raceway - Baerfield Raceway Run/Walk; Saturday, May 18th, 9:00 a.m. at IPFW Athletic Center - Run & Walk For Heart 5K; May 29 - June 2, RRCA National Convention at Kansas City. You can see the race schedule is starting to get filled up with summer fast approaching.

What are your goals for the upcoming year? To become faster, more efficient, more selective of your events - keying on one or two events, or maintaining consistency in your training, or all of the above. Remember that there are many training groups throughout our area, take advantage of these, I know it helps me to have someone to train with. Look for the times and places of training groups in "The Inside Track". If you need help finding a training group please give me a call, or talk to one of the board members. Wherever your training leads you, continue on, remember every journey starts with that first foot out the door. Stay healthy and fit, and I'll see you on the roads!

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\_\_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 convience.

President  
Jerry Diehl

FORI WAYNE TRACK CLUB  
BOARD MEETING SUMMARY  
February 7th & April 13th, 1990

Board members present: Jerry Diehl, Tom Mather, Ann Jamison, Vicki Jacobs, Ron Barbee, Jack Hiker, Ken Disher, Barb Scroggum, Judy Tillapaugh, Don Lindsey, Herman Bueno, Tom Loucks, Bob Loomis, David Faulkner, Nancy Bubb, Joyce & Robert Hockensmith, Steve & Audrey Dunning, Lori Hoberly, Brian & Lori Shepherd, and Mark & Cindy Furkis.

Tom Mather, Race Director for a race at Canterbury Green presented plans & requested ideas/suggestions from the FMTC to improve his race and encourage greater participation. Distance, Date, Time, Club Membership, Extended Club Membership and other topics were discussed. Further discussion is planned to work on details. Look for info at a later date in the race calendar and local stores. Lets help support local races !!!

The treasures report was presented by Don Lindley and approved.

Nancy Bubb has been doing a super job as the FMTC's Publicity Director. She will be submitting news releases to the Journal Gazette, News Sentinel as well as many surrounding local papers. Contact Nancy if you have any ideas/info on meetings, Training Runs, Races or Features.

David Faulkner has now assumed the position as Runners Week Coordinator from Ann Jamison. Ann has been involved with Runners Week for the past 7 years & will continue to assist in the editing process. Anyone interested in filming or appearing as Guest Host should contact David. Running the camera equipment or doing short interviews is easy & fun. It another great way to enjoy a race.

The American Heart Association will sponsor a 5K Walk & Run at IPFW May 18th. The Wellness Council will sponsor a full schedule of events to be held as part of the Corporate Challenge at Frank Park June 8th. REA Magnet Wire be the event sponsor of the 3 Mile Prediction Run. Other events include Basketball Shoot, Volleyball, Tug O War etc. Updates to other local races include a 5 mile race at Bear Field the morning of May 11th & a 1 mile Race by age groups at Foster Park in the evening. If interested in helping out with the Super Cities Walk for Multiple Sclerosis on April 7th call Joyce Hockensmith. Make plans to participate in the "Run For The Kids" at West Noble Elementary on June 20th. This race will be put on by Elementary Students and proceeds will be used for a field trip. On a sad note The NAVL 15K as well as the Central 5 Mile will not be held this year. Look for info in the paper concerning a Health Fair to be held at IPFW MALB Memorial Union April 17th. The FMTC will have a display booth.

The RKA National Convention will be held May 29th - June 2nd in Kansas City. A bus may be scheduled for the trip if transportation is a problem. For further information or to make reservations contact Judy Tillapaugh. RKA has information on Childrens & Womens Running. Check with Judy if interested. RKA will hold its State Meeting April 7th in Marion Indiana at 2:00 pm at the VA Med Center Fire Station.

Lori Hoberly will soon be taking over the FMTC Newsletter from Roger Puckett. We are in need of advertisers so if you know of anyone who owns a business and may be interested in advertising contact a board member.

Another major step in the club activities will be getting more participation in recreation & competitive walking and putting on walking events. This is currently being looked at by Vicki & Polly Jacobs and Rob Hyatt.

Jack Hiker will be contacting the City and volunteer the FMTC to sponsor a section of the Rivergreenway & be responsible for cleanup 3 times per year. Other groups that have already volunteered are Boy Scout Troop 2, Allen County Community Corrections, Delta Airlines, FM Christian Schools, WMOJ, Travelers Protection Association. Look for details later.

The next membership meeting will be April 10th at the IPFW Athletic Center at 7:00 pm. For anyone interested there will be a training run at 5:30 pm before the meeting. Lockers and showers are available.

FMTC

GET INVOLVED IN 1991

Fort Wayne Track Club reaches milestone

Nearly fourteen years ago, on February 12, 1977, the first formal meeting for the Fort Wayne Track Club was held. Only four persons attended the meeting. By the end of 1977, members numbering 109 had joined the club. Today, there are 500 members comprising the Fort Wayne Track Club. In 1978, the club was incorporated under the 501C tax law (allowing contributions to the club to be tax deductible). During the same year, the club became an official member of the RRCA (Road Runners Club of America). Fort Wayne Track Club member, Judy Tillapaugh, R.D., is RRCA State Representative.

Age divisions in the club's beginning years were different than today. Women had no age division. They were simply classified as "women". The age divisions for men were 14-under, 15-19, 20-29, 30-39, 40-49, and 50 & over. Today's aging population coupled with the boom for running, led to the change of 50-59 and 60 & over. Even this may realize additional changes for the future. Both men and women currently have eight age divisions each.

Newly-elected 1991 officers are: Jerry Diehl, President; Rob Wyatt, Vice President; Herman Bueno, Secretary; and Don Lindley, Treasurer. Don Lindley is credited as being one of the original cornerstone members of the Fort Wayne Track Club. He helped spearhead the club, beginning in 1976. He has served as Treasurer each year thereafter. He also is a past recipient of the "Rod Steele Memorial Award" which recognizes the most outstanding club member.

Through the years, the Fort Wayne Track Club has directed races to benefit such organizations (to name a few) as: American Cancer Society, American Heart Association, Associated Churches, Allen County Children's Home, ARC of Allen County, Big Brothers/Big Sisters, Fort Wayne Christmas Bureau, Crossroad Children's Home, Kent Davis Fund (first Fort Wayne heart recipient), Community Harvest Food Bank, IPFW Cross Country Scholarship Fund, Children of the Third World, and the Muscular Dystrophy Association.

The Fort Wayne Track Club promotes and supports all aspects of running and fitness. This year will see increased emphasis on fitness

walking, children's event coordination, and social activities. All year long, the club is involved with large community races while maintaining a regular schedule of smaller races and weekly training runs.

Fort Wayne Track Club membership fees allow the club to support and encourage running, walking, and fitness. Membership provides discounts at local sporting goods stores, monthly newsletters, calendars of local and national races, race applications, training and nutrition guidelines, and much more. The club also reaches out to the community with a weekly TV program, "Runners Week", which presents local races and great advice from doctors and fitness experts. Club membership ranges from the novice to the accomplished athlete, from children to senior citizens. The activities and events allow everyone to experience the fun of fitness together. The Fort Wayne Track Club is here to promote your health and happiness. So join us today.

For a Fort Wayne Track Club update on local races, events, training runs, membership information, or to sponsor an event, please call the Fort Wayne Track Club HotLine, (219) 481-6152.

