

the inside track

Aug. 1991 - Sept. 1991



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

PREDICTION RUN

POTLUCK IN THE PARK

WEDNESDAY EVENING
AUGUST 14, 1991
6:00 P.M.
FOSTER PARK



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	Lori Hoberty, 489-8596
Asst. Editors	Bob & Shirley Loomis, 639-3253
Publicity Coordinator	Nancy Bubb, 632-4369
Equipment Coordinator	Mark Brattoli, 493-6240
Advertising Coordinator	Rodger Puckett, 489-8868
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

Every club, large or small has at its roots the volunteers that make the club what it is and give it character. At the risk of offending those, who I might miss, I would like to thank the many, many volunteers who have given so unselfishly to the Fort Wayne Track Club since I have taken over as president. The following list is in no particular order of importance, and is my best remembrance of those that have been so instrumental in our club operation. Lynn Armstrong-course marshal, Alan & Velma Bradley-aid stations, Mark Bratoli-equipment coordinator & board, Linda Brooks-timer, Nancy Bubb-publicity coordinator & board, Herman Bueno-secretary, summer track series & board, Bernie Burgette, Phil Burns, Jim Bushey-RCA Central Regional Meeting, Steve Caswell-race calendar, race director & board, Keith Caudill-equipment & timer, Jim Cron-course marshal, Terry Diller-insurance & board, Ken Dister-board, Mike Donlan, Todd Eagan-hash house runs, David Faulkner-runners week, Tom Felger, Joan Gary-finish line, Clem Getty-equipment & refreshments, Deb Gaspser-registration, Larry & Franjie Godair, Chad & Julie Wyatt-course marshal & registration, Tonya Hiker, Jack Hikker-board, Tim & Lori Hoberly-course marshal, newsletter editor & board, Mel Hochstetler, Robert & Joyce Hockensmith, course marshal, aid station & board, Polly Jacobs-aid station & board, Vickie Jacobs-aid station, walking coordinator & board, Ann & Jay Jamison, runners week coordinator, New York City Marathon Trip Coordinators & board, Mike Kast-you name-it he has done it, Calvin King-board, Jeanette Klein, Paul Knott-course marshal & timer, Gary Kuhn-course marshal, Joe Kuhn-course marshal, Randy Lavine-membership & board, Don Lindley-treasurer, you name-it he has done it & board, Roseanne Lindley-you name-it she has done it, Stan Lipp-advertising & board, Robert & Shiley Loomis-newsletter mailing & board, Tom Loucks-summer track series & board, Jerry Mazock-tun run, Chuck & Marilyn Mills-aid station, Ann Mize-race directing, Jack Morris-lead biker, Betty Moylan-parks & recreation, Sara Noll-course marshal, Jack & Barb O'Neill-advertising & board, Bill Osterholt-runners week, Joni Pagonakis-aid station, Cheryl Pasco-finish line, Jerry Perkins-health fair, John Powell-course marshal, Roger & Valerie Puckett-newsletter editors & board, Willow Killa-aid station, Barb Scroggins-social coordinator & board, Jim Seller-race directing, Gary Selking-course marshal, Brian & Lori Shepherd-race directing, children's running, Ray Sibel-course marshal, Bud Stiffler-lead biker, Dennis Strayer-race directing, Phil Suetzer-race directing, Judy Tillapaugh-RCA State Representative, you name-it she has done it & board, John Treleven-race measurement & directing, Tom Wagner-race directing, Richard Waterfield-promotion & fund raising, David Winters-race directing, Rob & Sandy Wyatt-Vice President, aid stations & board, Tom & Sherry Yoder-board.

Again, if I missed you, I am sorry. As you can see, our club is filled with talented people. You can be part of this active group, volunteer to help out at an upcoming FWTG event, talk to a club member, officer, or board member.

Remember the upcoming IPFW Scholarship Run/Walk 5K. Check Brian Shepherd's points race calendar for upcoming races as well as Don Lindley's race calendar, always check with the race director to confirm race dates and times. Make a point of coming out to the FWTC picnic, Wednesday, August 14th at 6:00 p.m. for an evening of fun, festivities, and election of officers. Saturday, August 31st is the third in the triple crown series, Ligonier Days 5K. For those fall marathoners, remember the Parlor City Trot half marathon, September 21st, at Bluffton. Stay healthy and fit, and I'll see you on the roads!

ELECTIONS ELECTIONS ELECTIONS ELECTIONS ELECTIONS

The Fort Wayne Track Club will hold elections during the FWTC picnic, Wednesday, August 14th at 6:00 p.m. at Foster Park. Listed below are the slate of candidates presented by the nominations committee for the next year.

- PRESIDENT:** Robert Hockensmith
VICE PRESIDENT:
SECRETARY: Herman Bueno
TREASURER: Don Lindley

Nominations will continue to be open until the elections on August 14, 1991. This is your chance to have a voice in the activities of the Fort Wayne Track Club. Our club is filled with talented individuals, come out to the picnic, be a part of the future of the Fort Wayne Track Club.



RENEWALS & NEW MEMBERS

- | | | |
|---|--|--|
| CHERYL RICHARDSON
JACK SPRANO
MIKE SPRANO
CHERYL STROMINSKI
CATHY WINESBURG | STANTON FLOREA
CHARLEY KNAPPLE
PHILIP LIPPERT
CATHY MYERS
SCOTT NEDBERG
MARK POLING | AHMED ALIAOUI
LOIS BUSCH
JIM CARROLL
BOB COLBURN
CLIFFORD DIETRICH |
|---|--|--|

FORT WAYNE TRACK CLUB
BOARD MEETING SUMMARY
JUNE 12 & JULY 10, 1991

Board members present; Jerry Diehl, Vicki Jacobs, Dana Budd, Roger & Valerie Puckett, Jack Milker, Ken Disler, Barb Scroggum, Rob Wyatt, Don Lindley, Herman Bueno, Bob Loomis, Nancy Bubb, Polly Jacobs, Joyce & Robert Hockensmith, Tim & Lori Hoberly, Gary Selking, Judy Tillapaugh, and Wayne Unsell.

The treasurers report was presented by Don Lindley and approved. Total membership is now 413 strong.

The FWTC is currently involved in many local activities. We will soon be marking the River Greenway Trail with Mileage Markers beginning at Tillman Park & going north to Johnny Appleseed Park. The trail is now complete thru the Foster Park to Sweeney Park area. Club members are also helping with the timing off the 3 Rivers Festival Waiter/Waitress Olympics.

Jerry Diehl, Don Lindley, & Judy Tillapaugh reports back that the RRCA National Convention was very informative. Meetings covering the topics Course Measurement, Course Certification, Dues, Insurance, Walking, and Membership were attended. A special congrats to Judy Tillapaugh for being named RRCA REPRESENTATIVE OF THE YEAR.

We are in need of volunteers to assist with a few club functions. Equipment Coordinator, Mark Bratolli has been taking the FWTC Timing Equipment to many races recently. Timing Equipment Rental has been a good income for the club so lets spread the work around.... If you have a free weekend to take equipment to a race or wish to volunteer to help with the timing of a race give Mark a call.

Anyone wishing to give the taping of a race for Runners Week a try should contact a club officer. The coordinator position is open once again. The taping of a race is not that difficult and Ann Jamison assists with the editing process. Give it a try.... You'll enjoy it !!!

The next membership meeting will be August 14th at Foster Park. A 4 Mile Prediction Run will be held at 5:30pm followed by a pitch in picnic & Club Officer Elections for 1992 at 6:15.

The membership meeting for September will be held at Summit Christian Collge on Rudisill Blvd. The meeting will start at 7:00pm. For anyone interested ther will be a training run at 5:30pm thru Foster Park. Lockers & showers will be available.

