

the inside track

Oct. 1991 - Nov. 1991



FORT WAYNE
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

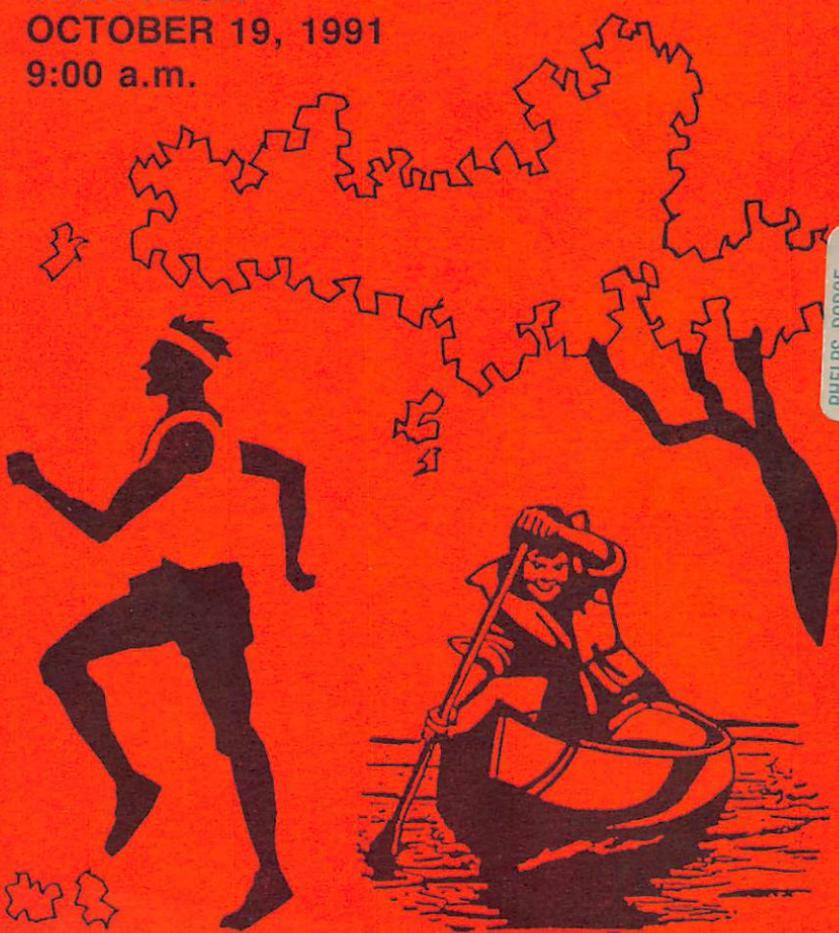
"FALL INTO FITNESS"

5K

**RUN, CANOE AND BIKE,
TRIATHLON**

OCTOBER 19, 1991

9:00 a.m.



PHELPS DODGE

1991

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

| | |
|------------------------------|--------------------------------|
| President..... | Bob Hockensmith, 485-1394 |
| Vice-President..... | Ken Disler, 422-9984 |
| 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
Joyce Hockensmith
Stan Lipp
Jack Hilker

PRESIDENT'S COLUMN - Bob Hockensmith

It is with some degree of trepidation that I am assuming the position of Track Club president as Jerry Diehl pursues his career in Bloomington. My hesitation is in part precipitated by Jerry's fine performance in this position. Although I cannot hope to follow in Jerry's footsteps, I can perhaps bring a new perspective to the forefront, that of running from the back of the pack. This may be my year for a few pw's (personal worsts), but then there are no bad experiences.

My participation in running has confirmed what George Sheehan contends that those at the back of the pack enjoy the sport as much as their faster counterparts. Running is for everyone, whether you're young and fleet of foot, or older and jog along, or even if you walk the race. We can all enjoy the exercise and camaraderie associated with running events. And as each race is a drama and a challenge in which I learn more about myself, so will this experience as Track Club president.

To all of you have supported Jerry Diehl in his endeavor as president, I hope you will also support me, for the benefit and growth of the Fort Wayne Track Club.

You are invited to join my wife and I, and a few of our friends, on our weekly Sunday morning run from the parking lot at Johnny Appleseed Park at 7:30. I welcome any suggestions you may have for Fort Wayne Track Club activities, and hope that a greater number of you will become more actively involved in the club.

FORT WAYNE TRACK CLUB
BOARD MEETING SUMMARY
August 14, 1991 & September 11, 1991

The August FWTC Board Meeting was held August 14, 1990 at Foster Park. A Prediction Run put on by Don Lindley kicked off the start of a fun evening. Carl Risch was the champion missing by a mere 2-3 seconds. Many other runners followed by finishing close to their predicted time.

A great selection of everyone's favorite dishes were brought by the runners for the Pot Luck Dinner which everyone enjoyed.

A few items of business covered was a presentation of \$500 to the IPFW Scholarship Fund. Jerry also mentioned that \$160 was made with the Scholarship Run held at IPFW. The RiverGreen Way has been clearly marked with mile markers beginning at the Tennis Center / Ball Diamond on the south side up to Johnny Appleseed Park on the north. The trail is an accurate 11.75 mile.

Officer Elections were then held and quick decisions were made.

| | | |
|-----------------------------|--------------------|--|
| | 1992 FWTC OFFICERS | |
| President - Bob Hockensmith | VP - Ken Disler | |
| Treasurer - Don Lindley | Sec - Herman Bueno | |

The 9/11/91 Meeting was held at our new location, Summit Christian College. Members present were Herman Bueno, Don Lindley, Cheryl Pasko, Barb Scrogam, Dana Budd, Joyce Hockensmith, Rob Wyatt, Gary Selking, Judy Tillapaugh, Jack Hilker, JP Jones, Polly Jacobs, Vicky Jacobs, Roger & Val Puckett.

Treasurer's reports for July & August by Don Lindley were approved by the board. Membership is now up to 431.

Race schedule was reviewed for additions/deletions/corrections. Upcoming FWTC sponsored or involved event which we should all either participate in or help out with include; Board meeting at Summit Christian College on 10/9, HS Boys & Girls Sectional XC meet at IPFW on 10/19, Fall Into Fitness 5K Run/Canoe/Bike 10/19 at IPFW, B & J 8K on 11/9, Turkey Trot at Foster Park on 11/23, JP Jones 10K at Foster on 12/7 & Jingle Bell Run at Foster on 12/14.

The Rivergreen Way is nearing completion on the east side. The trail starts near Anthony & heads east for approximately 5 mile.

FWTC
GET INVOLVED

| | |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| C R E A T I V E P R I N T E R S | We custom screenprint T-shirts, Sweatshirts, Jackets, Tote bags, Sweaters, Towels, Aprons & other imprinted items |
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| For price quotes call (219) 484-1347 | |
| 10% discount with this ad valid thru 12/31/ 91 | |

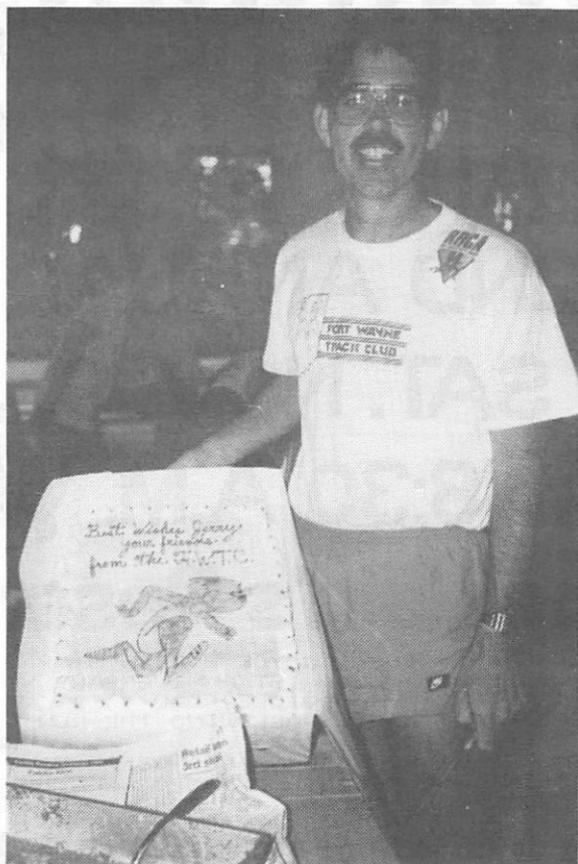
Dear Fort Wayne Track Club Members,

Thanks so much for the money contributed to our Cross Country Scholarship Fund at IPFW.

Thanks for my subscription to Physician and Sports Medicine, and the wonderful cake.

Please stop by when you are in Bloomington. Thanks again for all your support.