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## SUMMIT CITY BIKE

<p><i>The Professional Experience</i></p>	 <p><b>NBDA</b> NATIONAL BICYCLE DEALERS ASSOC.</p>	<p><i>It Starts At Your Bike Shop.</i></p>
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FOR ALL YOUR PARTS AND  
ACCESSORIES CLIP THIS  
COUPON AND SAVE 10%

FWTC POINTS RACES

FEB 16	Fanny Freezer 5K	2:00 pm	Fort Wayne
FEB 23	Think Spring 5K	10:00 am	Ligonier
MAR 16	Nutra Run 20K & 5M	2:00 pm	Fort Wayne
APR 20	Spring Classic 5K	11:00 am	"
APR 27	NAVL Spring Classic 15K & 5K	9:00 am	"
MAY 11	FWTC Mile Championship	6:30 pm	"
JUN 15	Chain-O-Lakes 5K	8:30 am	Albion
JUL 4	Running Wild 5K		Fort Wayne
JUL 13	Central Soya 5M	6:30 pm	"
JUL 19	Old Settler's 4M	7:30 pm	Columbia City
JUL 25	One Hour Run	7:30 pm	Fort Wayne
Aug 3	Scholarship Run	7:30 pm	"
Aug 31	MDA Run		"
Aug 31	Ligonier Days 5K	7:00 pm	Ligonier
SEP 28	Hilly 4M	9:00 am	Fort Wayne
NOV 3	WN Scholarship Run 5K	2:00 pm	Ligonier
NOV 16	Turkey Trot 4M	10:00 am	Fort Wayne
DEC 7	Just Plain 10K	2:00 pm	"

Ways to earn points:

Over-all

1st = 10 points  
2nd = 8 points  
3rd = 6 points

Divisions

1st = 5 points  
2nd = 4 points  
3rd = 3 points  
4th = 2 points  
5th = 1 point

# FORT WAYNE TRACK CLUB AWARDS BANQUET

February 16, 1991

Potluck Dinner - Opening Prayer by Don Lindley  
Keynote Speaker: Clif Knight

Outstanding Student Female Runner - Beth Walters  
Outstanding Student Male Runner - Sam Nolan

Outstanding Female Volunteer - Lorri Shepherd  
Outstanding Male Volunteer - Steve Caswell

FWTC Supporter Awards - Shepherds  
Pucketts  
John Gary  
Mike Kast  
Caswells  
Lindleys  
Wyatts  
Hockensmiths

## Points Race Awards

Outstanding Female Runner - Jeanette Klein  
Outstanding Male Runner - Mark Furkis

Outstanding Female Walker - Sandy Huffman  
Outstanding Male Walker - Bob Gensheimer

Outstanding Female Ultra Marathoner - Barb Scrogum  
Outstanding Male Ultra Marathoner - Roger Puckett

Mother & Daughter Award - Polly & Vickie Jacobs  
Father & Son Award - Bob & Kent Loomis

Race Director Award - Brian Shepherd  
"Woody Woodpecker" Award - Jerry Diehl  
"Golden Shoe" Award - John Treleavan  
"Golden Key" Award - Robert Hockensmith

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## TRAINING RUNS

1. Fort Wayne YMCA weekdays at noon, Saturdays at 7:00 a.m.  
Contact Calvin King 447-2172.
2. Fort Wayne Johnny Appleseed Park Saturdays and Sundays  
7:30 a.m. Contact Barb Scrogum 484-8938 or Joyce  
Hockensmith 485-1394.
3. Fort Wayne Homestead High School Wednesdays at 5:00 p.m.  
Contact John Treleavan 432-5315.
4. Columbia City at the Court House Sundays at 7:00 a.m.  
Contact Mel Hochstettler at 248-8749.
5. Fort. Wayne down town YMCA Saturdays at 7:00 a.m.  
Contact Jack Hilker 432-2933.
6. IPFW Athletic Center Tuesdays and Thursdays at 6:00 p.m.  
Saturdays at 9:00 a.m. Contact Jerry Diehl 481-6300.

PORT WAYNE TRACK CLUB FANNY FREEZER  
5K RUN & WALK FOSTER PARK  
FEBRUARY 16, 1991

MALE 12 & UNDER			OVERALL TIME
1.	DAVID CASWELL (11)	52	25:14
2.	RYAN YANN (10)	74	30:42
MALE 13 - 15			
1.	JIM FURKIS (13)	10	19:01
MALE 25 - 29			
1.	BRIAN SHEPHERD (25)	1	16:24
2.	MIKE MCMANUS (27)	3	16:33
3.	CHRIS NORRICK (25)	4	17:54
4.	PAUL KNOTT (28)	8	18:38
5.	DAVID FRY (29)	19	20:17
6.	MARTY WALKER (28)	21	20:50
7.	SAM BIDDLE (29)	50	25:06
MALE 30 - 34			
1.	CARL RISCH (33)	5	18:12
2.	TOM LOUCKS (31)	6	18:15
3.	JAY PRICHARD (33)	12	19:12
4.	CONRAD PETERSON (32)	13	19:18
5.	NICK HODGMAN (32)	18	20:14
6.	KEVIN WARREN (33)	24	21:13
7.	CHRIS STANLEY (30)	26	21:40
8.	DAN FISHER (33)	37	23:31
9.	KEVIN TRUELOVE (34)	39	23:41
10.	QUINN CURRY (32)	45	24:36
11.	JOE RYAN (30)	59	25:53
12.	BILL RYAN (32)	60	25:54
MALE 35 - 39			
1.	MARK FURKIS (35)	1	16:24
2.	JOHN TRELEAVEN (38)	7	18:31
3.	ROGER WILSON (37)	11	19:03
4.	TERRY COONAN (39)	14	19:19
5.	RICK REITZUG (38)	17	19:51
6.	PAUL AUSDERAN (37)	25	21:21
7.	ALAN BRADLEY (39)	32	22:39
8.	MIKE THROOP (38)	42	24:16
9.	HARRY QUANDT (37)	46	24:38
10.	MIKE YANN (38)	47	24:48
11.	KENT LOOMIS (37)	48	25:00
12.	DANA BUDD (36)	51	25:12
13.	EDDIE LEE (37)	54	25:23
14.	MIKE CALAHAN (38)	62	25:58
15.	DAVE JUDKINS (36)	67	27:31
MALE 40 - 44			
OVERALL TIME			
1.	BILL BLOSSER (40)	9	18:48
2.	GORDON FLEUS (44)	15	19:23
3.	NORM BAILEY (40)	23	21:10
4.	DAVE WINTERS (41)	27	21:47
5.	JOE HILGER (41)	29	22:12
6.	PHIL WISNIEWSKI (43)	30	22:24
7.	BILL OSTERHOLT (40)	40	23:45
8.	WAYNE UNSITT (42)	41	23:49
9.	TOM FUELLING (40)	43	24:17
10.	CHARLEY KNEPPEL (42)	53	25:17
11.	GRANT TRIER (41)	55	25:25
12.	ROBERT K. SMITH (41)	63	26:54

MALE 45 - 49			
1.	BOB MILTON (45)	16	19:34
2.	BERNIE BURGETTE (47)	33	22:44
3.	GARY BECK (45)	56	25:26
4.	RAD LAMENZA (45)	58	25:38
5.	RODGER PUCKETT (47)	65	26:59
6.	RON BARBEE (47)	68	27:35

