

# the inside track

June 1991 - July 1991



FORT WAYNE  
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

**"The will to win  
means nothing  
without  
the will to prepare."**



PHELPS DODGE

# 1991

## FORT WAYNE TRACK CLUB

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Valerie Puckett  
Randy Lavine  
Ken Disler  
Tom Loucks

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

PRESIDENT'S COLUMN - Jerry Diehl

The following is a recent letter I wrote to our local newspaper in response to a very negative article written on exercise and fitness, especially running. At the risk of boring those that have seen the article, I felt the positive message of exercise and fitness, especially in our running and walking, needed to be reinforced. Bear with me if I ramble, one of the luxuries of the job I guess, but somebody has to do it.

Running, walking, cycling, weightlifting, swimming, name your sport, they are all great forms of exercise that are enjoyed every day in this country. Alan Derringer, News-Sentinel feature, "R.U.N.N.I.N.G. Amok", Monday, April 8, 1991, would have us believe that we exercise enthusiasts are in danger of great health risks by our activities. We are in danger of becoming, "exercise fanatics", or "exercise abusers", jeopardizing our health, when exercise takes over our lives to feed our egos.

There are as many reasons to exercise as there are participants. The benefits of exercise have been touted and documented for years, stress reduction, weight control, muscle toning and conditioning, the list goes on and on. With any activity, work or play, there will be individuals who go to extremes. In my many years in the exercise field, I have found very very few individuals who carry exercise to the extremes that are portrayed in the article mentioned.

We have a real problem in this country with our inactive lifestyle. Many of our children are out of shape and overweight, putting them at risk later in life, to a variety of health problems. The number of deaths in this country each year related to coronary heart disease is a tragedy. Mounting health costs now command a greater place in our corporate board rooms.

Mr. Derringer does a great disservice to our community by portraying exercise activities in such a negative tone. He spent over 80% of his article on a very very small segment of the exercise population, and in the process has probably turned many people off to the joys of exercise. The benefits of a well structured exercise program far outweigh the remote possibility of becoming a "exercise abuser".

I would encourage anyone who is interested in starting an exercise program, to consult their physician, find an enjoyable activity, and locate an area fitness group involved in that activity, to help you on your way. Please don't let one article put a damper on your future, join the ranks of the exercise enthusiasts, and watch the benefits come your way.

Thanks for letting me share some thoughts on exercise and fitness. Remember to check the race calendar for upcoming events, Herman Bueno and Tom Loucks will be starting up the summer track series, Don Lindley has the one hour run on the Baer Field Raceway Track,

Judy Tillapaugh directs the White River Park State Games, Steve Caswell starts the Triple Crown Series, plus there are lots and lots of road races to challenge one and all. Remember to exercise sensibly, in the heat and humidity, there will always be another race. Stay healthy and fit and I'll see you on the roads!

**FORT WAYNE TRACK CLUB  
BOARD MEETING SUMMARY  
May 8, 1991**

Members present: Gary Selking, Vicki Jacobs, Polly Jacobs, Dana Budd, Barb Scrogam, Ken Disler, Joyce Hockensmith, Robert Hockensmith, David Parr, Meda Parr, Tim Hoberty, Lori Hoberty, Rob Wyatt, Judy Tillapaugh, Don Lindley, Jerry Diehl.

The treasurer's report was presented by Don Lindley and approved. Don asked for volunteers for Baer Field Raceway run and Brian Shepherd's One Mile Championship run on Saturday, May 11th. Don gave the membership report, we now have 398 members.

Vicki Jacobs gave the walking report, stating that there have been several walks in our area this spring. We are hoping to plan a fitness week-end for next spring and involve the Volksmarch, and Velo-Sports groups in town. Vickie has a list of the Volksmarch members that we can use to coordinate activities. Saturday, July 20th is the Three Rivers Festival 10K Volksmarch.

Nancy Bubb, our publicity coordinator has been busy putting our events in the local newspapers, and several in the surrounding area.

Don Lindley listed upcoming events on the FWTC calendar: May 18, Run/Walk For Heart 5K at IPFW, June 8, Wellness Council 3 Mile Run/Walk Corporate Challenge at Franke Park. The FWTC summer track series will start in June, directed by Herman Bueno and Tom Loucks.

Jerry Diehl mentioned a new Wednesday evening training session at Foster Park at 5:30 p.m. FWTC sweatshirts and t-shirts are available, for more information contact Brian Shepherd at 894-4638. The Indianapolis Mini-Marathon Spaghetti Dinner is Wednesday, May 22nd at the Indianapolis Zoo, guest speaker is Steve Spence.

Lori Hoberty our newsletter editor noted that Wednesday, May 15th is the deadline for articles for the "Inside Track". Articles and pictures are welcome for any of the upcoming issues.

Judy Tillapaugh reported on the upcoming Road Runners Club of America National Convention, May 30 - June 2, 1991. A group is carpooling out to Kansas City, everyone is welcome. The RRCA is searching for a newsletter editor for their national publication. Judy solicited running tips from the men present at the meeting for an upcoming issue of the Indiana Runner. The White River Park State Games 5 Mile race is June 29th at Foster Park. There is a childrens nutrition workshop given by Lutheran Hospital this summer called Body Shop for Kids.

The next membership meeting is Wednesday, June 12th at the IPFW Athletic Center at 7:00 p.m. There is a training run at 5:30 p.m., showers and lockers are available.

FAIRFIELD ORTHOPAEDIC SURGEONS, P.C.

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FREDERICK O MACKEL, M.D.  
ROBERT R SHUGART, M.D.  
JERRY L MACKEL, M.D.  
STEVEN L DRAYER, M.D.

May 20, 1991

Dear Friends and Running Enthusiasts:

As Roger Puckett and I have talked about the new situation I find myself in, we decided it was best that I write you directly in the form of a letter. It is with some remorse and regret that I announce my departure from my practice here in Fort Wayne. I have met many of you as patients. Those of you that have kept healthy, I wish I had a chance to meet, perhaps during competition, more than likely, during an easy day's run. Running has always been special to me, yet I now realize how important it is to all of you. Amongst all the common daily problems I see as an orthopaedic surgeon, my day was always enlited by the challenge of helping one of you through an injury and the maintenance of some semblance of a running schedule.