Jerry Diehl
3434 Homestead Dr.
Bloomington, IN 47401



RIVERGREENWAY MILEAGE MARKINGS

On Saturday, August 10th, members of the Fort Wayne Track Club: Jack Hilker, Don Lindley, Herman Bueno, Mike Kast, Cheryl Pasko, and Jerry Diehl took part in a measuring and painting project on the Rivergreenway. Jack Hilker coordinated the event with the Fort Wayne Parks and Recreation Department. The markings start at the ball diamonds in Tillman Park, and end at the water fountain at Johnny Appleseed Park. The mile markers have a four inch wide white line, eight feet long, with the mile number stenciled in a green square over the white line. The markings go from 0.0 to 11.75, with green dots every one-half mile.

The Parks and Recreation Department supplied all of the paint, and the FWTC supplied the manpower. If you get a chance, run the Rivergreenway, and thank Jack Hilker and the Parks and Recreation Department when you get a chance.



B & J'S
ALMOST 8K
2ND ANNUAL
SAT. NOV. 9
8:30 A.M.

Goeglein's Reserve

COME HELP BOB & JOYCE HOCKENSMITH
CELEBRATE THEIR 1ST ANNIVERSARY
7311 MAYSVILLE ROAD
BREAKFAST PARTY FOLLOWING THE RUN

PLEASE RSVP SO WE CAN ARRANGE TO HAVE
PLENTY OF REFRESHMENTS FOR ALL.
219-749-1237 BY NOVEMBER 1

RULES FOR THE ROAD

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

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

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

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

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Glenbrook Square By the Ice Rink 484-4322

What to look for in your favorite brand of crackers

The cracker has come a long way since it served as a handy travel food that sustained sailors and cattlemen on journeys far from home. The Biscuit and Cracker Manufacturers' Association estimates that cracker sales now exceed \$2 billion annually. But today's consumer, like travelers of yore, often has little or no clue as to exactly how much of certain key ingredients is in the crackers he spends his money on. The reason is that most crackers lack nutrition labels.

That's why we put together the following chart. It tells how many calories and how much sodium is in a product along with how much fat. (If a cracker contains more than 30 percent fat calories, we consider its fat content high.)

If your favorite brand is not on the list, try the "grease test." It won't give you all the information the chart does, but it will at least give you an idea about fat content. The test consists of two questions: Are your hands—or a paper napkin—left greasy after handling the cracker? Does the cracker taste flaky, almost moist? If the answers are "yes," it is probably laden with fat.

As the chart shows, some popular crackers that are high in fat are Cheez-Its, Hi Hos, Ritz, and Town House. Those that fit more easily into a heart-healthy diet include Stoned Wheat Thins, Finn Crisps, matzos, and that cousin to the cracker, rice cakes.

Keep in mind that most crackers contain at least some coconut oil, palm oil, palm kernel oil, or lard (the ingredients list will tell you which). All of these are highly saturated fats, the kind that are particularly prone to raise cholesterol levels in the blood—and the kind you should be making an effort to limit in your diet.

Of course, no single serving of any cracker will contribute a great deal of fat—or calories or sodium—on its own. Indeed, the National Academy of Sciences says we can safely eat 1100 to 3300 milligrams of sodium a day, and the highest amount in a serving here comes to only 190. Still, it's important to remember that crackers and other snacks often contain what is called hidden fat and sodium, the kind that sneaks into the diet here and there and adds up insidiously.

Cracker countdown

| Brand | Amount* | Calories | % calories as fat | Sodium (mg) |
|-------------------------------------------|---------|----------|-------------------|-------------|
| Ak-Mak Sesame Crackers (Ak-Mak Bakeries) | 2 | 46 | 20 | N/A |
| Cheez-It Snack Crackers (Sunshine) | 12 | 70 | 51 | 135 |
| Club Crackers (Keebler) | 4 | 60 | 45 | 155 |
| Crown Pilot Crackers (Nabisco) | 1 | 60 | 15 | 65 |
| Finn Crisp (Finnish import) | 2 | 38 | 0 | 130 |
| Hardtack (Master Old Country) | ¼ | 40 | 0 | 55 |
| Harvest Wheats (Keebler) | 3 | 70 | 51 | 115 |
| Hi Ho Crackers (Sunshine) | 4 | 80 | 56 | 125 |
| Honey Maid Honey Grahams (Nabisco) | 4 | 60 | 15 | 90 |
| Kavli Norwegian Crispbread (O. Kavli) | 1 | 35 | 0 | 31 |
| Matzos, whole wheat (Manischewitz) | ½ | 55 | 1 | 0 |
| Oysterettes (Nabisco) | 18 | 60 | 15 | 130 |
| Premium Saltine Crackers (Nabisco) | 5 | 60 | 30 | 180 |
| Premium Crackers, Unsalted Tops (Nabisco) | 5 | 60 | 30 | 115 |
| Rice Cakes, Sesame (Chico San) | 1 | 35 | 0 | 30 |
| Ritz Crackers (Nabisco) | 4 | 70 | 51 | 120 |
| Sea Rounds (Nabisco) | 1 | 60 | 30 | 140 |
| Stoned Corn Crackers (Red Oval Farms) | 4 | 56 | 24 | 108 |
| Stoned Rye Crackers (Red Oval Farms) | 4 | 54 | 22 | 104 |
| Stoned Wheat Thins (Red Oval Farms) | 4 | 56 | 21 | 97 |
| Town House Crackers (Keebler) | 5 | 80 | 56 | 145 |
| Triscuit Wafers (Nabisco) | 3 | 60 | 30 | 90 |
| Uneeda Biscuits (Nabisco) | 3 | 60 | 30 | 100 |
| Wasa Crispbread, Savory Sesame (Wasa) | 1 | 31 | 29 | 45 |
| Wasa Extra Crisp (Wasa) | 2 | 44 | 20 | 80 |
| Waverly Crackers (Nabisco) | 4 | 70 | 39 | 160 |
| Wheat Thins (Nabisco) | 8 | 70 | 39 | 120 |
| Wheat Wafers (Sunshine) | 8 | 80 | 45 | 190 |
| Wheatworth (Nabisco) | 5 | 70 | 39 | 135 |
| Zwieback (Nabisco) | 2 | 60 | 15 | 20 |

*The number of crackers refers to pieces broken along perforations in cracker "sheets." (Hardtack and matzos

come in large sheets without perforations.) Serving sizes are all ½ to ¼ ounce.

5TH ANNUAL 1991 THREE RIVERS FESTIVAL BIATHLON, JULY 17, 1991
 3 MILE RUN, 22 MILE BIKE, 3 MILE RUN

FEMALE TEAMS

| | | |
|---|--------------------------------|---------|
| 1 | MICHELLE BERRYHILL/TANA DAHMAN | 1:38:47 |
| 2 | LISA HAMMER/PENNY GRANSTAFF | 1:41:19 |
| 3 | SUSAN STATON/CAROLYN ELLOITT | 1:57:47 |
| 4 | SUE GOLDDMAN/REBECCA BLOUSE | 2:16:24 |

WOMEN 18-24

| | | |
|---|-------------|---------|
| 1 | KARA SNYDER | 2:08:18 |
|---|-------------|---------|

WOMEN 25-29

| | | |
|---|--------------|---------|
| 1 | SUSIE LOSHE | 2:00:20 |
| 2 | JILL BURNETT | 2:31:41 |

FEMALE TEAMS - MASTER

| | | |
|---|------------------------------------|---------|
| 1 | JANET RICHTER/JANET MCCLINTOCK | 1:52:18 |
| 2 | JOAN GARY/BETTY GARY | 1:59:00 |
| 3 | DEDE MCMANUS/CAROL MCMANUS HERNDON | 2:04:25 |
| 4 | BARBARA BAUS/GLORIA MYERS | 2:30:28 |

WOMEN 30-34

| | | |
|---|---------------|---------|
| 1 | KIM LARSEN | 1:46:00 |
| 2 | LARA WILLIAMS | 1:53:46 |
| 3 | ANN COMPARET | 2:06:26 |

MALE TEAMS

| | | |
|----|--------------------------------|---------|
| 1 | BRIAN SHEPHERD/RICK VEACH | 1:19:15 |
| 2 | KEN NELSON/ROB NORWALK | 1:23:25 |
| 3 | PHIL RIZZO/BOB SCHENDEL | 1:29:33 |
| 4 | KENT HARMAN/BRIAN DECAMP | 1:32:47 |
| 5 | KEVIN WARREN/GREG IANUCILLI | 1:33:34 |
| 6 | DAN DALE/DAVID MOORE | 1:34:42 |
| 7 | GARY KING/ALEX DINELLO | 1:36:04 |
| 8 | BOB FAHL/DAVE SUBKOWSKI | 1:38:08 |
| 9 | DAVID JACOBS/KEVIN ORTIZ | 1:38:12 |
| 10 | DAVID ELLIOTT/STEVEN ELLIOTT | 1:39:27 |
| 11 | IVAN PAINTER/DON BRANSTETTLER | 1:43:06 |
| 12 | MARK POLING/ALAN BELL | 1:43:43 |
| 13 | RANDALL BECKNER/CONRAD CURNIAR | 1:45:31 |
| 14 | STEPHEN PEREZ/PHILLIP HOUK | 1:45:55 |
| 15 | SCOTT EXXLESTONE/CHRIS COLBY | 1:46:23 |
| 16 | MICHAEL ROST/RAY CLARK | 1:47:23 |
| 17 | STEVE VORDEMAN/JONAS STEVRY | 1:47:46 |
| 18 | CURT ANDERSON/KEN LUNDQUIST | 1:47:50 |
| 19 | JOHN SCHUMACHER/TOM SCHUMACHER | 1:49:55 |
| 20 | KEITH CAUDILL/KURT PARIS | 1:49:58 |
| 21 | BRET BREHER/RON REECE | 1:51:07 |
| 22 | KELLY CLEVINGER/JEFF DELLINGER | 1:51:24 |
| 23 | MICHAEL DZADO/BILL CROWLEY | 1:52:06 |
| 24 | ART MCCOY/MATT MCCOY | 1:55:58 |
| 25 | MIKE PAGE/MARK BURNETT | 1:58:51 |
| 26 | GEORGE O'BRIEN/STEVE JONES | 2:07:23 |