MALE 50 - 54			
1.	STEVE O'BRIEN (52)	31	22:32
2.	TOM LAIRD (54)	36	23:24

MALE 55 - 59			
1.	JOE ZIEGLER (55)	34	23:03
2.	BOB LOOMIS (58)	57	25:36
3.	DON RHOADES (57)	73	29:58

MALE 60 - 64			
1.	J.P. JONES (62)	70	28:28
2.	DAN DANIEL (61)	72	29:57

MALE 65 - 69			
1.	PHIL BURNS (68)	71	28:43
2.	KEN DISLER (68)	75	31:14

FEMALE 15 - 19			
1.	BRENDA LIECHTY (16)	22	21:02
2.	SUZIE GILBERT (16)	28	21:56

FEMALE 20 - 29			
1.	SARA NOLL (23)	35	23:04

FEMALE 30 - 39			
1.	MARY T. CONNOLLY (35)	20	20:33
2.	LORRAINE FOX (30)	61	25:58
3.	CINDY FURKIS (34)	69	28:04

FEMALE 40 - 49		OVERALL	TIME
1.	BETTY NELSON (44)	38	23:38
2.	BARB SCROGHAM (44)	44	24:22
3.	JOYCE HOCKENSMITH (43)	49	25:01
4.	KATHY PLEUS (40)	64	25:58

FEMALE 50 - 59			
1.	JOAN GARY (54)	66	27:02

MEN WALKERS			
1.	BOB GENSHEIMER (54)	1	29:35

WOMEN WALKERS			
1.	SANDY HUFFMAN (33)	1	36:32
2.	DIANA TALAMANTES (35)	2	38:45
3.	JILL ISELER (32)	3	43:26
4.	MAURINE GENSHEIMER (52)	4	45:11

This course was tough. Everyone had to run out and back on top of three inches of snow. And with the 20 degree temperature, the course lived up to its reputation. Thanks to Steve Caswell, race director, for his awards (a picture of a fanny on wooden plaques).

THE THIRD ANNUAL

I P F W

# Spring Classic



**5 K CROSS COUNTRY RUN/WALK**

Indiana-purdue university fort wayne  
sponsored by

□ intramural sports □ fort wayne track club □

saturday, april 20, 1991

11 am at the athletic center

\$2.00 entry fee, same day registration till 10:30 am

**honorary race director - frank borelli**

ribbons to the top 25 finishers, prize drawings, refreshments and music from WMEE after the race.

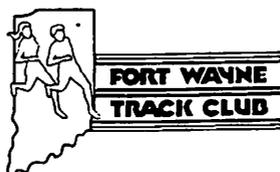
Cross Country recruiting meeting following awards

Contributing sponsors:



**WATERWORKS**





## FWTC MEMBERSHIP APPLICATION

*Fort Wayne Track Club — for runners and walkers*

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

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

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

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

**Dues:**

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

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

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

Send application and dues to:

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

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

I will help with:

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

Comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DON ASHTON  
 STEVE ADKINSON  
 HAROLD ATKINSON  
 LARRY AVERBECK  
 GEORGE K. BABCOCK  
 NORM BAILEY  
 HOWARD BASH  
 ED BECKNER  
 STEVE BECHTEL  
 JIM BERGHOFF  
 RICHARD BERNING  
 SAMUEL BIDDLE  
 MIKE BLUM  
 NANCY BOYER  
 THOMAS BOYER  
 ALAN BRADLEY  
 VELMA BRADLEY  
 CHARLES BRANDT  
 BRETT BREWER  
 JOHN BRIER  
 RAMON BROWN  
 DANA BUDD  
 RICHARD BURDEX  
 PHIL BURNS  
 JAMES BUSHEY  
 DAVID CASWELL  
 STEVEN CASWELL  
 VERN CHOVAN  
 KEN CLARK  
 DAVID CLOUSE  
 BO COLLINS  
 JEAN COLTRAIN  
 TOM COLTRAIN  
 DENNIS CONNER  
 MARY L. CONNOLLY  
 TERRY COONAN  
 BRAD COOPER  
 CHRIS COOPER  
 BEN COX  
 JAMES CROON  
 DEWEY CULBERTSON, JR  
 QUINN D. CURRY  
 DEAN CUTSHALL  
 DAVID DALE  
 PATTIE DAVENPORT  
 WAYNE DAVIES  
 LARRY DAVISSON  
 ED DAX  
 THOMAS DENDINGER  
 GORDON DENNY  
 GARY DEHEIMER  
 JOYCE DESTEFANO  
 DAVE DIERKS  
 TERRY DILLER  
 MARK DOEPNER  
 TIMOTHY DOOLEY  
 DAVID DORIAS  
 JOHN DYER  
 JOHN EAKIN  
 JIM ELLERT  
 TOM ELLIOTT  
 GREGORY FAHL  
 DAVID FAIRCHILD  
 CARL R. FIELDS  
 WILLIAM FISH  
 RUDI FLORREICH  
 ANN D. FREDERICK  
 JOYCE FUZZY  
 ROBERT GARDNER  
 TONY GATTON  
 TERRY GAUTSCH  
 RODNEY GAY  
 BOB GENSHHEIMER  
 MAURINE GENSHHEIMER  
 CLEM GETTY  
 DIANA GETTY  
 ALAN GILBERT  
 LARRY GODAIR  
 STEVEN GOLDTHWAITE  
 JEFFREY A. GORIS  
 FRANCES GORIS  
 RICK GILBERT  
 ALFRED GUMBERT  
 RONALD HABEGGER  
 KATHY HARMON  
 RICHARD HARNTLY  
 CRAIG HARTMAN  
 TOM HAYHURST  
 MICHAEL HENDRICKS  
 KEN HENDRICKS  
 JACK HILKER  
 TONYA HILKER  
 JENI HIRSCHY  
 TIM HOBERTLY  
 LORI HOBERTLY  
 MELVIN HOCHSTETLER JR.  
 ROBERT HOCKENSMITH  
 JOYCE HOCKENSMITH  
 NICK HODGMAN  
 STEVEN HOEPFNER  
 JASON HOFF  
 KARLTON HOLLE  
 JACQUE HOEVEL  
 BILL HUNT  
 MARK HURD  
 JOHANNAN JACKSON-SWIFT  
 GLORIA NOLD  
 SARA J. NOLL  
 DON JANITZ  
 JOHN JEDINAK  
 GREG JENNINGS  
 DAVID JOHNSON  
 JAMES P. JONES  
 DAVE JUDKINS  
 DAN KAUFMAN  
 MEGAN KEVER  
 CLAUDE KELLER, JR.  
 THOMAS P. KENT  
 EDWARD KERR  
 ANNETTA KING  
 KENNETH KING  
 GEORGE KIRBY  
 JOHN KLEIN  
 JEANETTE KLEIN  
 HOWARD KLINGER  
 PAUL E. KNOTT  
 WILLIAM KRIDER  
 JOE KUHN  
 THOMAS LAIRD  
 DAVID LALLOW  
 RAD LAMENZA  
 RANDY LAVINE  
 CHRISTINA LECHNER  
 LARRY LEE  
 JEFFREY A. LEWIS  
 STAN LIPP  
 KEVIN LOCHNER  
 ROBERT LOOMIS  
 SHIRLEY LOOMIS  
 SUZIE LOSHE  
 TOM LOUCKS  
 PHILIP LUTTMAN  
 DON MANGER  
 JIM MARTIN  
 DAVID MAY  
 JERRY MAZOCK  
 MICHAEL T. MCAVOY  
 RICH MEYER  
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 CRAIG MILLER  
 JAMES W. MILLER  
 ANN MIZE  
 ALFRED MOORE  
 JACK MORRIS  
 BERNARD MOTYCKA  
 GARY MULLENDORE  
 BETTY HITE NELSON  
 GLORIA NOLD