Within the last several months an opportunity was presented to me to establish a practice in East Lansing, Michigan with several opportunities for growth of both my practice and personal interests. I will continue to work as a general Orthopaedist, although there will be a greater emphasis on the area of sports medicine and arthroscopic surgery. Plans are currently being made to build a sports rehabilitation center within the near future. Additionally, I will be taking on a clinical professorship at Michigan State University for the teaching of family practice and general practitioners in the areas of general orthopaedics and sports medicine. Finally there is the distinct possibility of becoming the team physician for the Michigan State Spartans. These opportunities as well as the ability to return my family to our home state have enabled me to make the decision to leave Fort Wayne. As of this time, I am no longer operating, and patient care is gradually being transferred over to my partners. I will be seeing patients one day a week until the end of this month. My new practice in East Lansing will begin June 1, 1991. I would like to thank all of you for your trust in me and for allowing me to develop my practice in a fashion not previously found in Fort Wayne. My hope is that I have cared for you well and demonstrated my enjoyment in doing so. Should any of you wish to reach me in the future, for any reason, my new address and telephone number is:

6110 Abbott Road, Suite 102  
E. Lansing, MI 48823

Phone: 517-337-6300

Certainly, the drive is about the same as to Indianapolis. If I can be of assistance in the more specialized areas in which I work, I would feel more than honored to help you.

Let me express a sincere thank you from myself, my wife and family.

Sincerely,

Steven L. Drayer, M.D.





April 19, 1991

Jerry Diehl  
Fort Wayne Track Club  
921 1/2 Tennessee  
Fort Wayne, In 46805

Dear Jerry,

Thanks so much for your assistance with the second annual IFPW Health Affair! We feel it was a great success, thanks to all of you. Quite a few participants have already called to express their appreciation towards such an event. The screenings, assessments, and exhibits were very educational and interesting. We value your expertise and time and look forward to next year. Thanks again!

Sincerely,

A handwritten signature in black ink, appearing to read 'Judy Wilkins', written over a circular stamp or mark.

Judy Wilkins  
Fitness/Wellness Coordinator and  
Assistant to the Director

2101 Coliseum Blvd. East 46805

(219) 481-6643

Fax 481-6002

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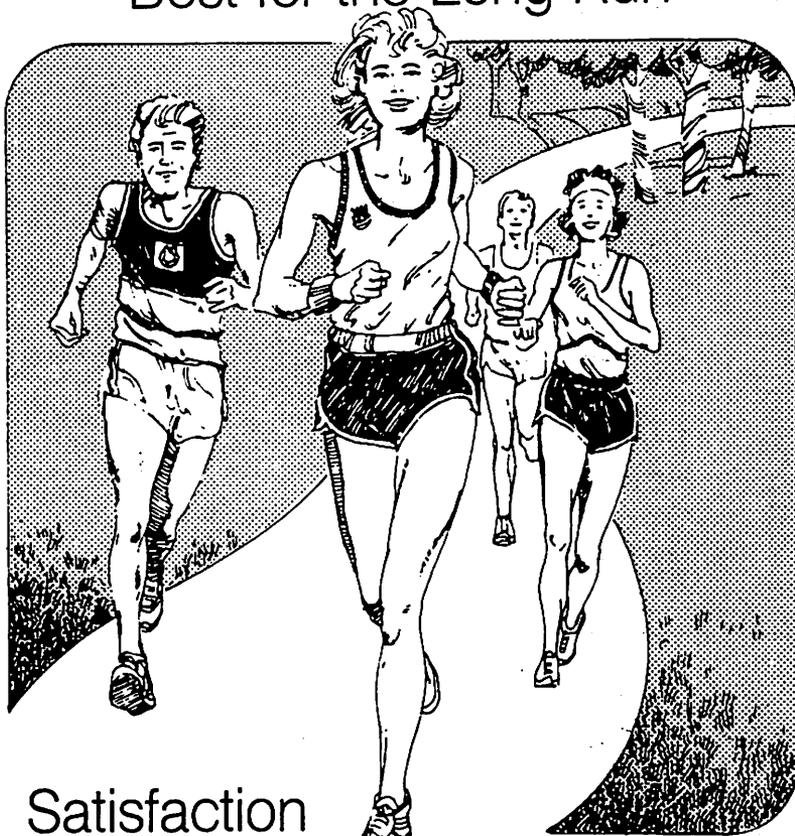
**\_\_HOTLINE\_\_ \_\_HOTLINE\_\_ \_\_HOTLINE\_\_**  
**(219) 481-6152**

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 convenience.

President  
Jerry Diehl

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April 5, 1991

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Dr. Jim Rice  
Nancy Rogers  
Patricia Rooney  
P. Michael Schaub  
Carolyn Shobe  
Gordon Smith

Mr. Don Lindley  
Track Club  
6015 Landsdown Drive  
Fort Wayne, Indiana 46816

Dear Don:

I would like to thank you for agreeing to help us with the Super Cities Walk in Fort Wayne. With your donation of cones and the participation of the walkers in our community, we should raise over \$75,000.00 for the fight against Multiple Sclerosis.

Fort Wayne is part of the Indiana Chapter of the Multiple Sclerosis Society. MS is a chronic, often disabling neurological disease affecting an estimated 2500 people in the mid America Chapter. The disease "short" circuits the central nervous systems of adults, most of whom were diagnosed between the ages of 20 and 40.

All of the funds raised in our community will help fund the services, research and equipment needed to help fight this disease, which has no cure or known cause.

Thank you for helping us fight MS by contributing on April 7th.

Sincerely,

Linda Miller  
Super Cities Walk Route Marshall Chairperson

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## Third Annual IPFW Spring Classic 5K Run/Walk