WOMEN 35-39

| | | |
|---|------------------|---------|
| 1 | JOYCE DESTEFANO | 1:55:28 |
| 2 | HEIDI RAE | 2:00:16 |
| 3 | MARGARITA THROOP | 2:07:15 |

WOMEN 40-44

| | | |
|---|----------------|---------|
| 1 | MARTHA TRENNER | 2:27:59 |
|---|----------------|---------|

WOMEN 50 & OVER

| | | |
|---|----------------|---------|
| 1 | JULIA WILSON | 2:13:01 |
| 2 | BARBARA O'NEIL | 2:40:25 |

MEN 30-34

| | | |
|----|------------------|---------|
| 1 | JEFF CHANGLER | 1:28:24 |
| 2 | DON BAKER | 1:32:36 |
| 3 | DAN MOORD | 1:32:46 |
| 4 | KIRT MATTOX | 1:32:47 |
| 5 | JOE BURTON | 1:34:18 |
| 6 | JOHN BOGER | 1:38:34 |
| 7 | KEVIN WILLIAMS | 1:39:03 |
| 8 | BRYAN GADDIA | 1:42:01 |
| 9 | DAVE WILKINS | 1:43:57 |
| 10 | BILL HUGENARD | 1:45:00 |
| 11 | JAMES STRAUB | 1:45:02 |
| 12 | BRENDAN BOUGHER | 1:45:40 |
| 13 | RICK PHILIPS | 1:52:55 |
| 14 | CURT LEMENE | 1:53:53 |
| 15 | BRANCH LEW | 1:53:55 |
| 16 | DOUG CLEMONS | 1:54:53 |
| 17 | DAVID SALUS | 1:58:33 |
| 18 | DWAYNE ADRAIN | 1:58:37 |
| 19 | CLINT FAETH | 1:59:10 |
| 20 | LANCE P. CORDILL | 2:00:12 |
| 21 | MAX WILSON | 2:04:23 |
| 22 | MARK LULLING | 2:08:19 |

MALE TEAMS - MASTER

| | | |
|----|--------------------------------|---------|
| 1 | PHIL SUELZER/CHUCK SOUTH | 1:23:42 |
| 2 | JACK WILLIAMS/GARY DEXHEIMER | 1:34:43 |
| 3 | JIM BERGHOFF/JEFF LEFFERS | 1:39:24 |
| 4 | J. EDWIN BOLANDER/STEVE HUGHES | 1:41:34 |
| 5 | BILL SANDERS/LUKE GIRARD | 1:51:03 |
| 6 | HOWARD BASH/ROD OVERLANDER | 1:52:43 |
| 7 | SAM SCHWARTZ/GILBERT | 1:53:59 |
| 8 | JON INGLEMAN/WAYNE DAWES | 1:55:50 |
| 9 | T.J. GAUTSCH/J.R. POWELL | 2:00:10 |
| 10 | RAY PORTER/DAN DANIEL | 2:05:18 |
| 11 | STEVE BEGHTEL/TERRY RECHARD | 2:06:43 |
| 12 | JAMES MILLER/DONALD RUDY | 2:13:07 |

MIX TEAMS

| | | |
|----|--------------------------------|---------|
| 1 | DAN FINERAN/CHRIS COOPER | 1:29:20 |
| 2 | TERRY COONAN/ROBIN TUTWILER | 1:32:30 |
| 3 | PAM KROGMAN/RANDY BAKER | 1:34:40 |
| 4 | JUDY TILLAPPAUGH/JIM SCHROEDER | 1:35:27 |
| 5 | LINDA ZUMBRUN/TRAN ZUMBRUN | 1:39:44 |
| 6 | TERRY KROGMAN/DIANE SCHWARTZ | 1:42:03 |
| 7 | CHRIS FAHL/AUDREY WIGENT | 1:45:29 |
| 8 | BOB HAKE/MARGARET NORTH | 1:47:13 |
| 9 | FRANK RELUE/AMY BAILEY | 1:49:25 |
| 10 | BILL TOWNSEND/BECKY WHITE | 1:51:10 |
| 11 | MONICA MYERS/PO COLINS | 1:52:42 |
| 12 | ANGELA MYERS/VINCE FENDEL | 2:00:31 |

MEN 35-39

| | | |
|----|-----------------|---------|
| 1 | PHILLIP BROZIER | 1:37:50 |
| 2 | DON MARIK | 1:39:09 |
| 3 | THOM DILL | 1:39:50 |
| 4 | DENNIS CONNER | 1:41:49 |
| 5 | DON SUMMERS | 1:42:01 |
| 6 | GERALD STEINHOF | 1:43:19 |
| 7 | MICHAEL THROOP | 1:44:22 |
| 8 | LARRY PINTOZZI | 1:45:15 |
| 9 | JOE HAAS | 1:50:58 |
| 10 | LLOYD SUEVER | 2:00:08 |
| 11 | JAMES KRIEG | 2:00:35 |
| 12 | RANDY AUKER | 2:01:05 |
| 13 | DANIEL STINSON | 2:01:17 |
| 14 | DAN MCGUIRE | 2:05:05 |
| 15 | RICK SEALSCOTT | 2:08:16 |
| 16 | DAVID JUDKINS | 2:19:50 |
| 17 | KENT LOOMIS | 2:26:20 |

MIX TEAMS - MASTER

| | | |
|---|---------------------------------|---------|
| 1 | BARB SCROGHAM/ALAN BAILEY | 1:41:24 |
| 2 | GEORGE PETERSON/ELAINE PETERSON | 2:05:16 |

OVERALL FEMALE - TERESA VEACH 1:37:02
 FEMALE MASTER - BETTY NELSON 1:55:58
 OVERALL MALE - KEN BABCOCK 1:24:35
 MALE MASTER - JOHN BUHLER 1:34:22

OLD SETTLERS 4-MILE
 JULY 19, 1991 6:30 pm

| PLACE | NAME | TIME |
|-------|----------------------|-------|
| 1 | BRIAN SHEPHERD | 19:34 |
| 2 | MARK FURKIS | 19:34 |
| 3 | MARK SANDERSON | 20:34 |
| 4 | JEFF FEIFER | 21:19 |
| 5 | PAUL FURNISS | 21:23 |
| 6 | JASON WASHLER | 21:46 |
| 7 | CARL RISCH | 21:49 |
| 8 | HAL PEARSON | 22:04 |
| 9 | JOHN TRELAVEN | 22:12 |
| 10 | LARRY TARGART | 22:12 |
| 11 | TIM RAYLE | 22:24 |
| 12 | DAN DUNHAM | 22:30 |
| 13 | PAUL KNOTT | 22:37 |
| 14 | CHUCK SCHEMMER | 22:54 |
| 15 | JAY PRICHARD | 22:59 |
| 16 | JIM FURKIS | 23:03 |
| 17 | STEVE CASWELL | 23:09 |
| 18 | JED PEARSON | 23:14 |
| 19 | MIKE SCHOUDEL | 23:26 |
| 20 | STEVE EYERS | 23:42 |
| 21 | PAUL RICHARDSON | 23:47 |
| 22 | DAMIAN STUMP | 23:48 |
| 23 | JESS REICHERT | 23:53 |
| 24 | MARK SCHOUDEL | 23:59 |
| 25 | JUSTINA REICHAFT (F) | 24:24 |
| 26 | DAN SCHMIDLAF | 24:26 |
| 27 | TERRY RANOLD | 24:28 |
| 28 | MARK BRATOLI | 24:31 |
| 29 | SHANNON MCANNA | 24:34 |
| 30 | JIM FERRIER | 24:37 |
| 31 | BRETT BREWER | 24:40 |
| 32 | DAVID GEIGER | 25:16 |
| 33 | ROBERT WATERSON | 25:28 |
| 34 | BOB WATERSON | 25:40 |
| 35 | RYAN SMIHART | 25:55 |
| 36 | LEWIS STONE | 26:04 |
| 37 | RAY REFRASH | 26:04 |
| 38 | MORRY RIDDLER | 26:05 |
| 39 | TIM KONNY | 26:08 |
| 40 | MARK LEPPE | 26:08 |
| 41 | DAVE GRIES | 26:16 |
| 42 | BERNIE BURGELLE | 26:19 |
| 43 | SCOTT WILKINSON | 26:23 |
| 44 | JOHN KLEIN | 26:34 |
| 45 | PHIL LUTTMAN | 26:35 |
| 46 | TERESA WATTE (F) | 26:38 |
| 47 | DON FORD | 26:42 |
| 48 | GENE LIGHTNER | 26:56 |
| 49 | GREG FAHL | 26:57 |
| 50 | BRANT SEYMOUR | 27:00 |
| 51 | MASON MCINTYRE | 27:02 |
| 52 | DICK HARNTLY | 27:04 |
| 53 | SCOTT SOMLE | 27:08 |
| 54 | CURT ANDERSON | 27:09 |
| 55 | ROGER BUCKETT | 27:10 |
| 56 | ALAN BRADLEY | 27:11 |
| 57 | PAUL BEUCHEL | 27:15 |
| 58 | NIKKI SUEVER (F) | 27:32 |
| 59 | DEE HELMKAMP (F) | 27:37 |
| 60 | RON WELMER | 27:37 |
| 61 | KEN MILLER | 27:40 |
| 62 | MICHAEL BOOHER | 27:43 |
| 63 | BETTY NELSON (F) | 27:49 |
| 64 | STEVE THOMPSON | 27:50 |