RENEWALS & NEW MEMBERS

**Welcome To The Club**

SUSAN SIPES  
DICK SIVE  
ROBERT SMITH  
PAUL SNYDER  
KAREN SPATZ  
NORMAN SPLITZ, JR.  
CHRIS STARKY  
SUE STEINEN  
ELIZABETH STEVENS  
BUD STIFFLER  
DENNIS STRAYER  
JOHN STURTEVANT  
PHIL SUEZLER  
PHYLLIS SUEZLER  
JEFF SUEZLER  
JERRY SUEZLER  
JOE SUEZLER  
STEVEN SUMMER  
DIANA TALAMANTES  
MIKE TALAMANTES  
RAY TALAMANTES  
GILES TOMLINSON  
JOHN TRELAVEN  
C. WAYNE UNSSELL  
KAREN VACHON  
FRANCES VANWAGNER  
RICHARD VORICK  
THOMAS WAGNER  
PHIL WAHLS  
TERSA WALLE  
KEVIN WARREN  
RICHARD WATERFIELD  
FRED WEHREIN  
AL WELCH  
NORM WHISLER  
TODD A. WININGER  
JOEL WISE  
ROB WYATT  
SANDY WYATT  
CHARLES H. WELCH  
KATHY WIDAU  
BRENDA WOLFE  
DAVE WOLFE  
MICHAEL YANN  
SHERRY YODER  
TOM YODER  
DENNIS ZECH  
JOE ZIEGLER  
SUE ZIMMERMAN

JAMES R. NORRIS  
STEVE O'BRIEN  
JERRY O'KEEFE  
JACK O'NEIL  
BARBARA O'NEIL  
STEVE ONAN  
BILL OSTERHOLT  
IVAN PAINTER  
CHERYL PASKO  
BOB PAULEY  
SHARON PAULEY  
DENIS PAUZE  
JOHN L. PEA  
BARRIE PETERSON  
JOHN D. PETERSON  
JACKIE PHILLIP  
JACQUELINE PHILLIPS  
ROGER PHILLIPS  
LEN PROPATO  
JOHN B. POWELL  
BRUCE PRESSLER  
RODGER PUCKETT  
VALERIE PUCKETT  
HARRY QUANAT  
HEIDI RAE  
JERRY RAE  
LAWRENCE RANDALL  
J. DAVE REIMSCHISEL  
GARY RICKNER  
ELISABETH RICKNER  
PAMELA SUE RIECKE  
MIKE ROBINS  
RANDY ROBERTS  
ROBB ROBERTSON  
DIANE ROSENER  
DAVID RUELSCHILLING  
BOB SCHENDEL  
JONATHAN SCHLATTER  
R. WM. SCHMIDT  
MARSHA SCHMIDT  
DENNIS SCOTT  
BARB SCROGHAM  
JACK SEIGEL  
JAMES N. SEILER  
TODD SEIMAN  
BRIAN SHEPHERD  
RUSSELL SHOOK  
RAY SIBREL



# Baer Field



BAER FIELD RACEWAY  
5 MILE RUN, 3KM WALK, CHILDRENS RUNS  
SATURDAY, MAY 11, 1991

PLACE: Baer Field Raceway, Fort Wayne, IN  
TIME: 9:00 a.m. - 5 Mile Run & 3KM Walk: 10:00 a.m. Children Runs  
COURSE: Starts and Finish on race track

	<b>ENTRY FEES:</b>	5 Mile Run	FWTC Members	Non-Members
		Before May 11	\$2.00	\$3.00
		Day of Race	\$3.00	\$4.00
		3KM Walk		
		Before May 11	\$1.00	\$2.00
		Day of Race	\$2.00	\$3.00
		Children Runs	free	free



(All Fees are Nonrefundable)

**AWARDS:** First Three Places Male and Female in 12 Age Divisions  
Ribbons & Surprises To All Walk & Fun Run Participants

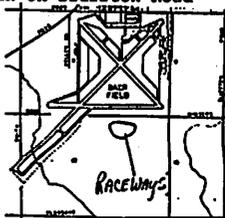
**REGISTRATION:** 5 Mile Run and 3KM Walk: 7:30 a.m. to 8:30 am  
Children Runs: 7:30 a.m. to 9:30 a.m.

**DIRECTIONS:** South of Fort Wayne and North of Ossian on Bluffton Road  
Turn West on Winters Road

**RACE DIRECTOR:** Don Lindley (219) 456-8739

**ASSISTANTS:** Rob and Sandy Wyatt (219) 420-0370

**MAKE CHECK PAYABLE TO:** FORT WAYNE TRACK CLUB  
**MAIL CHECK AND ENTRY TO:** P.O. BOX 11703  
FORT WAYNE, IN 46860-1703



### SO, YOU WANT TO VOLUNTEER!

Is there someone you know who'd like to volunteer while you're running? We'd love to have them. Just fill in the information below, and send to the Fort Wayne Track Club listed above.

Name \_\_\_\_\_

Eve. Phone \_\_\_\_\_

**Kids! Families! Joggers!**

#### ENTRY FORM:

Please Print  
Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Male \_\_\_\_\_ Female \_\_\_\_\_ Check Distance Running 5M \_\_\_\_\_ 3KM \_\_\_\_\_ FUN RUN \_\_\_\_\_

Read and Sign Before Mailing Release

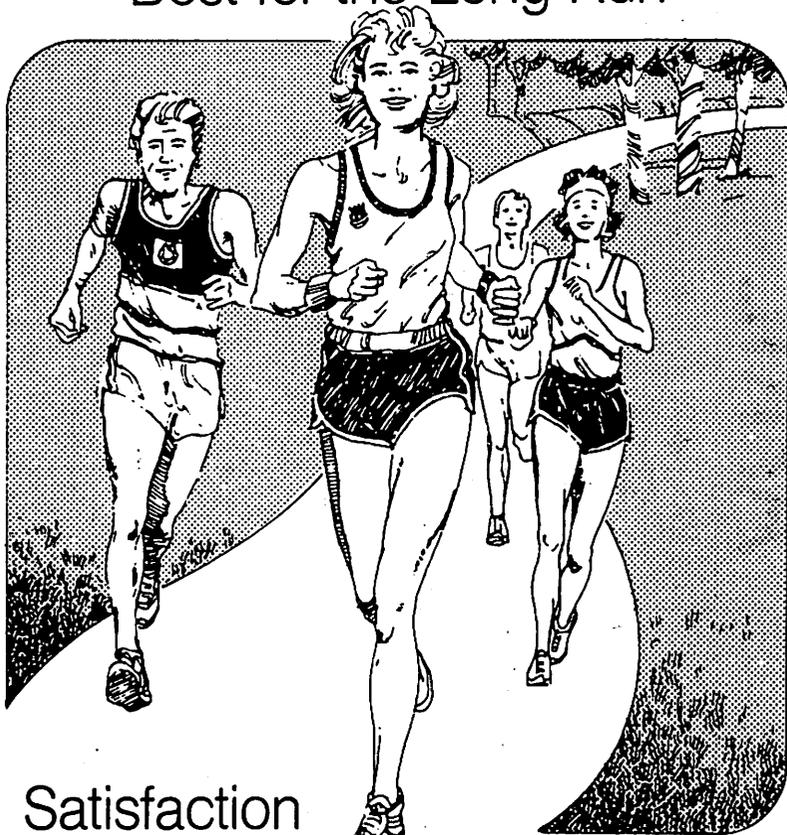
I acknowledge that I have trained sufficiently to participate in this event, and I assume all risk of said participation. I, my personal representative, and heirs hereby waive any rights I may have against the Fort Wayne Track Club, Baer Field Raceways, the directors and assistant directors of this event, any sponsors or affiliates in connection with this event from any claims for damages, demands, and causes of action arising from my participation.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE IF UNDER 18 YEARS \_\_\_\_\_