April 20, 1991

5K Run Results

1.	Carl Risch	16:20	
2.	Tim O'Connell	16:30	
3.	Barry Schnieders	16:51	
4.	Larry Targgart	17:04	
5.	Hal Pearson	17:36	
6.	Phil Suelzer	17:56	
7.	Roger Kingsbery	17:58	
8.	Ward Moya	18:18	
9.	Mark Brattoli	18:26	
10.	Steve Summers	19:01	
11.	Dave Boylan	19:02	
12.	Paul Ausderan	19:06	
13.	Barry Baumbaugh	19:27	
14.	Jonathan Schlatter	19:35	
15.	Paul Misner	19:40	
16.	Ross Holland	20:03	
17.	Alyson Mills	20:09	1st Female Finisher
18.	Michael Camp	20:10	
19.	Doug Camp	20:18	
20.	Justin Daugherty	20:19	
21.	Gregory Brinker	20:42	
22.	Neil Anderson	20:44	
23.	Amy Cockburn	22:28	2nd Female Finisher
24.	Rad Lamenza	22:31	
25.	Don Jantz	22:35	
26.	Mark Stuerzenberger	22:41	
27.	Mary Cockburn	22:48	3rd Female Finisher
28.	Ted Russell	23:03	
29.	Bethany Cockburn	23:08	4th Female Finisher
30.	Don Anderson	23:12	
31.	Lasta Abebe	23:14	5th Female Finisher
32.	Jim Mills	23:19	
33.	Ken Nyborg	24:05	
34.	Ken Disler	24:16	
35.	Betty DeWells	24:42	6th Female Finisher
36.	Don Lindley	24:43	
37.	Tim Sorg	25:20	
38.	George Kristufek	25:27	
39.	Kirk Meiklejohn	25:45	
40.	David Myers	25:54	
41.	Ryan Dillon	26:48	
42.	J. P. Jones	26:49	
43.	Katie Young	29:29	7th Female Finisher
44.	Sue Myers	29:33	8th Female Finisher
45.	Phyllis Stuerzenberger	30:23	9th Female Finisher
46.	Nancy Hockemeyer	30:24	10th Female Finisher

5K Walkers

1.	Bob Gensheimer	26:42	
2.	Brenda Daugherty	33:21	1st Female Finisher
3.	Linda Bohn	40:39	2nd Female Finisher
4.	Mauring Gensheimer	40:44	3rd Female Finisher
5.	Kenneth Dillon	40:45	
6.	Tsedey Mengesha	41:01	4th Female Finisher
7.	David Bracht	44:01	

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	(cancelled)	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	(cancelled)	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

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**EXERCISE****It's Never Too Late to Get in Shape!**

A growing number of studies show that it doesn't matter how late in life you begin to exercise, you can expect to improve your physical condition just as effectively as young people.

Researchers at McMaster University in Hamilton, Ontario, trained a group of previously sedentary men in their 20s and a group in their 60s. They were matched for height, weight, physical activity, and occupations.

The men trained on stationary cycles for an hour, three days a week, for 12 weeks. They began at about 65% of maximum effort with recovery at 45% effort (judged by heart rate), and gradually increased until after three weeks they achieved 85% of maximum effort, followed by recovery at 65%.

"In older subjects, increases in aerobic power after high-intensity endurance training are at least as large as in younger subjects and are associated with increases in vascular conductance, maximal cardiac output, and stroke volume," the researchers reported.

From the Washington University School of Medicine in St. Louis comes a report on improvements in blood circulation in older men and women. Men and women in their 60s who were healthy, but not very active, limbered up with eight to 12 weeks of stretching exercises, three times a week. They then embarked on a program of fast walking or jogging at 70% to 90% of maximum effort (judged by heart rate and oxygen uptake).

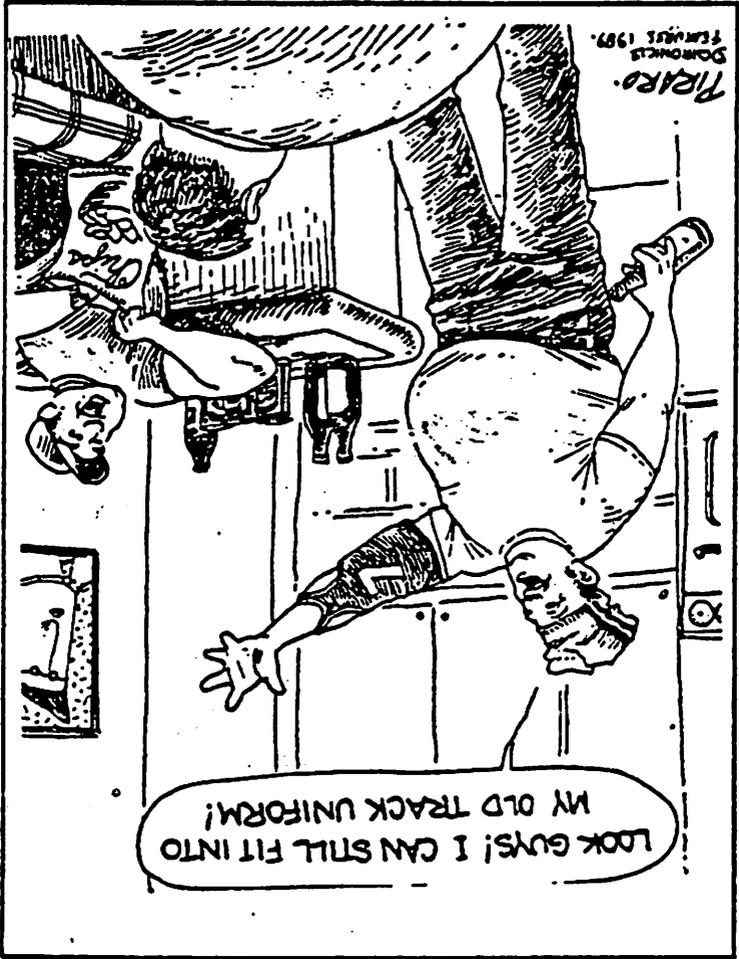
The training lasted for between 16 and 44 weeks. By the end of the study, blood flow in the participants' legs had improved significantly. In fact, in the case of men the improvement was proportionally larger than that seen in younger men in a previous study.

In another program at McMaster University, men in their 60s worked out with weight machines three days a week for 12 weeks. By the end of this period,

arm strength increased nearly 50% and leg strength by about 20% (presumably, before the training they used their arms less than their legs, so their arms improved more). Their muscles grew larger and responded more quickly. The men became stronger, bigger, and quicker.

"Older males can respond to progressive weight training with increases in dynamic muscle performance and whole muscle and muscle fiber size that compare favorably with responses seen in young men...the rate of decline in strength and muscle mass in old age and the accompanying loss of independent functional capacity can be reduced or even reversed by appropriate resistance training programs," the researchers concluded.