| PLACE | NAME | TIME |
|-------|--------------------|---------|
| 1 | ERIC SCHWARTZ | 1:28:48 |
| 2 | JEFF HARTMAN | 1:32:10 |
| 3 | TIM DELLETT-WION | 1:32:13 |
| 4 | MIKE SPRANO | 1:37:05 |
| 5 | DOUGLAS SAWYER | 1:38:34 |
| 6 | SEAN HOSFIELD | 1:40:03 |
| 7 | ROB NORTON | 1:44:01 |
| 8 | TROY POTTS | 1:46:39 |
| 9 | KIRK NITVEEN | 1:49:34 |
| 10 | MARK MYRSEN | 1:50:15 |
| 11 | MATT HOOVER | 1:53:14 |
| 12 | TIM BRUNER | 1:53:16 |
| 13 | ED WALTER | 2:07:17 |
| 14 | JOHN HORMANN | 2:15:15 |
| 15 | BILL ROONEY | 2:14:56 |
| 16 | MARVIN SMITH | 1:27:18 |
| 17 | CHUCK MILLS | 1:31:44 |
| 18 | RICH VEACH | 1:35:43 |
| 19 | BRIAN ENGLISH | 1:38:08 |
| 20 | JOHN PETRIE | 1:38:08 |
| 21 | REAGAN RICK | 1:38:46 |
| 22 | DEREK SCEATS | 1:39:45 |
| 23 | ROBERT WARREN | 1:40:10 |
| 24 | SCOTT REILING | 1:40:32 |
| 25 | WARD MOYA | 1:43:28 |
| 26 | CHRIS HOLLOWAY | 1:47:23 |
| 27 | LYNN REED | 1:51:22 |
| 28 | STEVE MCMAHON | 1:59:38 |
| 29 | CHRIS RUCKMAN | 2:01:32 |
| 30 | DON RHODES | 2:28:35 |
| 31 | BOB LOOMIS | 2:14:39 |
| 32 | KEN CLARK | 1:54:57 |
| 33 | MELVIN HOCKSTETLER | 1:49:45 |
| 34 | MARLIN SCHMIDT | 1:42:01 |
| 35 | LYNN SMITH | 1:38:12 |
| 36 | MEN 50 & OVER | |
| 37 | CARL FIELDS | 2:20:14 |
| 38 | MIKE CREIGHTON | 2:01:31 |
| 39 | DON LINLEY | 1:59:45 |
| 40 | ED BECKNER | 1:55:04 |
| 41 | STEVE ADKINSON | 1:50:05 |
| 42 | JIM CROM | 1:47:54 |
| 43 | MEN 45-49 | |
| 44 | MARVIN SMITH | 2:23:00 |
| 45 | RICHARD BEEMER | 2:11:48 |
| 46 | LARRY DAVISSON | 2:10:48 |
| 47 | GEORGE KIRBY | 2:07:00 |
| 48 | BILL OSTERHOLT | 2:05:09 |
| 49 | DARRELL DOUGLAS | 1:55:28 |
| 50 | JEFF RAFF | 1:55:17 |
| 51 | GARY ODEN | 1:55:04 |
| 52 | LARRY KIERMAN | 1:54:08 |
| 53 | JOHN BERGENER | 1:52:54 |
| 54 | JIM SCHLEITZ | 1:52:33 |
| 55 | JIM HUFFER | 1:52:18 |
| 56 | JOHN SWENEY | 1:45:28 |
| 57 | STEVEN MACKENBACH | 1:41:40 |
| 58 | WILLIAM STULL | 1:34:52 |
| 59 | MEN 40-44 | |

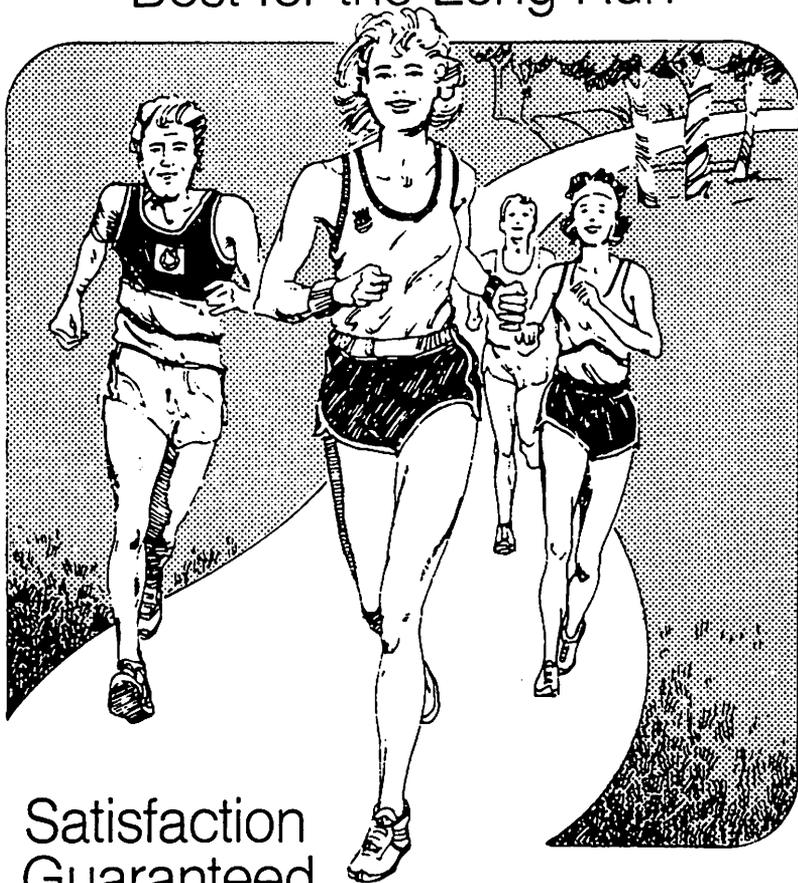
| DIVISION WINNERS | | OVERALL MALES | | OVERALL FEMALES | |
|------------------|-------------------|---------------|-----|----------------------|-------|
| 65 | JULIE MANGER (F) | 28:06 | 98 | DICK SEMMONS | 33:00 |
| 66 | DALE MILLER | 28:12 | 99 | MIKE HEY | 33:02 |
| 67 | RUSS SUEVER | 28:15 | 100 | NORM GORDON | 33:10 |
| 68 | BOB PAHL | 28:27 | 101 | TRAVIS BRIMHALL | 33:17 |
| 69 | ANGIE GARNER (F) | 28:34 | 102 | JULIE MEYER (F) | 33:25 |
| 70 | JIM GARNER | 28:34 | 103 | JEANETTE KLEIN (F) | 33:36 |
| 71 | DON ANDERSON | 28:57 | 104 | CARL FIELDS | 33:42 |
| 72 | GENE LINK | 29:02 | 105 | DARLENE SCHOUDEL | 34:08 |
| 73 | JOSEPH BARANOWSKI | 29:17 | 106 | CINDY FURKIS | 34:13 |
| 74 | NATHAN PATTERSON | 29:23 | 107 | UNKNOWN | 34:13 |
| 75 | BILL PEPPER | 29:25 | 108 | KEN DISTLER | 34:20 |
| 76 | HARRY WHITLEY | 29:30 | 109 | KATHLEEN DOUGLAS (F) | 35:04 |
| 77 | HARRY QUANDT | 29:31 | 110 | DYANA RICHARDSON (F) | 35:05 |
| 78 | STEVE BEGETL | 29:37 | 111 | JUDY DAVIS (F) | 35:18 |
| 79 | JAMES THOMPSON | 29:39 | 112 | LARRY FISHER | 35:41 |
| 80 | LARRY GODAIR | 29:44 | 113 | LARRY PALMER | 35:44 |
| 81 | LINDA HOFFER (F) | 29:51 | 114 | DON RHODS | 35:57 |
| 82 | BARB SCOGHAM (F) | 30:01 | 115 | JOHN JEDNAK | 36:08 |
| 83 | GRANT TRIER | 30:10 | 116 | SARAH FURGE (F) | 36:31 |
| 84 | BOB STELLER | 30:14 | 117 | CHRISTY SWIHART (F) | 36:21 |
| 85 | LORI HOBERTY (F) | 30:40 | 118 | ADAM LUTTMAN | 37:33 |
| 86 | CONNIE SIMS (F) | 30:43 | 119 | CHUCK MILLS | 37:39 |
| 87 | JOAN GARY (F) | 30:51 | 120 | MONICA VANDAN (F) | 38:36 |
| 88 | BILL PATTERSON | 30:58 | 121 | BOB WIERNSMA | 38:52 |
| 89 | ANDY DOUGLAS | 31:15 | 122 | WILMA SAMMONS (F) | 39:27 |
| 90 | EUGENE STRIGGLE | 31:18 | 123 | VELMA BRADLEY (F) | 39:42 |
| 91 | ADAM SHERER | 31:19 | 124 | JOHN MURPHY | 41:00 |
| 92 | PEG NORTH (F) | 31:22 | 125 | JOHN MURPHY | 42:54 |
| 93 | DEB CHAFMAN (F) | 31:54 | 126 | JARED BRADLEY | 42:55 |
| 94 | VAL PUCKETT (F) | 32:03 | 127 | LOIS WIERNSMA (F) | 43:38 |
| 95 | DENNIS ULMAN | 32:07 | 128 | TERRY MATHEWS | 52:33 |
| 96 | BARBARA GRAY (F) | 32:40 | 129 | DAN DANIELS | 52:34 |
| 97 | BARB MCCOOL (F) | 32:50 | 130 | UNKNOWN | |