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# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Training Run IPFW Athletic Center 6:00pm	3 Training Run Homestead HS 5:00 p.m.	4 Training Run IPFW Athletic Center 6:00 pm	5	6 Training Run Central YMCA 7:00 a.m.
7 RRCA State Meeting Marion 2:00 p.m.	8	9 Training Run IPFW Athletic Center 6:00 pm	10 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	11 Training Run IPFW Athletic Center 6:00 pm	12	13 Training Run Central YMCA 7:00 a.m.
14 Training Run Johnny Apples Park 7:30 a.m.	15 Boston Marathon Hopkinton, Mass. NOON	16 Training Run IPFW Athletic Center 6:00 pm	17 Training Run Homestead HS 5:00 p.m.	18 Training Run IPFW ATHLETIC Center 6:00 pm	19	20 IPFW Spring Classic 5K IPFW Athletic Center 11:00 a.m.
21 Training Run Johnny Apples Park 7:30 a.m.	22	23 Training Run IPFW Athletic Center 6:00 pm	24 Training Run Homestead HS 5:00 p.m.	25 Training Run IPFW Athletic Center 6:00 pm.	26	27 Training Run Central YMCA 7:00 a.m.
28 Training Run Johnny Apples Park 7:30 a.m.	29	30 Training Run IPFW Athletic Center 6:00 pm				

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Training Run Homestead HS 5:00 p.m.	2 Training Run IPFW Athletic Center 6:00 pm	3	4 One Mile Run Poster Park 9:00 a.m.
5 Training Run Johnny Applesced Park 7:30 a.m.	6	7 Training Run IPFW Athletic Center 6:00 pm	8 FWTC Membership Meeting 7:00 pm IPFW Athletic Center 7:00 pm	9 Training Run IPFW Athletic Center 6:00 pm	10	11 Baerfield Raceway Runs Baerfield Raceway 9:00 a.m.
12 Training Run Johnny Applesced Park 7:30 a.m.	13	14 Training Run IPFW Athletic Center 6:00 pm	15 Training Run Homestead HS 5:00 p.m.	16 Training Run IPFW Athletic Center 6:00 pm	17	18 Run & Walk For Heart 5K IPFW Athletic Center 9:00 a.m.
19 Training Run Johnny Applesced Park 7:30 a.m.	20	21 Training Run IPFW Athletic Center 6:00 pm	22 Training Run Homestead HS 5:00 p.m.	23 Training Run IPFW Athletic Center 6:00 pm	24	25 Training Run Central YMCA 7:00 a.m.
26 Training Run Johnny Applesced Park 7:30 a.m.	27 The Great Race Elkhart	28 Training Run IPFW Athletic Center 6:00 pm	29 RRCA National Convention Kansas City	30 RRCA National Convention Kansas City	31 RRCA National Convention Kansas City	

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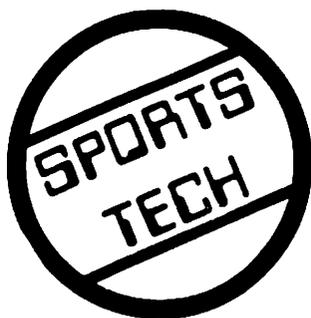


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- Crewneck Sweatshirts
- Sweat Pants (in X-Long, too!)
- Zippered Hoods
- Printed Sweats

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Ohio State  
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Northrop

Glenbrook Square By the Ice Rink 484-4322

ELEVENTH ANNUAL NUTRA RUNS AND WALK

March 16, 1991

Fort Wayne, Indiana

Sponsored by Fort Wayne Track Club

ONE MILE RUN

	NAME	AGE	TIME
1.	Amy Gilbert	14	7:04
2.	Nathan Dill	10	7:13
3.	Stephanie Peterson	9	7:27
4.	Mathew Seiman	10	7:28
5.	David Sorenson	8	7:56
6.	Mat Dodyk	11	7:57
7.	Erin Kelley	12	7:58
8.	Megan Keener	8	8:06
9.	Dustin Osborn	8	8:07
10.	Emily Dill	7	8:08
11.	Phil Dodyk	8	8:09
12.	Darla Asher	12	8:41
13.	Lou Dodyk	37	8:46
14.	Angela Seiman	36	9:15
15.	Robert Dill	6	9:19
16.	Beth Herndon	5	9:22
17.	Darvel Herndon	7	9:27
18.	Carla Keever	5	9:27
19.	Jainett Dennis	17	10:02
20.	Mitch Peterson	6	10:04
21.	Jenny Peterson	32	10:05
22.	Adam Kelley	11	10:11
23.	Robert Paine	7	12:02
24.	Allison Dill	4	12:04
25.	Nicole Paine	5	12:06
26.	Russell Dill	2	12:07
27.	Clint Paine	4	12:46

TWO MILE WALK

1.	Diana Talamantes	23:06
2.	Michael Oberholtzer	23:06
3.	Joe Giant	23:06
4.	Becky Keever	25:28
5.	Rachel King	25:42
6.	Tammy Wurm	25:48
7.	Judy Gautsch	25:49
8.	Wendy Clark	27:11
9.	Rosie O'Keefe	28:20
10.	Jim Applegate	28:42
11.	Gail Ryan	29:19
12.	Michelle King	29:50
13.	Doris Fleetwood	30:00
14.	Judy Hamley	30:27
15.	Valerie Tackett	30:27
16.	Laura Oberholtzer	30:32
17.	Mary Ann Oberholtzer	30:33

18. Emily Giant	31:09
19. Alvera Clark	31:19
20. Lynn Giant	31:20
21. Pamela Grunwald	31:44
22. Anita Medsker	31:44
23. Cecilia Sullivan	31:53
24. Ann Reidenbach	32:55
25. Mary Wells	32:55
26. Katie Smith	39:11

FIVE MILE RUN

TOP THREE WOMEN

NAME	AGE	TIME
1. Mary Connelly	36	COURSE RECORD 31:56
2. Brenda Liechty	16	34:35
3. Betty Nelson	44	37:06

WOMEN 20 - 29

1. Lori Hoberty	24	41:46
2. Melinda Giffith	22	48:36

WOMEN 30 - 39

1. Phyllis Suelzer	38	38:11
2. Lorraine Fox	30	39:14
3. Margarita Throop	38	42:48
4. Jacquelyn Dodyk	36	43:00
5. Elizabeth Stevens	31	46:50
6. Betty Dewalls	30	46:55
7. Dawn Runger	33	48:51

WOMEN 40 - 49

1. Sarah Kleinknight	47	52:01
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WOMEN 50 & OVER

1. Sue Myers	51	53:31
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FIVE MILE RUN

TOP THREE MEN

NAME	AGE	TIME
1. Mark Sanderson	29	COURSE RECORD 27:11.7
2. Carl Risch	33	29:22.5
3. Tim O'Connell	35	29:25