The evidence is overwhelming. It's never too late to benefit from aerobic and strength training. Most of the physical effects of aging, which Maria Fiatarone, M.D., of Tufts University in Boston, once called "atrophy of disuse," can be reversed. Better yet, if you begin training early, they can be prevented. Regular exercise improves the quality of life, and reduces the impact of diseases such as diabetes, high blood pressure, heart and artery problems, and some forms of cancer. What a reward for a few drops of sweat! (*Journal of Applied Physiology*, Vol. 69, No. 5, pp. 1792-1798; pp. 1804-1809; and pp. 1725-1733)



By Dan Piraro

BIZARRO

THE KNIGHT STRIDERS RRCA  
9 JACKS STREET  
GAS CITY, INDIANA 46933  
1-317-674-3841

TO:

FOR ADDITIONAL INFORMATION AND ENTRY FORMS  
SEND A SELF ADDRESSED STAMPED ENVELOPE

MARCH 16th - THE NORRIS INSURANCE 5K - 9am - AMBOY  
JUNE 8th - THE RAY SEARS 5K - 9am - MARION  
JUNE 8th - THE NORRIS INSURANCE 5K - 5pm - SOMERSET  
JUNE 22nd - THE NORRIS INSURANCE 5mi - SWAYZEE  
JUNE 29th - THE NORRIS INSURANCE 5K - BUNKER HILL  
JULY 4th - THE YANKEE DOODLE 5K - 9am - MARION  
JULY 27th - THE GUS GRISSOM 10K - GRISSOM AIR FORCE BASE  
AUGUST 3d - THE NORRIS INSURANCE 5K - CONVERSE  
AUGUST 10 - THE KERNEL CLASSIC 5K - VAN BUREN  
SEPT 28th - THE JAMES DEAN 10K - FAIRMOUNT  
OCTOBER 5 - THE IWU CHALLENGE 5K - MARION



PORT WAYNE TRACK CLUB 1990 POINTS AWARD WINNERS

MALE OVER-ALL

- |                   |    |
|-------------------|----|
| 1. BRIAN SHEPHERD | 47 |
| 1. MARK FURKIS    | 47 |
| 3. CARL RISCH     | 26 |

MALE 14 & UNDER

- JIM FURKIS
- GREG BAKER

MALE 15 - 19

- MICHAEL BAKER
- MICHAEL LINDLEY

MALE 20 -24

- RICH LYSAGHT
- JOEL WISE

MALE 25 - 29

- PETE BOWMAN
- PAUL KNOTT
- DON BRANSTETTLER
- AHMED ALLAOUI

MALE 30 - 34

- ROBERT SCHENDEL
- HERMAN BUENO
- DEAN SCHMIDLAPP
- KEN KING

MALE 35 - 39

- STEVE CASWELL
- JOHN TRELEAVEN
- TERRY COONAN
- PHIL SUELZER
- DON BASHOR

MALE 40 - 44

- JOE HILGER
- DON FORD
- GARY RICKNER
- JAMES MILLER
- WAYNE UNSELL
- IVAN PAINTER

MALE 45 - 49

- DAVID BOYLAN
- LARRY TARGART
- BERNIE MOTYCKA
- RODGER PUCKETT

FEMALE OVERALL

- |                     |    |
|---------------------|----|
| 1. MARY T. CONNOLLY | 48 |
| 2. TERESA WAITE     | 26 |
| 3. JOAN GARY        | 22 |

FEMALE 15 - 19

- NIKKI SUEVER
- AMY MILLER

FEMALE 20 - 24

- SARA NOLL
- LORI HOBERTY

FEMALE 25 - 29

- CHRIS COOPER
- KAREN VACHON

FEMALE 30 - 34

- ANN LINSON
- SUE ZIMMERMAN
- SUE STEINEN

FEMALE 35 - 39

- WANDA MYERS
- JULIE MANAGER
- HEIDI RAE
- JUDY TILLAPAUGH

FEMALE 40 - 44

- VICKI JACOBS
- VAL PUCKETT
- MARSHA SCHMIDT
- BARB SCROGHAM

FEMALE 45 - 49

- JEANETTE KLEIN
- CATHERINE MENZE
- SARAH KLEINKNIGHT

FEMALE 50 -54

- MAURIE GENSHEIMER

FEMALE 55 - 59

- DORIS SNYDER
- FRAN VANWAGNER

FEMALE 60 & OVER

- POLLY JACOBS



# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Training Run IPFW Athletic Center 6:00 pm	3 Training Run Foster Park 5:30 p.m.	4 Run Wild 4M Ft. Wayne Zoo	5	6 Training Run Central YMCA 7:00 a.m.
7 Training Run Johnny Appleseed Park 7:30 a.m.	8	9 Training Run IPFW Athletic Center 6:00 pm	10 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	11 Summer Track Series Northside High School	12	13 Training Run Central YMCA 7:00 a.m.
14 Training Run Johnny Appleseed Park 7:30 a.m.	15	16 Training Run IPFW Athletic Center 6:00 pm	17 Training Run Foster Park 5:30 p.m.	18 Summer Track Series Northside High School	19	20 Training Run Central YMCA 7:00 a.m.
21 Training Run Johnny Appleseed Park 7:30 a.m.	22	23 Training Run IPFW Athletic Center 6:00 pm	24 Training Run Foster Park 5:30 p.m.	25 One Hour Run on the Track Baer Field Raceway 6:30pm	26	27 Cromwell 5K Cromwell, IN
28 Training Run Johnny Appleseed Park 7:30 a.m.	29	30 Training Run IPFW Athletic Center 6:00 pm	31 Training Run Foster Park 5:30 p.m.			

# June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Training Run Central YMCA 7:00 a.m.
2 Training Run Johnny Appleseed Park 7:30 a.m.	3	4 Training Run IPFW Athletic Center 6:00 pm	5 Training Run Foster Park 5:30 p.m.	6 Training Run IPFW Athletic Center 6:00 pm	7	8 Corporate Challenge Franke Park 8:00 a.m.
9 Training Run Johnny Appleseed Park 7:30 a.m.	10	11 Training Run IPFW Athletic Center 6:00 pm	12 FWTC Membership Meeting 7:00 pm IPFW Athletic Center	13 Training Run IPFW Athletic Center 6:00 pm	14	15 Chain-O-Lakes 5K Albion Middle School 8:30 a.m.
16 Training Run Johnny Appleseed Park 7:30 a.m.	17	18 Training Run IPFW Athletic Center 6:00 pm	19 Training Run Foster Park 5:30 p.m.	20 Summer Track Series Northside High School	21	22 Training Run Central YMCA 7:00 a.m.
23 Training Run Johnny Appleseed Park 7:30 a.m.	24	25 Training Run IPFW Athletic Center 6:00 pm	26 Training Run Foster Park 5:30 p.m.	27 Summer Track Series Northside High School	28	29 White River Park State Games, Foster Park 8:00 a.m.
30 Training Run Johnny Appleseed Park 7:30 a.m.						