FWTC
GET INVOLVED IN 1991

June 27, 1991

Mr. Gary Williams
7904 Statejine Road, Rt. 1
Monroeville, IN 46773

Dear Gary:

On June 22, 1991 I participated in your Fort 5K at Shoaf Park. I had pre-registered, paying the \$6.00, not being really sure of why the entry fee was that much since it was obvious from the entry form T-shirts were not being given. I paid the fee anyway (actually I paid \$12.00 since my husband was running also), knowing that I would have a good time running and visiting with our running friends, and after all, the entry form did state that refreshments would be available!

The race was okay, and I did see numerous friends; however, what a disappointment to find the one and only refreshment was water, and my six dollars had gone to buy nice trophies for the age division winners, but ridiculously large trophies for the top TEN men overall and the top two (can that be right?) women.

Yes, Gary, I agree, winning a trophy is fun and exciting, but did I pay \$6.00 so you could buy these huge trophies for . . . who? And, if approximately 85 runners participated and you collected \$6.00 from each that's, well, about \$500. Whew, did all that money go toward trophies? or is there possibly a left over reserve that will provide REAL refreshments for the next race you sponsor.

Now I suppose you think that this letter is sour grapes since I didn't win a trophy. Well, you're right, I didn't win a trophy, as a matter of fact, I was the 78th person to finish, but Gary, I know my capabilities, and I didn't come out to win a trophy. I came out to enjoy myself, but unfortunately, I left feeling ripped off. Take an example from the Fort Wayne Track Club, and plan a race for everyone.

Sincerely,

Velma Bradley
3308 Cedar Valley Drive
New Haven, IN 46774

cc: The Inside Track

FWTC Bids Farewell to President Jerry Diehl

Currently serving as the Chemistry Laboratory Manager and Cross-Country coach at IPFW and as President of the track club, Jerry Diehl will be leaving on August 25 for Bloomington, Indiana. In two years time, Jerry will complete his Masters of Science degree in Exercise Physiology.

Jerry received his BS degree from Bemidji State University in Minnesota majoring in Biology with a Chemistry minor. He has previously served as an environmental technician for both Jay and Wells counties Boards of Health.

Jerry basically hopes to improve his skills in the health/fitness field and to finally get the correct answers to those nagging questions that seem to have as many answers as there are experts on the subject. Jerry serves as a running mentor to everyone that the club involves yet by learning more specific scientific facts about exercise and it's effects on the body, Jerry will certainly gain even more widespread credibility in this exciting field.

This degree will prepare Jerry for positions working with healthy adults in fitness programs or cardiac rehabilitation patients in recovery fitness programs. Ideally, he prefers to work with both types of adults in a university hospital setting while continuing to coach running and fitness.

Very excited about his future and eager to put into practice all his new skills and knowledge in the fitness field, Jerry is unsure where this new endeavor will take him. Although Fort Wayne will hold many fond memories for Jerry, he really hopes to find an opportunity in the Rockies. He says that the people, the family, and the friends are what he will miss most. What makes it the most difficult for Jerry to leave is the FWTC family that has been a joy for Jerry to get to know.

Dave Neely, a former team member, will replace Jerry as the Mens and Womens head Cross-Country coach at IPFW. As for his replacement in the track club, election of officers will take place in August.

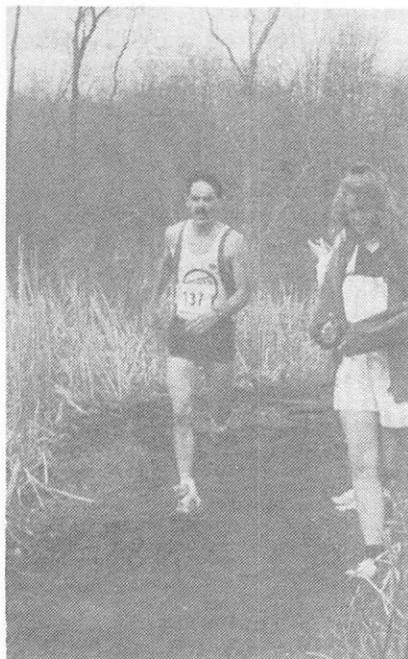
When asked if he had anything to add, this is what Jerry had to say...

"Being involved in the FWTC has been a real growing experience for me. Many of the duties, activities, and responsibilities that I now take for granted, I have learned from the club. It might be Don Lindley, telling me that I can lay out a race course that is accurate, safe, and a joy to run. Or Judy Tillapaugh telling me that I can organize the

finish line results for a large prediction run/walk. Or Mike Kast and Terry Diller guiding me through the maze of release forms or participation liability insurance for our events. These are just a few of the many things I knew little or nothing about until my involvement in the FWTC. Believe me, if I can learn and do these responsibilities, anyone can. There is a great core group in our club and a wealth of knowledge, contacts, and imagination."

If you're in Bloomington during the next two years, Jerry would like for you to look him up at the Adult Fitness Center on campus and the tour's on him. Best of luck and congratulations, Jerry. We'll all miss you.

Lori Hoberty
editor



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:

November 15, 1990

Joan Laird, Director
RRCA Central Region
805 Canterbury
Appleton, WI 54915



Dear Joan:

Please accept this nomination of Judy Tillapaugh for the 1990 RRCA State Representative Award. During 1988 and 1989, Judy served the Fort Wayne Track Club as our president. During the past year, Judy has donated countless hours of her time in order to help keep our club and the other Indiana RRCA clubs in total contact with the running world.

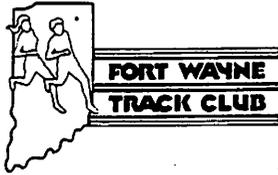
During 1990 Judy brought three new clubs into the RRCA organization. Judy organized a State RRCA meeting in May, in concert with our Greenway Prediction Runs. In August, Judy organized, and directed the first, Central Regional RRCA Meeting, held in Indianapolis, Indiana. Judy directed the Nutra Runs and the White River Park State Games this year, and assisted in twelve others. During 1990, Judy was directly involved in health fairs, clinics and training programs put on by the Fort Wayne Track Club.

Judy is also assistant coach for the women's cross country team at Indiana-Purdue University at Fort Wayne. She is constantly in touch with coaches, and student-athletes to promote our sport of running. Judy has spent many hours meeting with anyone interested in running, whether a potential club member, a group wanting to put on a running event, or encouraging members to take on club responsibilities. Judy has her finger on the pulse of running and fitness in Indiana, she is out there "beating the bushes" to get people involved in our sport, we are very fortunate to have her in our organization.

Yours in fitness and health,

Jerry Diehl, President
Fort Wayne Track Club

The above letter sent last November put Judy Tillapaugh in the running for some very stiff national competition for the coveted National RRCA State Representative Award. Saturday morning at the State Representative Breakfast, saw the fruits of her labor rewarded, as Judy was given the 1990 Outstanding State Representative Plaque. We are all very proud of the work Judy has done, and continues to do for our Club, our State, and the Road Runners Club of America.



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 _____

ROAD RUNNERS CLUB OF AMERICA

PROPOSED RRCA GUIDELINES ON HEADPHONES



The Road Runners Club of America recommends against the wearing of

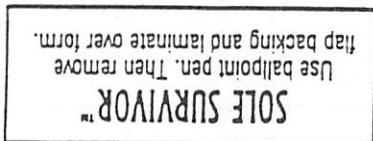
HEADPHONES in races. The RRCA also urges extreme caution in any use of HEADPHONES in training or routine running, particularly in isolated areas.

HEADPHONES can prevent a runner from hearing approaching vehicles.