MEN 14 & UNDER

1. Levi Dill	12	44:53
2. Jeff Suelzer	14	47:23

MEN 15 - 19

1.	Nathan Hebel	16	32:59
2.	Josh Werling	15	35:19
3.	Jason Rigby	15	39:15

MEN 20 - 24

1.	Brian Jones	20	33:04
2.	Steve Havlick	23	34:32

MEN 25 - 29

1.	Ken Nelson	27	29:59
2.	Ken Steiner	29	33:52
3.	Mark Walter	26	35:22
4.	Keith Walter	24	35:23
5.	Tim Hattery	29	38:54
6.	Joe Hardesty	29	38:56
7.	Todd Winger	26	39:30
8.	Tim Hoberly	25	40:05
9.	Steve Peale	28	42:31

MEN 30 - 34

1.	Dean Schmidlapp	31	30:31
2.	Rick Gilbert	34	31:47
3.	Ben Rettig	30	32:48
4.	Chris Starkey	30	34:23
5.	Pat Maylan	34	35:49
6.	Dan Fisher	33	36:57
7.	Joe Ryan	30	41:50
8.	Mark Poling	33	41:56

MEN 35 - 39

	NAME	AGE	TIME
1.	Doug Osborn	37	30:27
2.	David Lallow	36	32:33
3.	Thom Dill	35	33:08
4.	Barry Baumbaugh	37	35:24
5.	Steve Caswell	37	35:45
6.	Harry Quandt	37	38:35
7.	Dave Wurm	35	40:39

MEN 40 - 44

1.	Gary Dexheimer	41	30:13
2.	Tom Fuelling	40	40:05
3.	Richard Beemer	40	41:42

MEN 45 - 49

1.	Carl Fields	46	46:49
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MEN 50 - 54

1.	Larry Taggart	50	30:33
2.	Ken Clark	52	37:30
3.	Jerry O'Keefe	54	43:14
4.	Russell Shook	52	44:47

MEN 55 - 59

1.	Joe Ziegler	55	33:39
2.	Bernie Huesing	58	37:25
3.	Jim Bowers	55	40:08
4.	Terry Gautsch	57	41:09
5.	David Myers	57	47:25
6.	John Jedinak	57	49:14

MEN 60 & OVER

1.	Vern Chovan	63	43:08
2.	Dan Daniel	61	45:04
3.	Chet Fleetwood	71	50:36

20K RUN

TOP THREE WOMEN

	NAME	AGE	TIME
1.	Chris Cooper	29	1:22:43
2.	Linda Conrad	28	1:31:57
3.	Barb Scrogam	44	1:35:03

WOMEN 20 - 29

1.	Jeannie Carrier	27	1:37:08
2.	Sara Noll	23	1:42:18

WOMEN 30 - 39

1.	Beth Battell	36	1:38:35
2.	Ann Fremion	35	1:58:44
3.	Connie Sims	30	1:58:45

WOMEN 40 - 49

1.	Marsha Schmidt	45	1:43:37
2.	Betty Feay	43	1:46:29
3.	Ann Mize	45	1:54:51

WOMEN 60 & OVER

1.	Joan Gary	54	1:45:21
2.	Joyce Fuzy	53	1:57:45

TOP THREE MEN

1.	Brad Cooper	29	1:07:22
2.	Kevin Higdon	32	1:08:08
3.	Mike McManus	27	1:08:38

MEN 20 - 24

1. Tim Dellett - Wion	23	1:10:27
2. David Millhous	24	1:32:45

MEN 25 - 29

1. Christopher Norman	25	1:09:55
2. Kevin Krupp	28	1:11:03
3. Ahmed Alladill	27	1:31:10

MEN 30 - 34

1. Kenny Bennett	31	1:10:33
2. Terry Diller	33	1:15:45
3. Conrad Peterson	32	1:22:28
4. Peter Gerken	31	1:24:30
5. Nick Hodgman	32	1:24:37
6. Kenneth King	33	1:31:06
7. Keith Caudill	34	1:33:37
8. Curt Anderson	31	1:41:46

MEN 35 - 39

1. Phil Suelzer	39	1:15:36
2. David Dorais	35	1:17:20
3. Tom Yoder	38	1:17:50
4. John Treleaven	38	1:18:09
5. Jed Pearson	39	1:23:41
6. Gordon Denny	38	1:26:32
7. Todd Seiman	37	1:27:05
8. Tim Dooley	36	1:27:14
9. Joe Patterson	37	1:27:37
10. Rod Gay	38	1:30:30
11. Neil Tate	39	1:31:01
12. Steve Summers	36	1:31:13
13. Kelly Clevenger	38	1:33:18
14. Dennis Connor	38	1:34:05
15. Gary Walker	37	1:34:07
16. Gary Fahl	38	1:34:32
17. Gary Hooten	35	1:34:50
18. Thom Johnson	36	1:38:33
19. Mike Yann	38	1:46:08
20. Michael Throop	38	1:46:25
21. Hal Atkinson	36	1:46:59
22. Craig Felger	39	1:49:05
23. Michael Callahan	38	1:49:43
24. Eddie Lee	38	1:52:47
25. Bob Wiegmann	37	1:53:42

MEN 40 - 44

1. Rick Vorick	40	1:15:42
2. Don Ford	40	1:26:47
3. Jim Miller	43	1:28:54
4. Roger Kingsberry	41	1:29:41
5. Dave Winters	41	1:32:55
6. Joe Hilger	40	1:34:41

7.	Phil Wisniewski	43	1:36:35
8.	David Montgomery	40	1:36:54
9.	Steve Goldthwaite	40	1:37:40
10.	Wayne Unsell	42	1:42:19
11.	G. W. Oden	44	1:46:41
12.	Dick Pfeifer	43	1:47:57
13.	Bob Smith	41	

MEN 45 - 49

1.	Bradley Yoder	49	1:22:20
2.	Bernie Burgette	47	1:28:10
3.	Roger Puckett	47	1:29:06
4.	Bernie Motycka	49	1:29:29
5.	David Boylan	48	1:31:38
6.	Charlie Backofen.	45	1:35:12
7.	George Fratus	49	1:36:06
8.	Steve Adkinson	46	1:36:51
9.	Larry Helk	46	1:39:39
10.	Jim Cron	46	1:41:52
11.	Richard Waterfield	46	1:46:24
12.	Ed Beckner	45	1:46:42
13.	Jim Martin	48	1:48:54
14.	Tom Humbrecht	46	2:01:03

MEN 50 - 54

1.	Jack Morris	53	1:25:32
2.	Ray Sibrel	53	1:25:54
3.	Larry Averbeck	50	1:33:13
4.	Tom Felger	51	1:37:31
5.	Melvin Hochstetler	50	1:38:59
6.	Don Ashton	50	1:44:39
7.	James Kline	54	1:46:14

MEN 55 - 59

1.	Hal Higdon	59	1:24:10
2.	Ian Rolland	57	1:40:33
3.	Norman Whisler	57	1:42:12
4.	John Sturtevant	57	1:42:50
5.	Bob Loomis	58	2:00:00

MEN 60 & OVER

1.	Jack Hilker	62	1:38:36
2.	J. P. Jones	62	

Volunteers:

Dan Daniel	116 S. Whitley Col. Cty	46725	244-6545
Bernie Burgette	4830 Willowbrook Dr. FW	46835	485-5816
Eugene Striggle	R.R. 3 Churubusco	46723	693-3649
Don Lindley	6015 Landsdown Dr. FWA	46816	456-8739
Jerry Diehl	921 1/2 Tennessee FWA	46805	424-4470
Carl Fields	780 West 200 North Columbia City	46725	
Tim & Lori Hoberty	8816 Conway Court FWA	46825	489-8596

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1991 FORT WAYNE TRACK CLUB CALENDAR OF RACES & EVENTS

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.