FORT WAYNE TRACK CLUB  
 BAERFIELD RACEWAY 5M RUN & 3K WALK & 1-MILE FUN RUN  
 MAY 11, 1991

FIVE MILE RUN

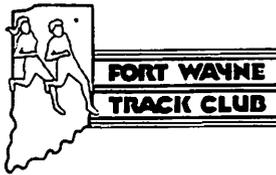
MEN 14 & UNDER		MEN 55 - 59	
1. JARED LOOMIS	42:50	1. NORMAN WHISLER	38:10
		2. BOB LOOMIS	41:12
MEN 15 - 19		3. TERRY GAUTSCH	41:36
1. CRAIG WALTERS	32:39	4. DAVE MYERS	46:58
		5. JOHN JEDINAK	52:36
MEN 25 - 29		MEN 60 - 65	
1. BRAD COOPER	26:51	1. MIKE KAST	32:44
2. MIKE MCMANNS	27:14	2. JP JONES	45:30
3. KEN NELSON	29:08	3. BOB HOCKENSMITH	52:57
4. PAUL KNOTT	29:34		
5. CHRIS NORRICK	29:54	MEN 65 & OVER	
6. KEN STEINER	33:16	1. JACK O'NEIL	48:16
7. MARTY WALKER	33:36		
8. MARK KING	35:55	WOMEN 25 - 29	
MEN 30 - 34		1. CHRIS COOPER	31:12
1. TOM LOUCKS	28:20	2. SUZIE LOSHE	36:56
2. HERMAN BUENO	30:07	3. SARA NOLL	37:53
3. RICK GILBERT	32:44	4. CATHY KING	42:46
4. PAUL SHAFFER	33:20		
MEN 35 - 39		WOMEN 30 - 34	
1. TIM O'CONNEL	28:29	1. CHERYL PASKO	40:52
2. PHIL SUELZER	28:39	2. MARTHA LOPEZ	52:03
3. CRAIG FELGER	39:39	WOMEN 35 - 39	
4. KENT LOOMIS	42:52	1. MARY CONNOLLY	32:05
		2. JOYCE DESTEFANO	40:40
MEN 40 - 44		WOMEN 40 - 44	
1. FERRY COONAN	29:48	1. BARB SCROGHAM	37:11
2. ROGER KINGSBERRY	30:30	2. JOYCE HOCKENSMITH	41:52
3. DON FORD	33:48	3. VICKI JACOBS	47:11
4. JOHN GAIER	35:31		
5. WAYNE UNSELL	37:53	WOMEN 45 - 49	
6. JIM CRON	38:43	1. JEANETTE KLEIN	42:59
7. RAD LAMANZA	41:54		
8. KEN NYBORG	43:44	WOMEN 50 - 54	
9. MIKE HENDERICKS	48:45	1. BARB O'NEIL	48:16
		2. SUE MYERS	56:54
MEN 45 - 49		WOMEN 60 - 65	
1. JOHN KLEIN	35:05	1. POLLY JACOBS	53:46
2. ALFONZO LOPEZ	51:30		
MEN 50 - 54			
1. LARRY AVERBECK	32:31		
2. KEN CLARK	36:49		

ONE MILE FUN RUN (0.7)

1. TROY STRIGGLE	5:26	3. SARAH SHOPELL	5:52	5. SARAH MENZE	N/A
2. MATT LOSHE	5:28	4. DILLON KINGSBERRY	6:35	6. AMANZA KINGSBERRY	

WALKERS

1. MARICE HARTMAN	21:31	5. JODI WOOD	27:59
2. EUGENE STRIGGLE	23:37	6. JANIE MORTON	27:59
3. KAY HARTMAN	23:41	7. CATHIE SCHAFFER	32:00
4. DAWN WESTFIELD	26:13		



## 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:

- Runner's Week
- Equipment
- Race Directing or Race Director Assistant
- Banquet
- Aid Station
- Social Activities
- Fanny Freezer 5km 2/17
- 10th Annual Nutra Runs — March

- NAVL Spring Classic 15 — April
- White River Park State Games — 5 miler
- Hilly 4
- Scholarship Fund Run — October
- Lindley's Prediction Run
- Summit City 10km Run/5km walk
- Veteran's Day 5 mile/5km walk

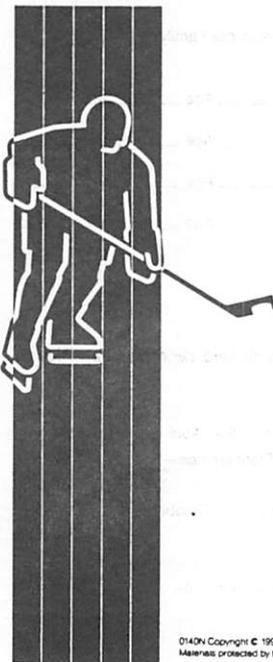
Comments \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# HOW TO GAIN WEIGHT

To gain weight,  
increase your  
food intake by  
2,500 Calories  
for each pound  
you want to add.



## WHY GAIN WEIGHT?

In some sports, like football and hockey, a few extra pounds can come in handy. In other sports, athletes who are underweight may not have enough energy to work at their peak performance. And in other sports, some athletes may have trouble just maintaining their normal weight.

## WHAT SHOULD YOU EAT TO GAIN WEIGHT?

To gain weight, you have to take in more calories than your body burns. You do this by eating more food. But even then, gaining weight may not be easy for some athletes. If you're training hard, you may burn everything you eat and then some.

To gain a pound of muscle, you need to eat 2,500 Calories more than your body uses. You can realistically gain about one to two pounds in a week. That comes down to eating 350 to 700 Calories **extra** every day.

The following diet for gaining weight can supply those extra calories. Eat at **least** these recommended servings every day.

<b>Milk Group</b> (milk, cheese, yogurt, cottage cheese, ice cream)	4 or more servings
<b>Meat Group</b> (meat, fish, poultry, eggs, dried beans and peas, nuts)	3 or more servings
<b>Fruit-Vegetable Group</b> (fresh, frozen, canned, dried, juiced fruits and vegetables)	10 or more servings
<b>Grain Group</b> (cereals, breads, rolls, pasta, muffins, pancakes, grits, rice)	16 or more servings

## HOW DO YOU GO ABOUT IT?

There are several ways to increase the number of calories you eat. You can:

- Eat larger portions at meals.
- Eat more meals each day.
- Have snacks between meals.