HEADPHONES, particularly on a woman runner, may aid a potential attacker intent on assaulting a runner due to the inability of the runner to hear.

The RRCA regards HEADPHONES as a safety hazard in a running event and recommends that RRCA sanctioned races prohibit the wearing of

HEADPHONES.



RRCA RUNNER SAFETY

In conjunction with their long term concern over runner safety during races and in training, the RRCA executive board has agreed, pending the signing of the contract, to market and promote the Sole Survivor, which laminates into the heel of the shoe, is made of a polyester impregnated paper and sealed with clear film. This makes it water and heat/cold proof. It will last the life of the shoe.

When received, a runner simply uses a ballpoint pen to fill out the vital information. He then removes flap backing to laminate over the form. The backing material is removed and the Sole Survivor is glued permanently into the shoe. This way, the runner always has ID and medical information with them. If an accident occurs, EMT's routinely remove shoes and they will see the tag.

It is hoped that through a marketing/education program, Sole Survivor will become a standard item for runners in training and races both large and small, where many medical emergencies occur.

All pricing information, quantities and delivery details will be available in mid June. For further information and samples, contact Jerry Kokesch, RRCA programs Director (314-434-9577).

Come Join The Flyin' Squirrels!

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**

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.

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

AUGUST

- 3 SAT * COYOTE CHASE MOUNTAIN BIKE BIATHLON, 2M Run, 8M Bk, 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 & WALK IPFW Athletic Center
5K CROSS COUNTRY, Same Day Registration, \$5.00
Jerry Diehl, (219) 481-6300 or 424-4470 8:00 am

- 3 SAT * HARLAN DAYS 10K, Thomas A. Brunner DDS, Box 255, Harlan, IN
46743 (219) 657-5197 7:00 am
- 3 SAT * ST.IGNATIUS CHURCH 5K, Tom Menden, 229 N. Stadium Rd.,
Oregon, OH 43616 693-6875 6:45 pm
- 4 SUN * MR. B'S GOAT FARM ULTRAMARATHON, 44 Miles, Jim Wahl, 1810 E.
Lake Dr., Novi, MI 48377 (313) 347-0480 6:00 am
- 10 SAT * 6TH HOT AIR AFFAIR, 4M, Van Wert Area RR, Inc., Rex Fortney
1026 Park St, Van Wert, OH 45891 (419) 238-3324 9:00 am
- 10 SAT Willow Creek 5K/10K Huntertown, IN 8:00 am
- 10 SAT Kernal Classic 5K Van Buren, IN 8:00 am
- 10 SAT * TROPICAL 50M, 50M Relay, 50KM, Miami Runners Club, 7920 S.W.
40 St., Miami, FL., 227-1500 7:00 pm
- 11 SUN * SHELBYVILLE TRIATHON SERIES, Shelbyville, IN 9:00 am
(317) 392-5128
- 11 SUN * SYLVANIA BUD LIGHT TRIATHLON, Sylvania, OH 7:30 am
- 11 SUN * 15th Annual JOHNNYCAKE JOG, PAINESVILLE, OH.
38879 Mentor Ave, Willoughby, OH 44097 8:30 am
- 11 SUN SUMMER SIZZLER 6-HR RUN, Vandalia-Butler High School Track,
Denny Fryman, 7581 Glenhurst Dr, Dayton, OH 45414 \$5 Entry
(513) 836-5163 (w), 898-7015 (h) 7:00 am

- 14 WED FWTC NOMINATIONS Foster Park
- 14 WED LINDLEY 4 MILE PREDICTION RUN & 2 MILE WALK 5:30 pm
- 14 WED FWTC PICNIC Foster Park 6:00 pm
Jerry Diehl (219) 481-6300 or 424-4470

- AUGUST
- 16 FRI PEMBERVILLE 5-MILER, Pemberville, OH
Mitch Freeman (419) 287-3889 6:30 pm
- 17 SAT * Manchester Fest 5M, Penny Grandstaff, RR#4 Box 160, (219)
293-7511, N. Manchester, IN 46962 8:00 am
- 17 SAT * AUL Pokagon 8K Pokagon State Park 9:00 am
1-800-622-4931
- 17 SAT * QUAD CITY SERIES, 5K & 1M, Rome City, IN, Rich Hamlin, 508
Granda Dr., Kendallville, IN 46755 (219) 347-4833 7:30 am
- 18 SUN Leading Lady 5K Indianapolis, IN 8:00 am

24 SAT * 12TH GRAPE STOMP 10K, Michiana Trailblazers, 1114 S. 21st St.,
South Bend, IN 46615

24 SAT CENTEL CELLULAR 10K CLASSIC, Toledo, OH
Paul Conrad, (419) 472-3244 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 Stroh, 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 * 15TH ANNUAL MDA 8K RUN & WALK, Canterbury Green, Wayne Unsell,
5155-7 Truemper Way, Fort Wayne, IN 46835 (219) 486-9430
8:30 am

SEPTEMBER

1 SUN * ST. MARY MEDICAL CENTER BIATHON, 5K RUN 30K BIKE 5K RUN,
Phil Willis, 3333 N. Seminary St., Galesburg, IL 61401
(309) 344-3161 x1204 8:30 am

1 SUN Fond-du-Lac Running Club 24 Hour Track Run, WI,\$24, Richard
Ernsberger, 411 Main St, Brownsville, WI 53006 (414) 583-
3621 (h), 583-455 (h) 8:00 am

2 MON * The Blue Berry Stomp, Riverside RR, P.O.Box 83, Plymouth, IN
(219) 936-8858 or 936-7829 or 936-7155 9:30 am

2 MON FALCON HOUSE LABOR DAY 5M RUN & 2M WALK, Bowling Green, OH
John & Mary Mura (419) 352-3620 or 352-5509 8:30 am

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

7 SAT * MARKLE WILDCAT FESTIVAL TRAIL OF TEARS 4.2 M RUN & 3M Walk,
Sue Aspeck (219) 758-2429 10:00 am

7 SAT 24 HOUR RUN AT OLANDER PARK, Toledo, OH 12:00 pm

8 SUN Ameritrust Heart-A-Thon, 5 mile, Cleveland, OH

11 WED FWTC FUN RUN, FOSTER PARK 5:30 pm
11 WED FWTC BOARD MEETING SUMMIT CHRISTIAN COLLEGE
ACTIVITY CENTER, WEST OF WBCL 7:00 PM

14 SAT * AUL Potato Creek State Park, North Liberty, IN
1-800-622-4931 9:00 am

15 SUN 3rd Pumpkinville Pike Romp, Kokomo to Marion

21 SAT Parlor City Trot, Jeni Hirschy, 506 W. Central, Bluffton, IN
46714 (219) 824-3808 11:00 am

21 SAT Lakeshore 50M & 50K, Tulip City Striders, 268 E, 8th St,
Holland, MI 49423 (616) 396-7961 7:30 am

22 SUN The Blade 10,000, 10K, Toledo, OH

28 SAT Hilly Four Homestead H.S. 9:00 am

28 SAT * AUL Finale Indpls., IN 10:00 am

28 SAT James Dean 10K Fairmount, IN

29 SUN * 12TH ANNUAL WILD WILD Wilderness 7.6mi X-C, (217) 431-4243
 Kennekuk Road Runners, 1645 N. Gilbert, Danville, IL 61832
 11:00 am

OCTOBER

2 WED NEHC Cross Country IPFW Athletic Center 4:30 pm

3 THU SAC Cross Country IPFW Athletic Center 4:30 pm

5 SAT Children's Hospital Charity Run, 50 & 100 mi, 100 km, 24 hour
 Charlie Kozlesky, 400 Eastern Ave, Woodsfield, OH 43793
 (614) 472-5568 9:00 am