APRIL

- 6 SAT \* 6th Annual 5K Big Ben Run/Walk, Highland Park, Kokomo, IN  
9:00 am, (317) 455-9203
- 6 SAT Wild Wilderness Shuffle Trail Run (317) 876-1871 Tuxedo Brothers  
Eagle Creek Park, 8163 Avery Dr, Indpls., IN 46268 9:00 am
- 6 SAT Central Indiana Masters Racewalk 5K Walk (317) 298-3107  
Stonybrook Jr High, Kim Adams 4803 London Dr, Indpls, IN 46254
- 7 SUN Wolfpack 50 Mile Natl TAC Masters, Columbus, OH 7:00 am  
(5 and 20 Miles) Whetstone Park, John White, 4865 Arthur Pl,  
Columbus, OH 43220 (614) 459-2547
- 7 SUN Cookie Classic 10K Prediction Run, Pearson Park, Toledo, OH  
Bill Lindeman 693-3896
- 10 WED FWTC BOARD MEETING IPFW ATHLETIC CENTER 7:00 pm
- 13 SAT AUL/ Governor's Cup 8K Run Brown County 1-800-622-4931
- 13 SAT \* Run For The Earth 5K, Bowling Green State University,  
Dan Durica (419) 372-8207
- 14 SUN \* Sam Costa 1/2 Mar. & 5M Clay Jr High School, Carmel, IN 1:00 pm  
(317) 259-0708 Indy Runners Terry Townsend 222 E 72nd St,  
Indpls., IN 46220
- 14 SUN MidEast Reg. TAC Racewalk Championships, Whetland Park,  
Youth (2.5/5K, Women-10K, Men-20K, Columbus, OH  
John White (614) 459-2547
- 15 MON Boston Marathon Hopkinton, MA Noon
- 20 SAT 3RD ANNUAL IPFW SPRING CLASSIC 5K CROSS COUNTRY RUN/WALK  
IPFW ATHLETIC CENTER 11:00 am  
\$2.00 Entry Fee, Same Day Registration  
Jerry Diehl H-424-4470, W-481-6300
- 20 SAT Shoe-Sucker 7.2 Trail Run Huntington, IN 9:00 am  
Rick Beemer (219) 356-3020, Kil-So-Quah Campgrounds
- 20 SAT Muncie Symphony Run 5K & 10K 8:30 am (317) 282-7653  
Debbie Commiskey, Rt10 Box 87A, Muncie, IN 47302
- 20 SAT Jazz On The Run 5K, 11 am (219) 465-4629 Valparaiso University  
Rita Saar, 814 Laporte Ave, Valparaiso, IN 46383
- 20 SAT \* Third Annual Spring Classic Bicycle Tour, Leo High School  
(219) 423-1629, P.O.Box 8459, Ft.Wayne, IN 46898-8559
- 21 SUN \* Glass City Marathon Toledo, OH 8:00 am  
Pam Graver 691-6064
- 27 SAT \* Nineth Annual Pacesetter 4-Miler Kokomo, IN 9:00 am  
John Wiles (317) 459-3121
- 27 SAT Kentucky Derby 13.1 Miles 8:30 am (502) 584-6383 Iroquios Park  
John Razert, 137 W.Muhammad Ali, Louisville, KY 40202
- 28 SAT \* Michigan Trail Marathon 13.1 & 26.2, Pinckney Recreation  
Area, 8:30 am, (313) 347-4949, Running Fit, 43259 Crescent  
Blvd., Novi, MI 48050

28 SUN WRTV Do Run Run 10K Run & 5K Walk (317) 786-8812 Ken Long & Assoc, 107 W. Loretta, Indpls., IN 46217

MAY

4 SAT Cornbelt 24 Hour Run, Eldridge IA 7:00 am

4 SAT ONE MILE RUN FOSTER PARK, FT WAYNE 9:00 am

4 SAT Family Fitness Day Run 4 Miles 8:00 am Linville Fitness Center Reisa Nelson, 353 N. Oak St., Columbia City, IN 46725 (219) 244-6304

5 SUN 10th Annual Bedford Spring Run, 4M & 7M, Temperance, MI Larry Godfrey 847-7830

5 SUN Camelback 10K, 5K Walk, 2K Youth, and Camelcalves(6&Under) Fremont, OH, 12:45 am, Ray Rendon (419) 599-8053

5 SUN Pittsburgh Marathon, Pittsburgh, PA (412) 391-2800

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 5M Run 5K Walk 1 Mile Fun Run 9:00 am FWTC PO Box 11703, Fort Wayne, IN 46860 Don Lindley (219) 456-8739

11 SAT \* Good Samaritan 10K, 9:30 am, Good Samaritan Hospital, 2222 Philadelphia Dr., Dayton, OH 45406

11 SAT Whitehouse Cherry Festival 10K, 9:00 am, Whitehouse, OH Mark Weber 877-5383 days, or 825-3377 evenings

18 SAT RUN & WALK FOR HEART 5K, IPFW CAMPUS, 9:00 am, Judy Tillapaugh (219) 424-6723

18 SAT \* Ice Age Trail 50 Mile Waukesha, WI 6:00 am Don Ayer (414) 547-6535

19 SUN Revco Marathon, Cleveland, OH (216) 425-9811 8:30 am

24 FRI Indy 500 Mini-Mar. Indpls., IN 9:00 am \*\*10,000 limit was reach Feb 14

26 SUN WTOL-TV-11 River Run 10K & 5K Walk, 9:30 am, Toledo, OH John Cottingham 248-1140

27 MON Kip Boullis Memorial 5K, 8:00 am, Perrysburg, OH Rick Gilts 872-8001 or Tom St.Meyers 874-7764

27 MON 11th Annual The Great Race, Ron Schmanske, P.O.Box 487 Elkhart, IN 46515 (219) 294-1661 see ad in this issue.

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 Spring Fever 5, 8:30 am, Huntington Memorial Hospital Holly Sale, 1215 Etna Ave, Huntington, IN 46750 800-533-2252 x369

1 SAT Old West End 15K, 9:00 am, Parkview Hospital, Toledo, OH Sandy Vancena 242-2501

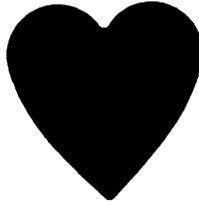
- 1 SAT \* Old Dominion 100 Mile, Front Royal, VA 4:00 am
- 1 SAT RRCA National Convention, Kansas City, KS  
 2 SUN RRCA National Convention, Kansas City, KS
- 4 TUE Track Series New Haven, HS
- 6 THU FWTC Social TJ Pasta 8:00 am
- 8 SAT CORPORATE CHALLENGE - NE WELLNESS COUNCIL, 8:00 am,  
 3 MILE PREDICTION RUN AND WALK, Four person team w/ at  
 least 1 woman, or individual, FORT WAYNE, IN  
 Judy Tillapaugh (219) 424-6723 or 458-2345
- 8 SAT \* Sunburst Marathon, South Bend, IN (219) 233-6161 6:00 am
- 8 SAT Ray Sears 5K Marion, IN