You can also increase your calories by substituting high-calorie foods for lower-calorie ones. Be aware, however, that only some high-calorie foods are nutrient-rich. Others, unfortunately, are low in nutrients. It's important to supply your body with all the nutrients it needs. The following foods are rich in both calories and nutrients:

- Nuts
- Dried fruits
- Shakes and malts
- Cheese
- Sandwiches
- Pizza

Foods that are high in calories but low in nutrients also can play a role in a weight-gain diet. But you should eat these foods in addition to, not instead of, adequate amounts of nutrient-rich foods. Some high-calorie, low-nutrient foods are:

- Soft drinks
- Salty snack foods, like chips
- Cakes, pies, cookies
- Doughnuts, sweet rolls
- Jams, jellies, syrups

## GAINING MUSCLE INSTEAD OF FAT

To put on muscle, you need to exercise as well as eat more. If you eat more and don't exercise, you'll just gain fat. To make sure those extra calories become muscle, you must exercise. Heavy muscular workouts, like strength training, will use the extra calories to stimulate muscle cells to grow. For more information, ask for the handout **How to Build Muscles**.

## HOW CAN YOU MEASURE MUSCLE GAIN?

A scale will tell you how much weight you've gained. But it can't tell you whether that weight is muscle or fat.

To find out which you've gained, measure your body fat before you start your weight-gain program. If you've gained fat, you'll see an increase in the percent body fat. If you've gained muscle, you'll see either a decrease in percent body fat or no change. To measure what you've gained, ask for the handout **How to Measure Your Body Fat - Men or How to Measure Your Body Fat - Women**.

# Welcome To The Club

## RENEWALS & NEW MEMBERS

DAVE MILLHOUSE	JACK ADE
DAVID MONTGOMERY	NEIL K. ANDERSON
ROSS H. MOYER	RICHARD BEEMER
RON MOTYCKA	DIANE M. BEYER
MANDA MYERS	MART BRATTOLI
GARY ODEN	JOHN E. BUHLER
LARRY PALMER	KEITH CAUDILL
DAVID PARR	KIM DEVALL
NICOLA PARR	ROBERT T. DILL
BILL PATTERSON	RICHARD P. DUGAN
JED PEARSON	LORRAINE FOX
JOHN RASMUSSEN	KRISTA GOSS
WILLLOW A. RILLA	BILL HIBBEN
ELLEN K. SCHWARTZ	RANDY HISNER
MARVIN L. SMITH	GARY HOOTEN
BILL SOHASKI	GARY I KING
MICHAEL SUMMERS	ROGER W. KINGSBERRY
NEIL TATE	TONY KLEE
JIM TURK	ANN LINSON
DAVID WINTERS	ART MCCOY
TIM ZUMBAUGHN	SARAH E. MENZE
	JAMES L. MILLER

## TRAINING GROUPS IN THE FORT WAYNE AREA

Fort Wayne Downtown YMCA	-	Weekdays at noon	contact: Calvin King 447-2172
Fort Wayne Downtown YMCA	-	Saturdays at 7:00 a.m.	contact: Jack Hlaker 432-2933
Johnny Appleseed Park	-	Saturdays and Sundays 7:30 a.m.	contact: Barb Scroggum 484-8938
Foster Park	-	Wednesdays 5:30 p.m.	contact: Jerry Diehl 481-6300 or 424-4470
IPFW Athletic Center	-	Tuesdays & Thursdays at 6:00 p.m.	Saturdays at 8:00 a.m.
			contact: Jerry Diehl 481-6300 or 424-4470

For questions and confirmation of meeting groups and times please refer to the contacts listed. The latest road racing information in the Fort Wayne area is listed on the Fort Wayne Track Club Hotline: (219) 481-6152.

# Come Join The Flyin' Squirrels!

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A place and a pace for  
everyone...  
walkers, joggers & runners

**IPFW Athletic Center**  
Lockers Showers Available  
(NO CHARGE)

---

**Tuesdays and Thursdays....6:00 pm**  
**Saturdays.....8:00am**

**BE THE BEST  
THAT YOU CAN  
BE!**



Sponsored by the IPFW Cross  
Country Team and the Fort Wayne  
Track Club

For more information call **481-6300**

# FWTC RACE/WORKOUT SERIES

As of Newsletter Deadline Dates are still tentative.  
Check for confirmed dates on race forms available  
at Sports Tech, YMCA, YWCA & other races this  
summer.

DATES: JULY (TUE. or THUR.) PLACE: NORTHSIDE HIGH SCHOOL  
REGISTRATION: 5:30pm - 5:45pm 475 E State Blvd  
ENTRY \$1 per week FORT WAYNE, IN  
DIVISIONS: Male/Female/Mixed TIME: RACE/WORKOUT 6:00pm  
High School & Under / Open 1 MILE RUN After Race

For further info call Herman Bueno 219-460-4243 7:00am - 4:00pm

## WEEK #1 HOKUM KAREM RELAY

2 Runners Alternate Mile Repeats. 6 Mile Total (Each Runner runs 3 x 1 Mile)

## WEEK #2 TWIN 2 1/2 RUN

1 Runner First 2½ Run at 6:00pm Second 2½ Run at 6:30pm (Lowest accum. time wins)

## WEEK #3 6 MILE RELAY

2 Runners Alternate ½ Mile Repeats. 6 Mile Total (Each Runner runs 12 x ½)

## WEEK #4 10K PR RUN

1 Runner First 1 Mile Run 6:00pm 2nd-6th miles start every 10 minutes thereafter.  
final ½ mile is run at 7:00 pm (Lowest accum time wins)

These Race/Workouts are designed to serve as a quality workout  
that would normally be difficult to run without getting pushed.  
Join us for a fun evening & possibly forming a training group.  
Bring a friend as your partner for weeks #1 and #3 or form a  
team with someone when you arrive. Runners of all ability levels  
can benefit from these workouts. Anyone welcome !!!!!

# COME RUN WITH US

1991 FORT WAYNE TRACK CLUB CALENDAR OF RACES & EVENT

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.