5 SAT Dune Land YMCA 10K Chesterton, IN 9:00 am

5 SAT IWU Wildcat Challenge 5K, Marion, IN

6 SUN Summit City 10K Freiman Square 2:00 pm

6 SUN * OKTOBERFEST CLASSIC 10K, P.O. Box 20, Minster, OH 45865
 (419) 628-3507 9:30 am

6 SUN Cole Porter 15K Peru, IN 2:00 pm

9 WED FWTC Board Meeting 7:00 pm

12 SAT Sect. Cross Country IPFW Athletic Center 10:00 am

12 SAT Stampede 5K,10K,25K Indianapolis, IN 8:00 am

13 SUN Mid America Fest. Muncie, IN 7:00 am

13 SUN 15th Annual Dayton River Corridor Classic, 13.1 Miles,
 Sports & Business Promotions (513) 885-4821 9:00 am

13 SUN Internation Peace Race 10k, Youngstown, OH

13 SUN * FOX CITIES MARATHON, Appleton, WI 54911 10:54 am

13 SUN Wayne Track 5K Paulding, OH 2:30 pm

19 SAT Region. Cross Country Belmont H.S. 10:00 am

20 SUN 12th Annual Detroit Marathon. 321 W.Lafayette, Detroit, MI
 48226 (313) 222-6676 (1-800-678-6400 x6676) 8:00 am

20 SUN Louisville Marathon & Half Marathon, Metro Parks Track Club,
 P.O.Box 36452, Louisville, KY 40233 (502) 456-8160

26 SAT Semi-State Cross Coun.Manchester H.S. 10:00 am

26 SAT Mountain Masochist Trail Run, Lynchburg, VA 6:30 am

27 SUN Wolfpack Fall Classic. 50KM, John White, 4685 Arthur Place,
 Columbus, OH 43220 (614) 224-0311 Entry:\$4 8:00 am

27 SUN Chicago Marathon

NOVEMBER

2 SAT State Cross Country Indianapolis, IN

3 SUN WN Scholarship Run 5K, Ligonier, IN 2:00 pm

3 SUN USMC Marathon Washington, DC

3 SUN New York City Marathon

10 SUN * 12th ANNUAL COLUMBUS MARTAHON, P.O. Box 26806, Columbus, OH
 43226 (614) 433-0395 9:00 am

13 WED	FWTC Board Meeting	IPFW Athletic Center	7:00 pm
16 SAT	Turkey Trot 4 Mile	Foster Park	10:00 am
23 SAT	Seagate Ultra 60k, 50M, 100k, Sylvania, OH, Bob Cairns, 1322 Fairlawn, Toledo, OH 43607 (419) 537-1704		7:00 am
24 SUN	St. Louis Marathon		
28 THU	Mazock Turkey Trot	Jerry Mazock's House	8:00 am
DECEMBER			
7 SAT	JUST PLAIN 10K	FOSTER PARK	2:00 pm

DID YOU REALIZE YOU WERE SHOPLIFTING???

Have you ever gone into a store to try on a pair of shoes, a piece of clothing, or ask for advise? If you did, did YOU then leave the store and order the item from a discount catalog??? Then you have shoplifted!!! The store has provided you with a very valuable item, **SERVICE**, and you have just stolen this from the business. The small entrepreneur does not get the same price breaks that a large chain store may receive and probably has higher overhead. Yet it is this small business that will go out of its way to support you and your sport.

If it's worth it to you to go into the store to try on shoes, clothing, or seek advice, then you should pay for the service you received. Please support the business that supports you.

The same principle applies to races. If you are going to run in a race, whether it be only for part of the course, just to help a fellow runner, or as a training run, **REGISTER**. If you are using the **SERVICES** provided you by the race, (course, traffic control, water, splits, safety, other runners, etc.), and you have not registered, **YOU** are shoplifting. Races need money to pay expenses (no, it is not cheap to

put on a race) and many a race has died due to lack of revenue. Did you help cause the death???

IF YOU ARE GOING TO USE A SERVICE, PLEASE PAY FOR IT, otherwise, there may not be any service for you to receive. Think about it and put yourself in the position of the entrepreneur, race director, etc.

THANK YOU FOR NOT SHOPLIFTING!!!

*Reprinted from:
Columbus Road
Runners Newsletter*

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
				Training Run IPFW Athletic Center 6:00pm	2	IPFW Scholarship Fund Run/Walk 5K 8:00 a.m.					
Training Run Johnny Appleseed Park 7:30 a.m.	4	5	Training Run IPFW Athletic Center 6:00pm	6	Training Run Foster Park 5:30 p.m.	7	Training Run IPFW Athletic Center 6:00 pm	8	9	10	Willow Creek 5K/10K Huntertown 8:00 a.m.
Training Run Johnny Appleseed Park 7:30 a.m.	11	12	Training Run IPFW Athletic Center 6:00pm	13	FWTC Picnic Foster Park 6:00 p.m. PREDICTION RUN 5:30	14	Training Run IPFW Athletic Center 6:00pm	15	16	17	AUL Pokagon 8K Pokagon State Park 9:00 a.m.
Leading Lady Indianapolis 8:00 a.m.	18	19	Training Run IPFW Athletic Center 6:00pm	20	Training Run Foster Park 5:30 p.m.	21	Training Run IPFW Athletic Center 6:00pm	22	23	24	Training Run Central YMCA 7:00 a.m.
Training Run Johnny Appleseed Park 7:30 a.m.	25	26	Training Run IPFW Athletic Center 6:00pm	27	Training Run Foster Park 5:30 p.m.	28	Training Run IPFW Athletic Center 6:00pm	29	30	31	MDA 8K Run & Walk Canterbury Green 8:30 a.m. Ligonier Days 5K Ligonier 7:00 p.m.

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Training Run Johnny Appleseed Park 7:30 a.m.	2 Blue Berry Stump Plymouth 9:30 a.m.	3 Training Run IPFW Athletic Center 6:00pm	4 Training Run Foster Park 5:30 p.m.	5 Training Run IPFW Athletic Center 6:00pm	6	7 Roanoke 5 Mile Roanoke 7:30 a.m.
8 Training Run Johnny Appleseed Park 7:30 a.m.	9	10 Training Run IPFW Athletic Center 6:00pm	11 FWTC Members Meeting 7:00	12 Training Run IPFW Athletic Center 6:00 pm	13	14 Training Run Central YMCA 7:00 a.m.
15 Training Run Johnny Appleseed Park 7:30 a.m.	16	17 Training Run IPFW Athletic Center 6:00pm	18 Training Run Foster Park 5:30 p.m.	19 Training Run IPFW Athletic Center 6:00pm	20	21 Parlor City Trot 13.1 miles Bluffton 11:00 a.m.
22 Training Run Johnny Appleseed Park 7:30 a.m.	23	24 Training Run IPFW Athletic Center 6:00pm	25 Training Run Foster Park 5:30 p.m.	26 Training Run IPFW Athletic Center 6:00pm	27	28 Training Run Central YMCA 7:00 a.m.
29 Wild Wild Will Danville, IL 11:00 a.m.	30					



scholarship fund run-walk

5K cross country

AUG. 3 8:00 a.m.

IPFW Athletic Center

Same Day Registration - 7:30 a. m.

\$5.00 Entry Fee

All funds raised will be donated to the IPFW Cross Country Team to be used for student-athlete scholarships.

Ribbons to the top twenty male and female runners and walkers

Race Director: Jerry Diehl

Questions: 481-6300

Race coordinated by the Fort Wayne Track Club

Russell Athletic Sweats from

SPORTS TECH



Styles Galore!

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

Colors and More!

You'll find Russell sweats in an entire spectrum of shades -- including pastels.
Adult and youth sizes.