1ST - BRIN SHEPHERD 19:34
 2ND - MARK FURKIS 19:34
 3RD - MARK SANDERSON 20:24
 NIKKI SUEVER 27:32
 TERESA WHITE 26:38
 JUSTINA REICHAUT 24:24

| FEMALE | | MALE | | | |
|------------|----------------|-------|-----------|---------------|------------|
| 14 & UNDER | JIM FURKIS | 23:03 | 15 - 19 | JASON WASHIER | 21:46 |
| | | | 20 - 24 | PAUL FURNISS | 21:23 |
| | | | 25 - 29 | JEFF PRIFER | 21:19 |
| | | | 30 - 34 | CARL HISCH | 21:49 |
| 35 - 39 | HAL PEARSON | 22:04 | 35 - 39 | JOAN GARY | 50 - 59 |
| 40 - 44 | JED PEARSON | 23:14 | 40 - 49 | DEE HELMKAMP | 30 - 39 |
| 45 - 49 | BERNIE BURGELT | 26:19 | 50 - 59 | LORI HOBERTY | 20 - 29 |
| 50 - 54 | LARRY FARGART | 22:22 | 60 & OVER | ANGIE GARNER | 19 & UNDER |
| 55 - 59 | BILL PEPPER | 29:25 | | | |
| 60 & OVER | DON ANDERSON | 28:57 | | | |

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FIFTH ANNUAL IPFW SCHOLARSHIP FUND RUN/WALK 5K
August 3, 1991

RUNNING DIVISION - WOMEN

| PLACE | NAME | OVERALL | TIME |
|-------|--------------------|---------|-------|
| 1 | Brenda Lichty | 16 | 21:23 |
| 2 | Beth Walters | 21 | 22:33 |
| 3 | Lori Hoberty | 26 | 25:29 |
| 4 | Molly Pederson | 29 | 26:40 |
| 5 | Darlene Schoudel | 30 | 26:41 |
| 6 | Eileen Kleinfelter | 31 | 30:00 |
| 7 | Bev Saalfrank | 32 | 31:23 |

RUNNING DIVISION - MEN

| PLACE | NAME | OVERALL | TIME |
|-------|-----------------|---------|-------|
| 1 | Carl Risch | 1 | 18:27 |
| 2 | Matt Lister | 2 | 18:33 |
| 3 | Nat Scheumann | 3 | 19:39 |
| 4 | Jason Smith | 4 | 19:40 |
| 5 | Ward Moya | 5 | 19:44 |
| 6 | Mark Schoudel | 6 | 19:50 |
| 7 | Brad Gehring | 7 | 19:54 |
| 8 | Michael Lindley | 8 | 19:55 |
| 9 | Bobby Waterson | 9 | 20:12 |
| 10 | Justin Green | 10 | 20:30 |
| 11 | Robert Waterson | 11 | 20:39 |
| 12 | Joe Koorsen | 12 | 20:46 |
| 13 | Jason Osborn | 13 | 21:09 |
| 14 | Craig Walters | 14 | 21:12 |
| 15 | Patrick Hilger | 15 | 21:18 |
| 16 | Steve Barton | 17 | 21:36 |
| 17 | Bernie Burgette | 18 | 21:38 |
| 18 | Jon Schlatter | 19 | 21:43 |
| 19 | Steve Judd | 20 | 22:29 |
| 20 | Joe Hilger | 22 | 22:37 |
| 21 | Wayne Unsell | 23 | 23:43 |
| 22 | Don Lindley | 24 | 23:44 |
| 23 | Tom Felger | 25 | 24:02 |
| 24 | Ken Disler | 27 | 25:42 |
| 25 | Gary Selking | 28 | 26:20 |

WALKING DIVISION - WOMEN

| PLACE | NAME | OVERALL | TIME |
|-------|--------------------|---------|-------|
| 1 | Maurine Gensheimer | 34 | 42:44 |

WALKING DIVISION - MEN

| | | | |
|---|----------------|----|-------|
| 1 | Bob Gensheimer | 33 | 31:25 |
|---|----------------|----|-------|

FORT WAYNE TRACK CLUB ONE HOUR RUN
 BAERFIELD RACEWAYS
 JULY 25, 1991
 6:30 p.m.

| MEN: 15-19 | MILES | MEN: 50-54 | MILES |
|-----------------|-------|------------------|-------|
| MICHAEL LINDLEY | 8.24 | TOM FELGER | 8.52 |
| MEN: 20-24 | | MEN: 60-64 | |
| JOSEPH BENNETT | 9.44 | DON ANDERSON | 8.16 |
| MEN: 25-29 | | MEN: 65 & OVER | |
| WARD MOYA | 9.04 | KEN DISLER | 6.80 |
| TIM HOBERTY | 7.83 | | |
| MEN: 30-34 | | WOMEN: 20-24 | |
| HERMAN BUENO * | 10.26 | LORI HOBERTY | 6.98 |
| CARL RISCH * | 10.26 | | |
| RICK GILBERT | 8.95 | WOMEN: 30-34 | |
| | | LORRAINE FOX | 7.89 |
| | | BETTY DEWELLS | 5.81 |
| MEN: 35-39 | | WOMEN: 35-39 | |
| MARK BRATOLLI | 8.25 | JOYCE DESTEFANO | 7.51 |
| MEN: 40-44 | | WOMEN: 40-44 | |
| DON FORD | 8.57 | JANICE KRUEZ * | 9.16 |
| JOSEPH HILGER | 8.09 | | |
| BILL OSTERHOLT | 6.89 | WOMEN: 45-49 | |
| MEN: 45-49 | | VAL PUCKETT | 6.74 |
| BERNIE BURGETTE | 8.54 | SARA KLEINKNIGHT | 6.07 |
| RODGER PUCKETT | 8.04 | | |

* OVERALL WINNER

ALL OF THE RUNNERS ENJOYED A NICE RUN WITH A NICE BREEZE AND COOL EVENING, CONSIDERING THE FACT THE WEATHER HAS BEEN VERY HOT AND HUMID EVERY DAY BEFORE THE RACE. MANY THANKS TO THE VOLUNTEERS: DANA BUDD, JUDY TILLAPAUGH, GARY SELKING, ROSANN, MICHAEL, BRIAN LINDLEY. ALSO, TO ALL OF THOSE THAT COUNTED LAPS FOR THE RUNNERS. A HALF MILE RACE TRACK MADE IT A LITTLE EASIER TO COUNT. THE FWTC APPRECIATES ALL OF THOSE THAT HELP CLEANED UP AFTERWARDS. I'M GLAD THAT WE DIDN'T HAVE TO CLEAN THE GRANDSTANDS.

THE EVENTS WAS SUPPORTED BY THE FWTC, BAERFIELD RACEWAYS, AND RUNNER'S WORLD. MANY THANKS TO RUNNER'S WORLD FOR THEIR PRIZES AND SUBSCRIPTION INSERTS THAT WAS GIVEN TO YOU WITH YOUR RACE NUMBER. ALSO, THANKS TO BAERFIELD RACEWAYS FOR THE USE OF THE FACILITIES AND GUESS PASSES FOR THEIR UPCOMING FRIDAY NIGHT RACES.