## **GUILTLSS DESSERT**

**Admit it now. Don't you sometimes eat your dessert first. We all have a preference for sweets that we were born with. And when those sweet tooths are calling you, a celery stick just won't do. There is nothing wrong with having dessert, as long as you plan for it to be a part of a nutritious meal plan.**

**Ideal dessert choices are low in fat, low in cholesterol, and high in fiber. The more nutrient value the better. Pass up desserts that give you little nutrition, but lots of calories. Only then can you have guiltless desserts. Instead of a fudge ice cream sundae, eat fresh fruit over frozen yogurt. Instead of the triple layer cream cheese frosted cake, try a low fat Angel Food Cake.**

**Need more Ideas?**



## STRAWBERRY ANGEL SQUARES

### Ingredients

- 1 pkg. Betty Crocker white angel food cake mix
- 1 cup boiling water
- 1 pkg. (3 oz.) strawberry flavored gelatin
- 1 can (15½ oz.) crushed pineapple in juice,  
drained (reserve ½ cup juice)
- 1 cup lowfat creamed cottage cheese (small curd)
- 1 pkg. (10 oz.) frozen sweetened strawberries, thawed,  
or 1 cup sweetened sliced strawberries

Bake and cool cake as directed on pkg. Cut cake vertically into halves. Freeze one half for future use. Remove crust from other half, cut into about 1" cubes. Pour boiling water on gelatin in large bowl; stir until gelatin is dissolved. Stir in reserved pineapple juice. Place cottage cheese in blender container. Cover and blend on medium speed, stopping blender frequently to scrape sides, until smooth, 1-2 min.

Add gelatin mixture. Cover and blend on medium speed until smooth, about 15 seconds. Return mix to large bowl. Stir in pineapple, strawberries and cake cubes. Pour into square baking dish, 8x8x2". Refrigerate until firm, at least 6 hrs. Garnish with fresh strawberries if desired.

9 servings

Submitted By: Mr. and Mrs. Art Meyer

## CHOCOLATE MERINGUE DROPS

### Ingredients

2 egg whites, at room temperature  
1/4 t cream of tartar  
1/8 t salt  
2/3 cup sugar  
2 T cocoa  
3/4 t almond extract  
2 T semi-sweet chocolate mini-pieces

### About 2 Hours Before Serving:

Preheat oven to 200°. Line 2 large cookie sheets with foil. In small bowl with mixer at high, beat egg whites, cream of tartar, and salt until soft peaks form.

Beating at high speed, gradually beat in sugar, 2 T at a time, beating well after each addition. Add cocoa and almond extract and continue to beat until meringue stands in stiff, glossy peaks.

Drop mixture by level T onto cookie sheets. Sprinkle some chocolate pieces on top of each cookie.

Bake 1 hour and 15 minutes or until set. Cool on cookie sheets on wire racks 10 min. With metal spatula, carefully loosen and remove cookies from foil; cool completely on wire racks. Store in tightly covered container.

3 dozen

PER SERVING: 20 calories/1 cookie

SUBMITTED BY: Judy Tillapaugh, R.D.

## APPLE CRISP

### Ingredients

6-7 tart cooking apples  
1T lemon juice  
1/3 cup granulated sugar  
1t cinnamon  
3/4 cup rolled oats  
1/2 cup flour  
1 cup brown sugar  
3T Safflower oil

Place apples in a deep baking dish; sprinkle with lemon juice, sugar and cinnamon. Combine remaining ingredients; pour over apples.

Bake at 375° for 30 minutes or until apples are tender.

Serves 4-6

Submitted By: Frank Glusenkamp

## LOW-FAT PINEAPPLE DELIGHT

### Ingredients

16 oz. plain non-fat yogurt  
1 small can crushed pineapple & juice (juice & all)  
1 package sugar-free vanilla or pistachio instant pudding

Mix together. Keep in refrigerator and serve as you wish.

8 servings

Submitted By: Betty McKinney

## FUDGE

### Ingredients

1 cup packed brown sugar  
1 cup sugar  
1/3 cup cocoa  
2/3 cup skim milk  
3 T polyunsaturated margarine  
1 t vanilla

Mix brown sugar, sugar and cocoa in a 3 qt. saucepan. Add milk and mix. Cook over medium heat until fudge reaches 236°F on candy thermometer or until a small amount of syrup dropped in cold water forms a soft ball. Remove from heat. Add margarine but do not stir. Cool until bottom of pan is lukewarm. Add vanilla and beat with an electric mixer 5-10 minutes or until fudge is thick and no longer glossy. Spread in lightly-oiled 8" square baking pan. Cool until firm and cut into squares.

4 dozen pieces

PER SERVING: 45 calories/1 piece

NOTE: For peanut butter fudge, after beating add 1/2 cup peanut butter. Run a table knife through the fudge to form streaks.

SUBMITTED BY: Cardiac Rehab Staff

# HILGERS FARM MARKET

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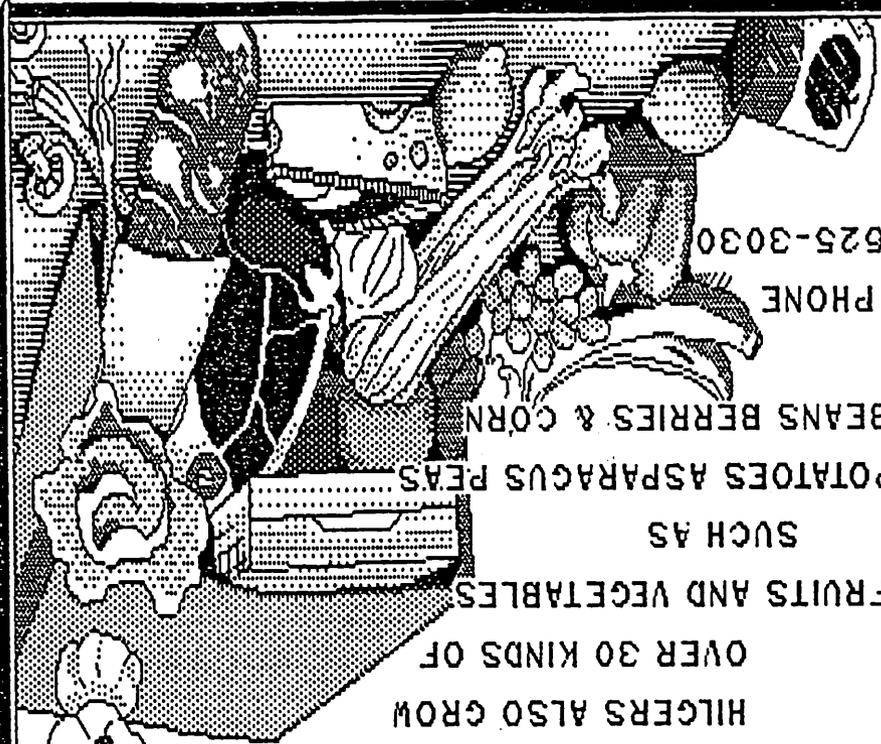
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Fort Wayne, IN 46860**

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# Coming Events

## 3RD Annual IPFW Spring Classic

IPFW Athletic Center  
11:00 A.M., April 20, 1991

FWTC Membership Meeting, April 10, 1991  
7:00 P.M. • IPFW Athletic Center

FWTC Membership Meeting, May 8, 1991  
7:00 P.M. • 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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