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Purdue
Michigan
Ohio State
North Side
Carroll

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 - Sweat Pants
- Crew Neck Sweatshirts

Ball State
Homestead
Snider
Dwenger
Northrop

Glenbrook Square By the Ice Rink 484-4322

1991 MICHIGAN TRAIL HALF MARATHON (MARATHON)

PINCKNEY RECREATION AREA

APRIL 28, 1991

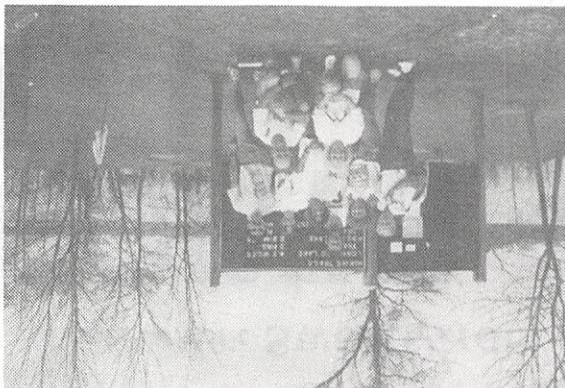
BY DON LINDLEY

THE COURSE WAS RAN ON A 13.1 MILE LOOP OF THE POTAWATOMI TRAIL NEAR ANN ARBOR, MICHIGAN. THE TRAIL WAS A SCENIC, WINDING, HILLY FOOT TRAIL (IN OTHER WORDS, A MISERABLY TOUGH COURSE!). THE COURSE WAS A CHALLENGE. JERRY DIEHL, RODGER PUCKETT, MEL HOCHSTETLER, & JOHN STURTEVANT ENTERED THE FULL MARATHON. MORE THEN 250 RUNNERS, THERE WAS OVER 400 RUNNERS IN THE HALF MARATHON THAT HAD TO START IN TWO WAVES 15 MINUTES APART.

IT WAS GREAT TO HOST A BUNCH OF RUNNERS FROM THE PWTC. I CONVINCED EVERYONE THAT IT WAS REALLY NOT THAT HARD (I LIED). BUT TO MAKE THINGS BETTER, AT THE START OF THE RACE I TOOK EVERYONE OF THE FIRST TIMERS ON A GUIDED TOUR OF THE COURSE FOR THE FIRST SIX MILES, SO THEY WOULDN'T GET LOST. THEY WERE DISAPPOINTED THAT I DIDN'T KNOW THE NAMES OF ALL THE LAKES AND BRIDGES WE CROSSED. BUT AFTER ONE LONG HILL AT SEVEN MILES, THEY ALL LEFT ME IN THE DUST. ANYWAY, I WAS GRINNING ALL THE WAY BECAUSE THEY DIDN'T KNOW ABOUT THE LONG CLIMB AT 12 MILES AND THE MUD HOLE AT 13 MILES. ASK BARB ABOUT THE MUD HOLE BECAUSE WE ALMOST LOST HER. ALL IN ALL, I THINK EVERYONE ENJOYED THE COURSE, NEXT YEAR DON'T EXPECT ME TO BRING SUCH GOOD WEATHER.

PLACE	NAME	TIME
234	JUDY TILPAUGH	2:03:35
238	LYNN ARMSTRONG	2:03:51
273	BETTY NELSON	2:09:00
285	DANA BUDD	2:10:08
301	BARB SCROGHAM	2:12:08
328	HAL LEWIS	2:16:07
329	DON LINDLEY	2:16:08
399	VALERIE PUCKETT	2:36:12
?	MIKE KAST	?
	(DESIGNATED DRIVER)	

Place	Name	Time
27.	Jerry Diehl	3:52:43
105.	Melvin Hochstetler	4:45:57
113.	Roger Puckett	4:52:29
136.	John Sturtevant	5:28:44

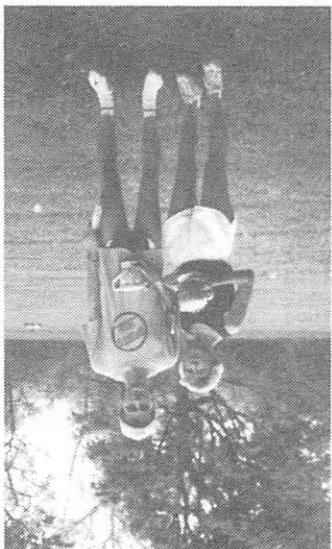


FORT WAYNE TRACK CLUB ONE MILE CHAMPIONSHIP RUN

Foster Park

May 11, 1991

1.	Brian Shepherd	4:22
2.	Mark Furkis	4:27
3.	Carl Risch	4:34
4.	Paul Knott	4:54
5.	Moises Trejo	4:55
6.	Mike Schoude	4:56
7.	Phil Suelzer	4:59
8.	Mike Lindley	5:00
9.	Steve Caswell	5:03
10.	Bob Milton	5:04
11.	Jim Furkis	5:15
12.	Paul Ausderan	5:20
13.	Morry Riddle	5:48
14.	David Caswell	6:09
15.	Ben Showalter	6:10
16.	Jerry Suelzer	6:13
17.	Don Lindley	6:19
18.	Khelli Leitch	6:28
19.	Joan Gary (female)	7:20
20.	Gary Stone	7:32
21.	Marlo Somerset	7:34
22.	Ken Distler	7:37
23.	J. P. Jones	7:38
24.	Travis Brimhall	7:44
25.	Cindy Furkis (female)	7:47
26.	Vicki Jacobs (female)	7:48
27.	Jessica Martinez (female)	8:11
28.	Rebecca Meyers (female)	8:25
29.	Larry Rex	8:46
30.	Polly Jacobs (female)	9:41
31.	Lori Brown (female)	10:20
32.	David Bailey	12:16
33.	Jessica Huff (female)	15:02
34.	Scotty Huff	15:02





**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

HEART OF THE CITY

5 KM RUN AND WALK FOR HEART

MAY 18, 1991

Run Results:

1. Stanton Florea	15:55
2. Paul Furniss	16:50
3. Phil Suelzer	17:07
4. Terry Coonan	17:48
5. Mike Schoudel	18:24
6. James L. Miller	18:36
7. David Schmidt	18:42
8. Ward Moya	18:44
9. Steve Summers	19:31
10. Don Ford	20:00
11. Chris Kaufman	20:24
12. Billy Stanton	20:58
13. Teresa Waite	21:13
14. Chris Henderson	21:48
15. Phyllis Suelzer	21:49
16. Lorraine Fox	21:53
17. Tom Boyer	22:26
18. Barb Scrogam	22:59
19. Jerry Suelzer	22:59
20. Bob Loomis	23:15
21. Jeff Kennedy	24:06
22. Dan Brehm	24:07
23. Bill Paterson	24:24
24. Patti Brock house	25:04
25. Kay Pulver	25:12
26. Jenny Henderson	25:12
27. Nancy Burr	26:02
28. Betty Dewells	26:13
29. Ken Disler	26:31
30. Michele Robellard	26:31
31. David Mendez	27:56
32. Phil Wahls	28:02
33. John G. Jedinal	28:54
34. Sarah Kleinknight	29:03
35. Sandy Wyatt	40:07
36. Allison Laramore	43:52

Walk Results:

1. Sandy Cook	45:19
2. Debbie David	54:42
3. Jenny Squires	54:42

VOLUNTEERS FOR THE HEART OF THE CITY 5 KM RUN AND WALK
Thanks for the many helping hands!!