DON LINDLEY, RACE DIRECTOR



**Dodge the
 Winter Blues!
 Join the
 Ft. Wayne Ski Club.**

To receive an informative brochure, please call 447-5686.
 Monthly parties are in the ballroom of the
 Holiday Inn Downtown at 8pm on:
 10-4, 11-1, 12-5, 1-3, 2-7, 3-6 and 4-3.

FORT WAYNE TRACK CLUB
 PREDICTION RUN/WALK - 3 MILES
 AUGUST 14, 1991
 FOSTER PARK

| PLACE | NAME | PRED TIME | ACTUAL TIME | DIFF |
|-------|--------------------|-----------|-------------|------|
| 1 | CARL RISCH | 16:20 | 16:23 | :03 |
| 2 | HERMAN BUENO | 17:30 | 17:24 | :06 |
| 3 | PAUL KNOTT | 16:23 | 16:30 | :07 |
| 4 | RODGER PUCKETT | 21:07 | 21:00 | :07 |
| 5 | BOB LOOMIS | 24:00 | 24:08 | :08 |
| 6 | JUDY TILLAPAUGH | 22:00 | 21:32 | :28 |
| 7 | VAL PUCKETT | 25:45 | 26:27 | :42 |
| 8 | MAURINE GENSHEIMER | 38:59 | 38:45 | :46 |
| 9 | BOB GENSHEIMER | 28:33 | 29:22 | :49 |
| 10 | RAY SIBREL | 21:00 | 20:05 | :55 |
| 11 | TOM LOUCKS | 17:20 | 16:23 | :57 |
| 12 | AHMED ALLAOUI | 21:00 | 19:58 | 1:02 |
| 13 | ROBERT LOPEZ | 19:00 | 17:53 | 1:07 |
| 14 | J.P. JONES | 29:07 | 30:17 | 1:10 |
| 15 | SHAWN SWEET | 20:15 | 19:05 | 1:10 |
| 16 | WIN MOSES | 26:00 | 24:45 | 1:15 |
| 17 | JOYCE HOCKENSMITH | 29:15 | 27:51 | 1:24 |
| 18 | BOB HOCKENSMITH | 29:15 | 27:51 | 1:24 |
| 19 | MARK SNYDER | 20:00 | 18:15 | 1:45 |
| 20 | EILEEN KLEINFELFER | 28:20 | 26:27 | 1:53 |
| 21 | SCOTT SOULE | 23:00 | 20:57 | 2:03 |
| 22 | DON LINDLEY | 23:59 | 21:38 | 2:21 |
| 23 | JERRY DIEHL | 26:04 | 21:33 | 4:31 |

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
- IPFW Athletic Center - Tuesdays & Thursdays at 6:00 p.m.
 Saturdays at 8:00 a.m.

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.

5TH ANNUAL MR. B'S GOAT FARM ULTRAMARATHON
SUNDAY, AUGUST 4, 1991
NOVI, MICHIGAN
44 MILES

BY: DON LINDLEY

WHAT STARTED OUT AS A COUPLE OF RUNNERS TALKING ABOUT RUNNING THE
MILEAGE OF THEIR BIRTHDAY (40), IN 1987, HAS TURNED INTO A FORMAL RACE.
SINCE SEVERAL OTHER RUNNERS HAD OFFERED TO JOIN THIS "FUN RUN", THE IDEA
DEVELOPED INTO AN OFFICIAL "ULTRAMARATHON."

THERE WERE 15 COMPETITORS IN 1987, 31 IN 1988, 28 IN 1989, 21 IN 1990
AND THIS YEAR'S RACE HAD A TOTAL OF 42. IN THE 1989, RODGER PUCKETT
AND I FINISHED 12TH AND 13TH OVERALL, RESPECTIVELY IN 7 HOURS.

THIS YEAR'S RACE WAS A LITTLE DIFFERENT, IT WAS A OUT AND BACK COURSE
ALONG I-275 BIKE PATH INSTEAD OF A POINT TO POINT RACE. THIS WAS THE
BEST METHOD OF MANAGING A RACE OF THIS DISTANCE, AVOIDING TRAFFIC/SAFE-
TY PROBLEMS. BUT MOST IMPORTANT TO US WAS TO RETURN TO THE GOAT FARM
TAVERN FOR FOOD AND REFRESHMENTS.

| PLACE | NAME | TIME |
|-------|----------------|---------|
| 18 | RODGER PUCKETT | 7:37:18 |
| 26 | DON LINDLEY | 8:38:50 |

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FOOT WARE TRACK CLUB Summer Track Series
 10K PK
 July 9, 1991

| Rank | Name | Time |
|------|--------------------|-------|
| 1 | Blair Cooper | 29:22 |
| 2 | Sam Flocker | 29:22 |
| 3 | Tom Loucks | 29:57 |
| 4 | Mike McManus | 30:00 |
| 5 | Scott Wintershuler | 31:00 |
| 6 | Herman Bueco | 31:18 |
| 7 | John Peterson | 33:11 |
| 8 | Paul Knott | 33:18 |
| 9 | Paul Lewis | 35:55 |
| 10 | Mark Bartoli | 37:52 |
| | High School | 38:10 |
| | 1 Mike Lindsey | 43:27 |
| | 1 Bob Lindsey | 43:27 |
| | 1 Mile 50-59 | 43:19 |
| | 1 Mile 60-69 | 43:50 |
| | 1 Mile 70-79 | 49:50 |

FOOT WARE TRACK SERIES
 2 1/2
 July 16, 1991

| Rank | Name | Time |
|------|--------------------|-------|
| 1 | Blair Cooper | 29:22 |
| 2 | Sam Flocker | 29:22 |
| 3 | Tom Loucks | 29:57 |
| 4 | Mike McManus | 30:00 |
| 5 | Scott Wintershuler | 31:00 |
| 6 | Herman Bueco | 31:18 |
| 7 | John Peterson | 33:11 |
| 8 | Paul Knott | 33:18 |
| 9 | Paul Lewis | 35:55 |
| 10 | Mark Bartoli | 37:52 |
| | High School | 38:10 |
| | 1 Mike Lindsey | 43:27 |
| | 1 Bob Lindsey | 43:27 |
| | 1 Mile 50-59 | 43:19 |
| | 1 Mile 60-69 | 43:50 |
| | 1 Mile 70-79 | 49:50 |

FOOT WARE TRACK SERIES
 2 1/2
 July 9, 1991

| Rank | Name | Time |
|------|--------------------|-------|
| 1 | Blair Cooper | 29:22 |
| 2 | Sam Flocker | 29:22 |
| 3 | Tom Loucks | 29:57 |
| 4 | Mike McManus | 30:00 |
| 5 | Scott Wintershuler | 31:00 |
| 6 | Herman Bueco | 31:18 |
| 7 | John Peterson | 33:11 |
| 8 | Paul Knott | 33:18 |
| 9 | Paul Lewis | 35:55 |
| 10 | Mark Bartoli | 37:52 |
| | High School | 38:10 |
| | 1 Mike Lindsey | 43:27 |
| | 1 Bob Lindsey | 43:27 |
| | 1 Mile 50-59 | 43:19 |
| | 1 Mile 60-69 | 43:50 |
| | 1 Mile 70-79 | 49:50 |

1991 NOBLE COUNTY TRIPLE CROWN SERIES

The 1991 Noble County Triple Crown Series was a great success once again this year. The series included the Albion 5k, Cromwell 5k, and the Ligonier 5k. The three races attracted over 350 runners.

Brian Shepherd defended his title by winning all the races in record time. His 15:13 in Albion 15:04 at Cromwell, and his 14:58 at Ligonier were all course records. Shepherd was followed by Jerry Williams Jr. and Carl Risch. The female title was won by Teresa Waite who placed first at Albion, second at Cromwell, and first at Ligonier. Waite was followed by Julie Manger and Joan Gary.

This year a Master's division was added. The male division was dominated by Terry Coonan who won all three races. The female masters winner also showed dominance. Betty Nelson won all three races by a wide margin.



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

Name:

Old address:

New address:

New Phone:

Effective:

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. FWTC NEW HOTLINE & ANSWERING SERVICE -(219) 456-8739
 * Applications available thru FWTC, BOX 11703, FT.WAYNE, IN 46860
 OR-DON LINDLEY (219) 456-8739.