\* Applications available thru FWTC -Don Lindley (219) 456-8739

JUNE

- 1 SAT \* Spring Fever 5 Mile, Huntington Mem. Hosp., Holly Sale, 1215 Etna Ave, Huntington, IN 46750 (219) 356-3000 x369 8:30 am
- 1 SAT \* 14th Ann. White River Run, 15K & 5K Run, 5k Walk, N. Theohares (317) 646-8303, 2015 Jackson St, Anderson, IN 46016 8:30 am
- 1 SAT Old West End 15K, Parkview Hospital, Toledo, OH  
Sandy Vancena 242-2501 9:00 am
- 1 SAT \* 7th Annual Oliver Winery 10K Run & 5M Walk, Harmony School, P.O. Box 1787, Bloomington, IN 47402 (812) 334-8349
- 2 SUN \* Trinity Hospital Hill Run, 13.1 Miles, RRCA Nat'l Championship (Race after RRCA Convention) Kansas City, KS 7:00 am
- 2 SUN Summer Biathlon, 5K Rifle Markmanship, Tuxedo Bros., 8163 E. Avery Dr., Indpls., IN 46268 (317) 876-1871 Eagle Cr Pk
- 2 SUN \* 13th Ann. Kickapoo Trial Trail, 5M & 5K Run, 5K Walk, Kennekuk RR, PO Box 1701, Danville, IL 61834 (217) 442-7384 9:00 am
- 4 TUE Track Series New Haven, HS
- 5 Wed Dunkirk Glass Capital 10K. Rick Hunt, 203 E. Washington St., Dunkirk, IN 47336 (317) 768-6652 6:30 pm
- 6 THU FWTC SOCIAL TJ PASTA 8:00 am
- 8 SAT CORPORATE CHALLENGE - NE WELLNESS COUNCIL, 3 MILE PREDICTION RUN AND WALK, Four person team w/ at least 2 woman, or individual, FORT WAYNE, IN  
Judy Tillapaugh (219) 424-6723 or 458-2345 8:00 am
- 8 SAT \* Sunburst Marathon, 10K, & 5K Walk, So Bend, IN (219) 284-9111 6:00 am
- 8 SAT \* 2nd Ann. Ray Sears 5K, Marion, IN, Clif Knight, 9 Jack St., Gas City, IN 46933 (317) 674-3841 9:00 am
- 8 SAT \* 9th Annual Canal Days 5K & 10K Run, New Haven, IN Tom Gratz (219) 749-0982 7:00 am
- 8 SAT \* 2nd Annual Sgt. Meriwether 5M, Cahokia Village Hall, 103 Main St, Cahokia, IL 62206 8:30 am
- 9 SUN \* Exceed Columbus 10K, P.O.Box 21264, Columbus, OH 43221  
Matt McGowan (614) 481-0992 9:00 am
- 11 TUE TRACK SERIES New Haven, IN
- 12 WED FWTC Board Meeting IPFW Athletic Center 7:00 am  
Jerry Diehl (219) 481-6300 or 424-4470
- 15 SAT #1 Chain-O-Lakes 5K Albion Middle School 8:30 am  
Steve Caswell, 204 W. Hazel, Albion, IN 46701 (219) 636-7308
- 15 SAT \* Hoagland Days 10K, Hoagland, IN, Rick Gilbert, 17514 Monroe-ville Rd, Monroeville, IN 46773 (219) 623-3469 8:30 am
- 15 SAT \* 8th Ann. Lime City 5, Huntington Park & Rec, 300 Cherry St., Huntington, IN 46750 (219) 356-1400 x4 10:00 am
- 15 SUN \* Dick Lugar Run & Walk, 5 & 10K Run, 5K Walk, Ken Long & Assoc. 107 W. Loretta Dr., Indpls., IN 467217 7:40 am

16 SUN \* Tour De Loops 4-25 Mile Loops. Columbia City, IN, 46725  
Whitley County 4-H Bicycle Club, 5270N 550W,

16 SUN \* Shelbyville Triathlon Series, Shelbyville, IN  
(317) 392-5128 9:00 am

18 TUE Track Series New Haven, IN

20 THU FWTC TRACK SERIES NORTH SIDE H.S. (tentative)  
HERMAN BUENO (219) 749-6113 6:00 pm

22 SAT State Bank 5K, Al Welch (419) 399-3466, Paulding, OH 8:30 am

22 SAT Marsh Buckcreek 5M Yorktown, IN 8:00 am

22 SAT Mochican 100 Mile Trail Run, Loudonville, OH 5:00 am

22 SAT Grandma's Marathon Duluth, MN (218) 727-0947 8:00 am

22 SAT Thunderun Road Race 5M YMCA, 222 N.W. Sixth St., Evansville,  
IN 47708 Morgan Fulton (812) 423-9622

25 TUE Track Series New Haven H.S.

27 THU FWTC TRACK SERIES NORTH SIDE H.S. (tentative)  
HERMAN BUENO (219) 749-6113 6:00 pm

29 SAT \* WHITE RIVER PARK 5M POSTER PARK 8:00 am  
Judy Tillapaugh (219) 424-6723 or 458-2345  
Fort Wayne Track Club, PO Box 11703, Ft. Wayne, IN 46860

29 SAT \* 8 HOUR RUN & WALK, Kennekuk Road Runners, PO Box 1701, Danville,  
IL (217) 431-4243 8:00 am to 4:00 pm

29 SAT \* Coyote Chase Mountain Bike Biathlon, 2M Run, 8M Bike, 2.5M Run  
Johnson County Park & Rec., P.O.Box 246, Franklin, IN 46131  
(812) 526-6809 9:00 am

30 SUN 13th Ann. Monument City Classic, 10K & 5K Run, 2M Walk  
Connie Crowl, (219) 665-2842

JULY

2 TUE Track Series New Haven H.S.

4 THU \* RUN WILD! 4M, Fort Wayne Children's Zoo, 3411 Sherman Blvd,  
Fort Wayne, IN 46808 Cheryl Piropatto (219) 482-4610 7:30 am

4 THU The Yankee Doodle 5K Marion, IN

9 TUE Track Series New Haven H.S.

10 WED FWTC Board Meeting IPFW Athletic Center 7:00 pm  
Jerry Diehl (219) 481-6000 or 424-4470

11 THU FWTC Track Series North Side H.S. (tentative)  
Herman Bueno (219) 749-6113 6:00 pm

14 SUN \* Shelbyville Triathlon Series, Shelbyville, IN 9:00 am  
(317) 392-5128

17 WED Three Rivers Biathlon, Homestead HS, Ft. Wayne Women's Bureau,  
827 Webster, Ft. Wayne, IN 46802 (219) 424-5005 5:30 pm

18 THU FWTC TRACK SERIES NORTH SIDE H.S. (tentative)  
HERMAN BUENO (219) 749-6113 6:00 pm

19 FRI Old Settlers 4 Mile Columbia City, IN 7:30 pm

20 SAT Three Rivers 10KM Volkmarh, Swinney Park, 7:00 am  
Vickie Jacobs (219) 456-1496

20 SAT \* AAU Track Club Invitational and All Comers Track & Field  
Meet, Hammond Track Club, Joe Wise, 7116 Jarnecke Ave,  
Hammond, IN 46324 10:00 am