Jerry Diehl
Don Lindley
Nicola Parr
Rob Baller
Gary Selking
Anita Beyler
Micheal Wagner
Judy Tillapaugh, Event Coordinator

Mike Kast
David Parr
Barb Engebretson
Barb's son
Rob Wyatt
Cheryl Pasko
The Am. Heart Ass. Staff

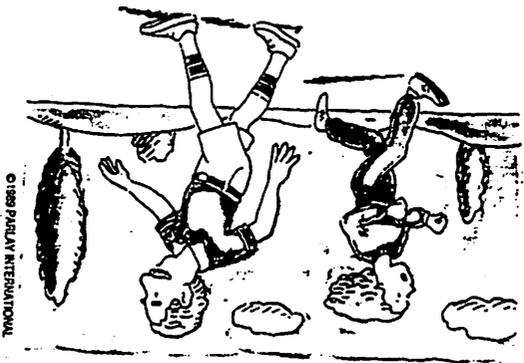
NORTH-EAST INDIANA WELLNESS COUNCIL
 1991 CORPORATE CHALLENGE
 "TAKING CARE OF BUSINESS"
 3 MILE PREDICTION RUN AND WALK
 FRANKIE PARK SATURDAY JUNE 8, 1991

Dave Neely
 Shirley Loomis
 Susan Miller
 Weldon Merenberg
 Chris Welling
 Jan Avery Doswell
 Vicki Jacobs
 Chad Wyatt
 Rob Wyatt
 Barb Engbretsen
 Michele Wagner
 Tim Hoberly
 Rich Teixeira
 Cheryl Pasko
 Don Lindley

Volunteers:
 Jim Kruse
 Don Storrillo
 Diane Lucy
 Marlene Merenberg
 Lynn Giant
 Renee Byanski
 Polly Jacobs
 Julie Wyatt
 Sandy Wyatt
 Anita Beyler
 Velma Bradley
 Lori Hoberly
 Paul Knot
 Mike Kast
 Rob Baller

Event Coordinators:
 Annette Thornson
 Judy Tillapaugh
 Jerry Diehl

"THANK YOU FOR ALL YOUR TIME AND ENERGY"



RUN FOR KIDS 5K
JUNE 20, 1991
BY BRIAN SHEPHERD

ON JUNE 20, 1991, THE 4TH & 5TH SUMMER CLASSES AT WEST NOBLE ELEMENTARY PUT ON THE 2ND ANNUAL RUN FOR KIDS 5K. THE EVENT IS ORGANIZED AND RAN BY THE 4TH & 5TH GRADERS IN SUMMER SCHOOL. ALL MONIES RAISED ARE USED TO GO ON A FIELD TRIP. THE KIDS DECIDED ON A TRIP TO CHICAGO TO SEE THE WHITE SOX PLAY BASEBALL. IN ALL THE CLASSES RAISED \$200.

THE AWARDS WERE HAND MADE BY THE STUDENTS. WOOD WAS TAKEN OUT OF AN OLD HOUSE AND EACH STUDENT DESIGNED A PICTURE AND USED A WOOD BURNER TO PUT THEIR DESIGN ON THE WOOD. THE STUDENTS THEN HANDED OUT THE PLAQUE THEY HAD MADE TO THE DIVISION WINNERS IN THE 5K.

THE RACE WAS A GREAT SUCCESS THANKS TO THE HARD WORK OF MANY STUDENTS AND THOSE RUNNERS WHO TOOK THE TIME TO COME OUT AND COMPETE. TO THOSE RUNNERS WE SAY "THANKS". THE FOLLOWING ARE THE RACE RESULTS:

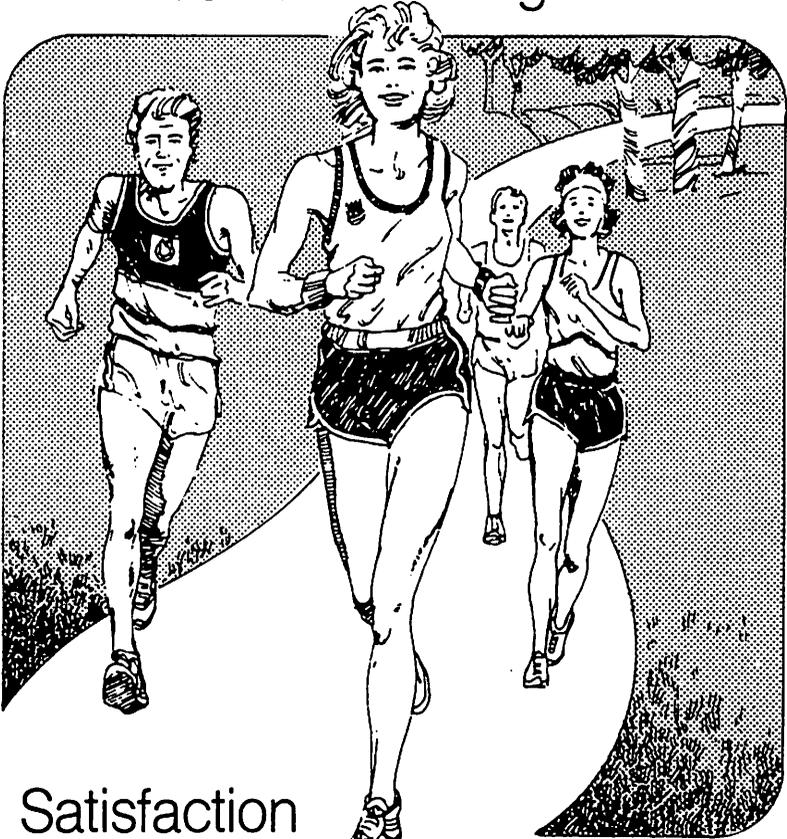
1. BRIAN SHEPHERD	15:07 (TIE)	23. GENE LIGHTNER	21:17
2. MARK FURKIS	15.07 (TIE)	24. KHELLI LEITCH	21:37 (DIV 10)
3. PETE BOWMAN	15.07 (TIE)	25. LESLIE GARNER (F)	21:45 (3RD)
4. DAN DURHAM	16:03 (DIV 15-19)	26. JIM GARNER	21:45
5. JIM FURKIS	16:07 (DIV 13-14)	27. DAVID BROCKETT	21:56
6. HAL PEARSON	16:08 (DIV 35-39)	28. SAM COOK	22:21
7. QUIAN WHITE	16:13 (DIV 25-29)	29. JOAN GARY (F)	22:23 (DIV 50-54)
8. LARRY TARGGART	16:15 (DIV 50-54)	30. BEN SCHOLWATER	23:08
9. MOISES TREJO	16:23	31. KEN DISLER	24:11 (65 +)
10. CHRIS WEAVER	16:40	32. RYAN WHEAT	24:24 (DIV 11-12)
11. STEVE CASWELL	16:43	33. CINDY FURKIS (F)	24:42 (DIV 30-34)
12. ANDRIAN EACH	16:58	34. JAMIE MCADAMS	24:50
13. MATT JOHNSON	17:21	35. BECKY COATS (F)	25:48 (DIV 15-19)
14. PHILLIP MCCOY	17:27	36. DAN DANIELS	26:08 (DIV 60-64)
15. CHUCK SCWEMMER	17:28 (DIV 30-34)	37. DAN RHODES	26:48 (DIV 55-59)
16. JED PEARSON	17:56 (DIV 40-44)	38. SHERRENA KIRKWOOD	28:04
17. NEAL BELL	18:04		(F)
18. RYAN BONTIAGER	18:27	39. BILLY MILLER	28:59
19. MARK LEIPE	18:57 (DIV 20-24)	40. JUSTIN FRANCIES	31:25
20. JUSTIN GREEN	20:43	41. NATHAN CAUDILL	31:27
21. AMY LOGAN (F)	21:14 (TIE)		
22. ANGIE GARNER (F)	21:14 (TIE)		