OCTOBER

- 5 SAT * 15TH ANNUAL SPORTMART LAKEFRONT 10 RUNNING FEST, 10M & 4M RUN, 1/4 MILE JR GALLOP, 1M & 3M WALK, CARA, PO BOX 47824, CHICAGO, IL 60647 (312) 666-9836 9:00 AM
 - 5 SAT * AV-MED COCNUT GROVE 5 MILER & CORP. CUP TEAM COMPETITION, MRC, 7920 S.W. 40TH ST., MIAMI, FL. 33155 (305) 227-1500 8:00 AM
 FAX: (305) 220-2450 RACE WALK 8:02 AM
 - 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 * FLOWER MEMORIAL HOSPITAL 5K RUN & 1M FUN RUN, 5200 HARROUN RD, SYLVANIA, OH 43560, THERESA WESTERBECK, (419) 885-1444 9:30 AM
 - 5 SUN BUDLIGHT/AMERIBANK OCTOBERFEST 10K & 5K, THOMAS CLOCK, 124 HANSON ST., WHITEHALL, MI 49461 (616) 893-4585 10:00 AM
 - 5 SAT * INDIANA WESLEYAN UNIVERSITY, THE WILDCAT CHALLENGE, 5K RUN & WALK 4201 S. WASHINGTON ST, MARION, IN 46953, (317) 677-2110 (8 to 5) OR (317) 674-3841 (AFTER 5) 9:00 AM
 - 5 SAT * WILDCAT CLASSIC 10K & 5K RUN, 5K WALK, LAWRENCE HS, BOB POTTER, 7802 HAGUE RD, INDPLS., IN 46256 (317) 849-9455 8:30 AM
 - 5 SAT MANCHESTER INVITATIONAL BOYS & GIRLS CROSS COUNTRY NORTH MANCHESTER, IN 9:30 AM
 - 5 SAT MARRIAGED ANNOUNCEMENT OF MIKE MCMANUS AND MARY T. CONNOLLY 3:00 PM
 - 6 SUN SPORTSMED 10K & 5K RUN, 1M, 4K WALK, BARBARA WAGNER, PO BOX 1935 SOUTH BEND, IN 46635 (219) 237-6814 1:00 PM
 - 6 SUN * 14TH ANNUAL SUMMIT CITY 10K, FRIEMAN SQUARE, THE END RESULT CO., INC., 2321 - 2C POINT WEST DR., FT. WAYNE, IN 46808 (219) 482-9606. PEE-WEE RUN 1:30 PM, 10K RUN - 2:00 PM, 5K WALK - 2:04 PM
 - 6 SUN * OKTOBERFEST CLASSIC 10K, STEVE BURNS, P.O. Box 20, Minster, OH 45865 (419) 628-3507 9:30 AM
 - 6 SUN LAKEFRONT MARATHON, 2111 N. PROSPECT AVE., MILWAUKEE, WI 53202 (414) 272-7867
 - 6 SUN TWIN CITIES MARATHON, MN MARQUETTE BANK, 6TH & MARQUETTE, MINNEAPOLIS, MN 55480 (614) 341-8000
- *****

- 9 WED FWTC FUN RUN, MEET AT SUMMIT CHRISTIAN COLLEGE ACTIVITY CENTER, WEST OF WBCL, RUN TO FOSTER PARK AND BACK, BRING LOCK, SHOWERS AVAILABLE. 5:30 PM
 - 9 WED FWTC MEMBERSHIP & BOARD MEETING 7:00 PM

 - 10 THU SAC MEET BOYS & GIRLS CROSS COUNTRY, IPFW 4:00 PM
 - 12 SAT ALLEN COUNTY HEART HIKE 5K RUN/WALK, AMERICAN HEART ASSOC., BRIAN WEST (219) 745-0661 OR 489-1800, FORT WAYNE, IN 9:00 AM
 - 12 SAT * MOHICAN WILDERNESS 12 & 6-HOUR, GLENMONT, OH, DON BAUN, 1617 THISTLE CT., MANSFIELD, OH 44907 (419) 756-4841 12 HR -6:00 AM
 NO ENTRY FEE 6 HR -9:00 AM

12 SAT * TUXEDO BROS. DUATHLON, 5K RUN, 35K BIKE, 8163 E. AVERY DR, INDPLS
IN 46268, EAGLE CREEK PK, DON CARR (317) 876-1871 8:30 AM

13 SUN CALUMET MEMORIAL PK DIST, 13.1 MILES, CALUMET, IL
(908) 862-6440 9:00 AM

13 SUN * STAMPEDE 25K RUN, 10K RUN, 5K WALK, KLA, 107 W. LORETTA DR.,
INDPLS., IN 46217 (317) 786-8812 7:45 AM

13 SUN * JCC 10K BAGEL RUN, 5K WALK, 1M FUN RUN, 6445 SYLVANIA AVE,
SYLVANIA, OH 43560, ALAN ALBERT (419) 531-7187 9:00 AM

13 SUN OAK HARBOR APPLE FESTIVAL 10K RUN & 5K WALK, FLAT IRON PARK,
TOLEDO, OH, BOB VAN HORN (419) 898-6216 2:00 PM

13 SUN 15TH ANNUAL DAYTON RIVER CORRIDOR CLASSIC, 13.1 MILES,
SPORTS & BUSINESS PROMOTIONS (513) 885-4821 9:00 AM

13 SUN INTERNATIONAL PEACE RACE 10K & 5K, 7383 MARKET ST, YOUNGSTOWN, OH
44512, JACK CESSNA (216) 743-6632 9:30 AM

13 SUN * FOX CITIES MARATHON, APPLETON, WI 54911 10:54 AM

13 SUN WAYNE TRACK 5K Paulding, OH 2:30 PM

19 SAT SECTIONAL BOYS & GIRLS CROSS COUNTRY, IPPW 11:00 AM

19 SAT MOTOR CITY SOLE STAMPEDE, DETROIT, MI, 8K, ED KOZLOFF, 10144
LINCOLN, HUNTINGTON, MI 48070 (313) 544-9099 10:00 AM

19 SAT * FALL INTO FITNESS, 5K RUN, 5K CANOE, 5K BIKE, IPPW CAMPUS, CHERYL
PASKO, 3023 PARSELL AVE., FT.WAYNE, IN 46805 H- (219) 482-1261
W- (219) 481-6021 9:00 AM

20 SUN * WALKFEST/AMERICAN DIABETES ASSOC., 227 E. WASHINGTON BLVD., FT.
WAYNE, IN 46802, THERESA EHLINGER, (219) 422-3890 9:00 AM

20 SUN * MID-AMERICA DISTANCE RUNNING CLASSIC, ANDERSON TO MUNCIE MARATHON
P.O. BOX 282, ANDERSON, IN 46015-0282 8:00 AM

20 SUN COLE PORTER 15K, CIRCUS BLDG, MIKE KUEPPER, 154 W.6TH ST., PERU,
IN 46970 (317) 473-5586 OR 473-9363 2:00 PM

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 8:30 AM

20 SUN RICHMOND MARATHON, 13.1M, 5M, RICHMOND NEWSPAPERS, BOX C-32333,
RICHMOND, VA 23293

20 SUN ALLERTON PARK TRAIL RUN, 5 MILE, MONTICELLO, IL. 9:00 AM

20 SUN GREAT PUMPKIN 10K RUN, ST.CHARLES HOSP, 1001 ISAACS ST, TOLEDO,OH
DAVE VENNER (419) 259-1526, GINA MEDLEY (419) 693-872 1:00 PM

20 SUN ALL AGE CROSS COUNTRY 5K, MENTAL HEALTH CTR OF LUCAS COUNTY,
TOLEDO, OH, CHAR & JIM PETINIOT (419) 382-7685 12:00 PM

26 SAT OMNI 41 PUMPKIN PRANCE, 5K, SCHERERVILLE, IN, TERESA NIRTAUT,
(219) 865-6969 10:00 AM

26 SAT REGIONAL BOYS & GIRLS CROSS COUNTRY, BELMONT H.S. 10:00 AM

26 SAT MOUNTAIN MASOCHIST TRAIL RUN, DAVID HORTON, LIBERTY UNIVERSITY.
BOX 20,000, LYNCHBURG, VA 24506 (804) 239-1324 6:30 AM

26 SAT * TAC/USA MASTERS 10K CROSS-COUNTRY CHAMPIONSHIPS, "TOM" SAWYER.
STATE PARK, LOUISVILLE, KY, GIL CLARK, P.O. BOX 36452, LOUIS-
VILLE, KY 40233 (502) 456-8160 12:00 PM

26 SAT UNIVERSITY OF TOLEDO 5K, TOLEDO, OH
JILL LANCASTER (419) 537-2007 8:00 AM

26 SAT HISTORIC IRVINGTON PLEASANT RUN. 5M RUN, 3M WALK, IRVING UNITED
METHODIST CHURCH, GARRY PETERSON, 179 S. HOME AVE, FRANKLIN, IN
46131 (317) 736-9500 10:00 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, 214 W. ERIE, CHICAGO, IL 60610 (312) 951-0660
AND ROGAINE 5K, 8:30 AM 8:00 AM

27 SUN * DECATUR CALLITHUMPIAN, 5K X-C, BELMONT H.S.
CARL RISCH, (219) 744-6983 2:00 PM

27 SUN * LIMA MEMORIAL HOSPITAL 13.1 M, 5K, 1M, JEFF BROWN, 3855 BEELEER RD
LIMA, OH 45806 (419) 999-3885 10:00 AM

NOVEMBER

2 SAT SEMI-STATE BOYS & GIRLS CROSS COUNTRY

2 SAT * 7TH ANNUAL DE-FEET DIABETES 5/10K, CUMBERLAND ELEMENTARY SCHOOL,
600 CUMBERLAND AVE., W.LAFAYETTE, IN 47903 10:00 AM