20 SAT \* 11th Annual Ironhorse 4 Mile, Logansport, IN 46947 8:00 am  
 Brian Morrill, 905 E. Broadway, (219) 753-5141

25 THU FWC ONE HOUR TRACK RUN, BAERFIELD RACEMAY, PO BOX 11703,  
 FORT WAYNE, IN 46860 (219) 481-6300 OR 424-4470 6:30 PM

27 SAT #2 CROWMELL 5K, Crowmell, IN, BRIAN SHEPHERD, 511 LINCOLNWAY,  
 LIGONER, IN 46767 (219) 894-4638

27 SAT Swiss Days Run Berne, IN

27 SAT Grissom 10K Run Grissom AFB

AUGUST

\* Coyote Chase Mountain Bike Bathlon, 2M Run, 8M Bike, 2.5M Run  
 Johnson County Park & Rec., P.O. Box 246, Franklin, IN 46131  
 (812) 526-6809 9:00 am

3 SAT SCHOLARSHIP FUND RUN IPFW Athletic Center  
 Jerry Diehl, (219) 481-6300 or 424-4470 8:00 am

3 SAT Harlan Days 10K Harlan, IN  
 Tom Brunner (219) 657-5197 7:00 a.m.

10 SAT Willow Creek 5K/10K Hometown, IN  
 Kernal Classic 5K Van Buren, IN 8:00 am

11 SUN \* Shelbyville Triathon Series, Shelbyville, IN  
 (317) 392-5128 9:00 am

14 WED FWC Nominations Foster Park  
 Jerry Diehl (219) 481-6300 or 424-4470 5:00 pm

14 WED FWC Picnic Foster Park  
 Jerry Diehl (219) 481-6300 or 424-4470 6:00 pm

17 SAT Manchester Fest 5M N. Manchester, IN 9:00 am

17 SAT \* AUL Pokagon 8K Pokagon State Park 9:00 am

18 SUN Leading Lady 5K Indianapolis, IN 8:00 am

24 SAT Grape Stomp 10K South Bend, IN 8:30 am

24 SAT The Grim, 10M, 8K, 5K Run; 8K & 5K Walk, Teddy Bear Trot,  
 PO Box 981, Flint MI 48501 (313) 235-3398

31 SAT Double Dip 5K Stroth, IN 8:00 am  
 Jerry Perkins (219) 351-2426

31 SAT #3 LIGONIER DAYS 5K, BRIAN SHEPHERD, 711 LINCOLNWAY, LIGONIER,  
 IN, 46767 (219) 894-4638 7:00 pm

31 SAT MDA FESTIVAL 8K Run and Walk, Canterbury Green, Ft. Wayne, IN 46835  
 IN, Wayne Unsell, 6155-7 Truemper Way, Ft. Wayne, IN 46835

SEPTEMBER

2 MON The Blue Berry Stomp Plymouth, IN 10:00 am

7 SAT Roanoke 5 Mile, Roanoke, In, David Winters, 3404 E 716 N,  
 Huntington, IN 46750 (219) 672-8281 7:30 am

11 WED FWC Board Meeting IPFW Athletic Center 7:00 pm

14 SAT \* AUL Potato Creek State Park, North Liberty, IN 9:00 am



**ENJOY THE TASTE OF EATING RIGHT**

The American Dietetic Association • National Center for Nutrition and Dietetics

**INCREDIBLE RHUBARB CRISP**

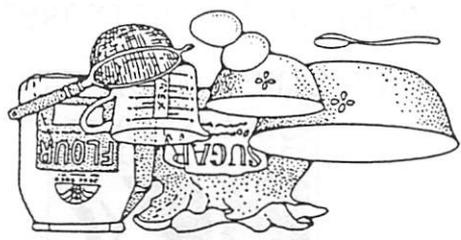
**FILLING:**  
 5 cups (about 1½ pounds) rhubarb cut into ½ inch pieces  
 1 teaspoon grated orange rind  
 1 egg white, lightly beaten  
 three-fourths cup sugar  
 ¼ cup flour

**TOPPING:**  
 ½ cup quick-cooking oats  
 ½ cup whole wheat flour  
 ½ cup powdered nonfat milk  
 ½ cup brown sugar  
 1½ teaspoons cinnamon  
 2 tablespoons cold margarine, cut into bits

Preheat oven to 375 degrees.  
 To make filling, in a large bowl, combine the rhubarb, grated rind, and egg white. Stir in sugar and flour.  
 Pour the mixture into a 9-inch pie plate that has been sprayed with vegetable spray.  
 Prepare the topping in a medium bowl. Combine the oats, flour, powdered milk, brown sugar, and cinnamon, stirring the ingredients thoroughly. With a pastry blender, cut in margarine until the mixture looks like coarse meal.  
 Sprinkle mixture over surface of fruit.  
 Bake crisp for 35 to 40 minutes. Serve warm.

Serves: 6  
 Per serving: 242 calories, 3.5 grams fat, 13% fat calories

Source: Jane Brody Good Food Gourmet



## TV MUNCHIES

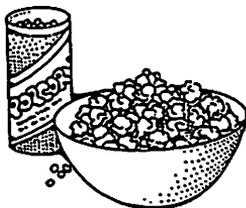
7 cups air popped popcorn  
1 cup bite-sized shredded wheat biscuits  
2 tablespoons margarine, melted  
 $\frac{1}{2}$  cup honey  
1 cup raisins

In a large bowl, combine popcorn and shredded wheat; set aside. In small bowl, blend margarine and honey; pour over popcorn mixture, tossing to coat well. Spread on  $15\frac{1}{2}$  x  $10\frac{1}{2}$  pan that has been sprayed with vegetable spray. Bake at 350 degrees for 10 minutes, stirring once. Stir in raisins. Cool completely. Store in airtight container.

Serves: 10

Per serving: 126 calories, 4 grams fat, 28% fat calories

Source: Nabisco Children and Snacking Guide



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## SUMMIT CITY BIKE

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NATIONAL BICYCLE  
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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:

---

## 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 Scroghum 484-8938 or Joyce  
Hockensmith 485-1394.
3. Fort Wayne Homestead High School Wednesdays at 5:00 p.m.  
Contact John Trelevan 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.



TEST YOUR KNOWLEDGE

# Coming Events

**FWTC Membership Meeting, June 12, 1991**  
7:00 P.M. • IPFW Athletic Center

**FWTC Membership Meeting, July 10, 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.



**FORT WAYNE  
TRACK CLUB**

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

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