ONE MILE RUN

1. JARED YOUNG	8. KELLY BROCKETT (F)
2. ISRAEL VARELA	9. JESSIA MARTINEZ (F)
3. JODI MCCOY (F)	10. RYAN WEAVER
4. JENNY FURKIS (F)	11. ALLEN WALTON
5. STEPHANIE BROCKETT (F)	12. B.J. SIMPSON
6. CORY MORRIS	13. SAMMY COOK
7. MARIA HARRIMAN (F)	

Carpet, Vinyl Ceramic and Hardwood Floors

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WHITE RIVER PARK STATE GAMES
 FORT WAYNE REGIONAL FIVE MILE RUN/THREE MILE WALK
 SATURDAY JUNE 29, 1991

PLACE	NAME	TIME	PLACE	NAME	TIME
MALE 13-15			MALE 19-24		
1	James Hoff	29:56	1	Mark Stauffer	27:39
2	Jeff Boyd	30:06	2	Stanton Florea	27:39
3	Shannon McCanna	31:29	3	Michael Fruchey	27:44
4	Dean McNaughton	31:41	4	Jeff Mundt	32:48
5	Kent Merritt	32:12	5	Robert Ochoa	36:13
6	Chris Knoblauch	32:17	MALE 25-29		
7	Travis Holman	32:35	1	Paul Knott	29:16
8	Stephen Barton	35:06	2	Steve Bauman	30:12
9	Ryan Bontrager	35:14	3	Ken Steiner	32:03
10	Louie Esquivel	35:28	4	Mark Walter	33:07
11	Brian Milton	35:56	5	Terence Laux	35:17
12	Chris Henderson	36:54	6	Kenneth Nelson	36:06
13	George Springer	39:18	7	Todd Winger	36:10
Male 16-18			MALE 30-34		
1	Robert Etien	28:02	1	Paul Shaffer	30:11
2	Michael Spono	28:14	2	Kevin Warren	32:08
3	Jon Wilkins	29:42	3	David Reimschisel	32:11
4	Eric Flood	29:54	4	Kent Frank	32:53
5	Nate Scheumann	30:32	5	James Thompson	38:34
6	Michael Lindley	30:36	MALE 35-39		
7	Winter Troxel	31:08	1	Steven Caswell	30:07
8	Jamison Wilkins	31:22	2	Dick Hack	31:16
9	Brad Thomas	31:51	3	Mark Brattoli	31:49
10	Ryan Burke	33:04	4	Joe Patterson	32:21
11	Ryan Spohn	33:38	5	Steven Summers	32:32
12	Dan Delaney	34:16	6	Don Burnett	33:55
13	Andy McCanna	34:37	7	Scott Nedberg	37:59
14	Jason Yoder	38:29	8	Matthew Faber	47:05

WHITE RIVER PARK STATE GAMES
 FORT WAYNE REGIONAL FIVE MILE RUN/THREE MILE WALK
 SATURDAY JUNE 29, 1991
 FOSTER PARK

PLACE	NAME	TIME	PLACE	NAME	TIME
MALE 40-44			FEMALE 12 AND UNDER		
1	Lynn Armstrong	32:36	1	Marcia Yoder	41:00
2	Thomas Rehner	33:01	FEMALE 13-15		
3	Mitchael Yoder	35:32	1	Amy Yoder	37:09
4	Bruce Pressler	35:51	2	Lucy Fisher	45:28
5	Jack Sprano	37:05	FEMALE 16-18		
6	Joseph Jackson	38:48	1	Jessi Dayton	39:38
7	Thomas Cartwright	42:33	2	Jenny Henderson	46:00
MALE 45-49			FEMALE 19-24		
1	Robert Milton	30:16	1	Amy Buchozz	30:20
2	Bernie Burgette	33:31	2	Sara Schoenle	38:48
3	John Klein	33:39	3	Wendie Pressler	40:50
4	Don Lindley	35:51	4	Trinda Marns	47:07
5	Edwin Knouse	42:36	FEMALE 25-29		
6	Jeff Kennedy	46:30	1	Beverly LeMaster	35:36
MALE 50-54			2	Michelle Olson	39:22
1	Jerold Perkins	31:00			
2	Richard Harnly	34:19			

MALE 55-59
 1 George Park 37:11
 2 John Jedinak 46:15

Male 60 and over
 1 Donald Anderson 37:24
 2 Eugene Striggle 43:37
 3 James Jones 44:55

Female 35-39
 1 Rhonda Golden 40:40

FEMALE 45-49
 1 Betty Nelson 36:58
 2 Jeanette Klein 44:09
 3 Sarah Kleinknight 48:16

Female 40-44
 1 Vicki Jacobs 45:40

FEMALE 60 and over
 1 Flora Jacobs 55:28

WHITE RIVER PARK STATE GAMES
 FORT WAYNE REGIONAL FIVE MILE RUN/ THREE MILE WALK
 SATURDAY JUNE 29, 1991

THREE MILE WALK RESULTS:

- | | |
|----------------------|-------|
| 1. Georgia Park | 34:57 |
| 2. Chris Merritt | 35:01 |
| 3. Carolyn Hollowell | 35:25 |
| 4. Delta Nicholos | 35:28 |
| 5. Kristin Brumm | 35:29 |
| 6. Robyn Weiss | 35:31 |
| 7. Susan Hodge | 35:39 |
| 8. Yvonne Broadnax | 35:49 |
| 9. Peter LeBlanc | 37:29 |
| 10. Melanie Schrock | 37:31 |
| 11. Amy Walker | |
| 12. Angela Banks | |
| 13. Jill Seaman | |
| 14. Scott Burns | |
| 15. Joetta Krepps | |
| 16. Matt Schwartz | |
| 17. Frances Berta | |
| 18. Billie Sanders | |
| 19. Vicki Magley | |
| 20. Jasmine Poland | |
| 21. Anglene Russell | |
| 22. Tracy Abshagen | |
| 23. Leslie Lewis | |

NOTE- Place times greater than 11 were un-available.

WRPSG F.W. REGIONAL FIVE MILE RUN/THREE MILE WALK

Volunteers:

Jerry Diehl	Mike Kast
Don Lindley	John Powell
Dana Budd	Jim Lee
Jack Morris	Ray Sibrel
Dave Parr	Mrs. N. Parr
Ann Hogan	Peter Leblanc
Chris Welling	Jim Kruse
Chad Wyatt	Cathy Croxton
Bob Hockensmith	Mrs. Bob Hockensmith
Paul Knott	Betty Nelson
Judy Tillapaugh, Event Coordinator	

Thanks to all the WRPSG volunteers The WRPSG Regional Five Mile Run/ Three Mile Walk was a successful event. Much hard work goes into the staging of a run/walk event. No element is more critical than the volunteers!! The next race you run--remember to thank them. Volunteerism is the key element that keeps our FWTC going year by year. We're a great club because of the dedicated volunteers.

Have you been a club volunteer for 1991? Do consider it! Any help is most appreciated. Give one of the club officers a call if you'd like to help at an up coming event. If you have any comments, thoughts, inspirations ect... let your voice be heard.

SUMMIT CITY BIKE

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--	--	---

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Person to contact:
Cheryl Piropato
Education Curator
482-4610

FOR IMMEDIATE RELEASE - July 8, 1991

RUN WILD! RACE RESULTS

It was people, not animals, that ran wild through Franke Park in the 2nd annual Run Wild! 4-mile race sponsored by the Fort Wayne Children's Zoo.

The challenging 4-mile course included a run up the steep Soap Box Derby hill and a loop through the zoo past the animals.

The winner of the race, from a field of 149 runners, was Mike McManus, 28, of Indianapolis, with a time of 20:13.3. The top female finisher was Chris Cooper, 29, of Ossian, with a time of 22:57.6.

The top 25 male and top 10 female finishers are listed below:

Run Wild 4-mile Race

July 4, 1991 Fort Wayne, Indiana

Male - Top 25

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Time</u>	<u>Age</u>
1	Mike McManus	Indianapolis	20:13.3	28
2	Brad Cooper	Ossian, IN	20:13.3	29
3	Mike Fruchey	Fort Wayne	21:18.0	22
4	Jerry Gerig	Fort Wayne	21:38.7	24
5	Carl Risch	Fort Wayne	22:27.2	33
6	Ken Nelson	Fort Wayne	22:44.0	27
7	Terry Coonan	Fort Wayne	22:45.6	40
8	Paul Knorr	Fort Wayne	22:46.8	28
9	John Treleaven	Fort Wayne	22:50.0	39
11	Gary Derheimer	Fort Wayne	23:9.8	41
12	Steve Caswell	Albion, IN	23:27.6	38
13	Dave Sorensen	Fort Wayne	23:55.3	33
14	Dave Lallow	Fort Wayne	24:13.1	36
15	Kevin Warren	Fort Wayne	24:17.6	33
17	Travis Holman	St. Joe, IN	24:25.0	14

18	Dennis Houghton	Hoffman Est., IL	24:46.8	40
19	Mark Schoudel	Auburn, IN	24:58.6	21
21	Rich Gilbert	Monroeville, IN	24:59.8	34
23	Jeff Mundt	Fort Wayne	25:06.5	19
24	Patrick Hulger	Fort Wayne	25:33.1	15
25	Don Summers	Fort Wayne	25:49.4	39
26	John McPherson	Fort Wayne	26:14.4	38
27	Bernie Burgette	Fort Wayne	26:17.4	47
28	Dan Burnett	Payne, OH	26:24.3	38
29	Erwin Monttemius	Seville, OH	26:28.4	39

Female - Top 10

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Time</u>	<u>Age</u>
10	Chris Cooper	Ossian, IN	22:57.6	29
16	Debbi Ramseyer	Bluffton, IN	24:20.5	19
20	Mary Theresa Connolly	Fort Wayne	24:59.3	35
22	Brenda Liechty	Fort Wayne	25:00.1	16
41	Nikki Suever	Fort Wayne	27:45.2	16
43	Sandy Burcham	Montpelier, OH	27:47.8	32
44	Betty Nelson	Col. City, IN	27:50.1	45
54	Sara Noll	Fort Wayne	28:34.2	23
69	Molly Sloffer	Huntertown, IN	29:38.4	15
74	Joyce DeStefano	Fort Wayne	30:04.1	37

The 3rd annual Run Wild! will be held on July 4,
1992.

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 Hilker 432-2933
Johnny Appleseed Park	- Saturdays and Sundays 7:30 a.m. - contact: Barb Scroggum 484-8938
Poster 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.



THE
LUTHERAN HOSPITAL
OF INDIANA, INC.

May 29, 1991

MEN'S COOKERY

After work, following a business meeting, and post exercise, eating is typically the #1 priority on a man's mind. Hunger can't be denied.

Often, the first choice is a fast food meal, carry-out at a restaurant, or a T.V. microwave dinner. It's fast and satisfying, yet it may lack good nutrition. Popular choices are fried chicken, rich sandwiches, and hot dogs, which are high in fat and sodium.

Restaurant meals-in-a-flash are common for many Americans. In fact, 30% of all meals and snacks for Americans are eaten away from home. Call it a regular routine for many! Now's the time to think alternatives. Quick & nutritious meals can be made at home. Tasty options can be prepared in less than 20 minutes. Men especially don't have to be so dependent on dining out at meal times. Simple cooking skills can be used for great meals. Men on the move can serve themselves homemade healthy choices!

What are possible meals to make? What are substitutions for Hamburger Helper, T.V. dinners, microwave meals etc.....?

What can be easily prepared in less than 20 minutes? What can be made in 5 minutes? What are fast meals, quick and easy to fix, yet also offer good nutrition?

Ideas:	Garden Skillet Chicken*	Grilled Lean Burger on a Bun
	French Bread Pizza	Turkey Sub Sandwich
	Pasta w/Tomato Sauce	Shish Kebabs
	Low Fat Cheese, Crackers,	Chef Salad w/Low Fat Dressing
	Fruit	

* recipe follows

GARDEN SKILLET CHICKEN

3/4 pound (12 oz) skinless chicken, cut in strips	1/4 to 1/2 t dried tarragon
1 1/2 t light soy sauce	1/2 cup sliced zucchini or carrot
1 t worcestershire sauce	1/2 green or red pepper, sliced
1 1/2 t lemon juice	1/2 cup water or LS chicken broth

Marinate chicken in mixture of soy sauce, worcestershire sauce, lemon juice, and tarragon 15-30 minutes. Heat water in non-stick skillet. Add chicken & cook until it turns white. Add vegetables and cook until they are tender crisp, 2 to 4 minutes. Serve with steamed rice, baked potato or bread. MAKES 2 SERVINGS.

1 SERVING: 188 cal., 3 gms. carbohydrate, 30 gms. protein, 4.5 gms. fat, 272 mg. sodium

EXCHANGES: 3 lean meat, 1 vegetable

Prepared By: Judy Tillapaugh, R.D.
Nutrition Specialist, Health Promotion Services

3024 Fairfield
Fort Wayne, IN 46807-1697
219-458-2001

Tacos

1 pound lean ground beef or turkey
1 can (1 pound) unsalted tomato puree
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon sugar
12 frozen tortillas, thawed
1/2 cup chopped green pepper
1/2 cup chopped onion
2 fresh tomatoes, chopped
1/2 head lettuce, shredded

Brown meat in large skillet. Pour off fat. Add tomato puree, chili, garlic and onion powders, sugar and black pepper. Mix well. Cook uncovered over low heat 1 hour or until thick. Stir occasionally. To serve, spoon meat mixture into tortillas and top with green pepper, onion, tomato and lettuce.

Per Serving: 315 calories
40 gms carbo
27 pro
6 grams fat
61 mg cholesterol
80 mg sodium

Reference: Cooking Without Your Salt Shaker
American Heart Association

PATS ON THE BACK TO...

- * Judy Tillapaugh for receiving the National Representative of the Year award at the RRCA convention.
- * Jack Hilker for receiving the YMCA volunteer of the year.
- * Dana Budd for finishing a first-ever marathon on June 8, 1991 in a time of 5:02 at the Sunburst Marathon.
- * Robert K. Smith (age 43) for finishing a first-ever marathon in a time of 4:38:16 also at the Sunburst Marathon.
- * YOU—because you may not be ready for any marathons, but you are running and loving it!

If you or someone you know of has completed their first 5k, half marathon, ultra, biathlon, etc. or even if they set a PR, we want to know about it so the great news can be shared with everyone. Just drop a note to Lori Hoberty (editor) 8816 Conway Court Ft. Wayne, IN 46825. We want to hear from you!



Sunday, September 15, 1991

Coming Events

**FWTC Annual Potluck Picnic, August 14, 1991
6:00 P.M. • Foster Park**

**4 Mile Prediction Run at 5:30 P.M.
Elections & Membership Meeting
to Follow Picnic.**

**FWTC Membership Meeting, September 11, 1991
7:00 P.M. • Summit Christian College**

We Need You!

The club is still in need of someone to serve as Coordinator for "Runners Week". Please see Ann Jamison or Jerry Diehl if you are able to help.

If you know of a race you will be attending but not running in, please call Mark Brattoli if you would be willing to help with the clubs equipment.

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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