2 SAT DOUBLE EAGLE 5M RUN & WALK, 10M RUN, EAGLE CREEK PK, ATTERBURY
FISH & WILDLIFE AREA, EDINBURG, IN 46124 (317) 232-7535 9:00 AM

3 SUN OMAHA RIVERFRONT MARATHON, 10K, HMO NEBRASKA KIDZ RUN,
GARY MEYER, 5822 OHIO ST., OMAHA, NE 68104 (402) 553-8349

2 SAT HMO KIDZ RUN - 1 MILE - FOR CHILDREN AGES 5-14 11:00 AM

3 SUN MARINE CORPS MARATHON, WASHINGTON DC (703) 640-2225

3 SUN OLDEST MARATHON IN NEBRASKA MARATHON & 10K 8:15 AM

3 SUN * 10TH ANNUAL RUN THE MOUNDS, 5 MILE & 1 MILE FUN RUN, MOUNDS STATE
PARK, ARRC, P.O.BOX 282, ANDERSON,
IN 46015-0282, ED FERRIS, (219) 642-0291 OR 642-4640 2:00 PM

3 SUN * RRCA INDIANA STATE MEETING, ANDERSON RR, IMMEDIATELY FOLLOWING
RUN THE MOUNDS, JUDY TILLAPAUGH, (219) 424-6723 4:00 PM

3 SUN WEST NOBLE SCHOLARSHIP RUN 5K, LIGONIER, IN 2:00 PM
BRIAN SHEPHERD, 501 CALVIN ST, LIGONIER, IN 46767 (219) 894-4638

3 SUN FT. MEIGS 10 MILE RUN, FT.MEIGS ELEM, SCHOOL, 26431 FT.MEIGS RD.,
BRUCE BEVERAGE (419) 865-4131, K. KEMEN (419) 385-2899 11:00 AM

3 SUN NEW YORK CITY MARATHON

9 SAT STATE BOYS & GIRLS CROSS COUNTRY MEET

9 SAT B & J'S ALMOST 8K, 2ND ANNUAL, GOEGLEIN'S RESERVE, 7311 MAYSVILLE
ROAD, FT.WAYNE, RSVP (219) 749-1237 8:30 AM

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

10 SUN CLINTON YMCA/MEDICAL ASSOC. 10M, 2M RUN/RACE WALK/WALK, LISA HES-
BY, YMCA, 300 5TH AVE.S, CLINTON, IA 52732 (319)243-1364 8:00 AM

13 WED FWTC FUN RUN, MEET AT SUMMIT CHRISTIAN COLLEGE ACTIVITY CENTER,
WEST OF WBCL, RUN TO FOSTER PARK AND BACK, BRING LOCK, SHOWERS
AVAILABLE. 5:30 PM

13 WED FWTC MEMBERSHIP & BOARD MEETING 7:00 PM

16 SAT NASHVILLE 50 MILE, TOM CARTER, 4062 LAKE PARKWAY, HERMITAGE, TN
37076 (615) 889-5147 7:00 AM

17 SUN * THE MIDWEST CROSS COUNTRY CHALLENGE AND 14TH ANNUAL OHIO TAC
CROSS COUNTRY CHAMPIONSHIPS, CINCINNATI, OH.
Don Livingston, 7876 Wainwright Ln, Maineville, OH 45039
(513) 459-8155 10:30 AM

23 SAT * TURKEY TROT 4 MILE, FORT WAYNE PARKS & REC, 705 E. STATE ST.,
FT. WAYNE, IN 46805, LORI JESTER, POSTER PARK
(219) 483-0057 11:00 AM

23 SAT CHRISTMAS TREE FESTIVAL 3-MILER, MATTHES EVERGREEN FARM, IDA, MI,
NORM MATTHES (313) 242-8111 10:00 AM

24 SUN RONALD MCDONALD CHILDREN'S CHARITIES 5K/15K, AMER. LEGION POST
2000 BUCKLAND AVE, FREMONT, OH, GLENN BOWEN (419) 332-7142 OR
RICK STOKES (419) 332-8163 2:00 PM

24 SUN ST. LOUIS MARATHON

28 THU 15TH ANNUAL MAZOCK'S THANKSGIVING MORNING RUN, JERRY MAZOCK,
2828 EMERALD LAKE DR., FT. WAYNE, IN 46804 (219) 432-4755
NO AWARDS, COFFEE & STALE DONUTS, NO-PRE-REG. 8:00 AM

28 THU EASTSIDE 5K TURKEY TROT, CARDINAL STRITCH HS, PICKLE RD, OREGON,
OH, CHARLIE KOEHN (419) 693-4068 OR D. REARDON 693-4058 9:00 AM

30 SAT SEAGATE ULTRA MARATHON, 60K, 50M, 100K, OLANDER PARK, SYLVANIA,
OH, TOM PALVEY (419) 475-0731 OR BOB CAIRNS, 1322 FAIRLAWN,
TOLEDO, OH 43607 (419) 537-1704 7:00 AM

30 SAT KENTUCKY 50 MILE, RICH GEOGHEGAN, 1423 EVERETT AVE, LOUISVILLE,
KY, 40204, OR LES TERRY (502) 583-2859 7:00 AM

DECEMBER

1 SUN BABY BOOMER 10K & 5K RUN/RACEWALK, MRC, TROPICAL PARK, 7920
S.W. 40 STREET, MIAMI, FL. 33155 (305) 227-1500 8:00 AM

7 SAT JUST PLAIN 10K & 3.3K WALK, FORT WAYNE TRACK CLUB. P.O. BOX 11703
FORT WAYNE, IN 46860, POSTER PARK, RACE DAY REG, J.P. JONES, RACE
DIRECTOR (FWTC HOTLINE (219) 456-8739) RACE DAY REG: BRING GIFT
WRAPPED T-SHIRT OR T-SHIRTS WITH SIZES ON OUTSIDE TO BE GIVEN TO
FORT WAYNE & ALLEN COUNTY CHILDREN'S HOME. 2:00 PM

8 SUN * 11TH ANNUAL CHIPPEWA TROPHY WINTER 10K & 2 MILE PREDICTION RUN,
VINCE PLIKERD, 4236 C.R. 91, BELLEFONTAINE, OH 43311 (513) 599-
6633, LAKEVIEW, OH, LAKEVIEW ELEM SCHOOL 2:00 PM

8 SUN JINGLE BELL RUN/WALK, 5K, IU NATATORIUM, INDIANA ARTHRITIS FOUND-
ATION, 8646 GUION RD, INDPLS, IN 46268 (317) 879-0321 11:00 AM

11 WED FWTC FUN RUN, MEET AT SUMMIT CHRISTIAN COLLEGE ACTIVITY CENTER,
WEST OF WBCL, RUN TO FOSTER PARK AND BACK, BRING LOCK, SHOWERS
AVAILABLE. 5:30 PM

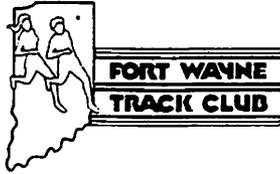
11 WED FWTC MEMBERSHIP & BOARD MEETING 7:00 PM

14 SAT JINGLE BELL RUN, POSTER PARK, SUMMIT CHRISTIAN COLLEGE

14 SAT MARDI GRAS ULTRADISTANCE CLASSIC, 50 & 100 KM, 100 MILES, CHIP
MARZ, 8501 HUNTINGTON PARK DR, NEW ORLEANS, LA 70127

14 SAT ROCKET CITY MARATHON Huntsville, AL

28 SAT ORANGE BOWL 10K RUN/RACEWALK - COCONUT GROVE, MRC, TROPICAL PARK
7920 S.W. 40TH STREET, MIAMI, FL. 33155 (305) 227-1500 8:00 AM



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 _____

WARMUPS

THE NEED TO RACE

Running and racing use the same action, but they aren't the same in content. Running, gentle running, is a pleasure to do while you're doing it. Racing is painful, and only becomes pleasurable on reflection, after the hurting has stopped. Everyday runs balance themselves between comfortable and uncomfortable. Races operate close to the jagged edge of exhaustion. The trick is to see how close to that edge you can push without falling over.

Distance runner Ona Dobratz says, "With long distances, the body is feeling at home in its environment, functioning as a 'part,' not 'apart.' It's being as one, just as natural as everything around you." But, in contrast, she says racing is "the meshing of mind, body and emotion into complete coordination, not being aware of your surroundings but only of your own movement through space... Just as our voices are not always meant to be calm and want to sing, our legs are not meant always to walk. They want sometimes to run—hard."

The runner racing has time and energy to look around. The runner racing has neither. He has to concentrate fiercely on a competition, internal more than external. The demands of the race and the toll of fatigue turn him inside himself.

"Jogging through the forest is pleasant," writes Ken Moore, "as is relaxing by the fire with a glass of gentle Bordeaux and discussing one's travels. Racing is another matter. The front-runner's mind is filled with an anguished fearfulness, a panic, which drives him into pain."

"Exploring the forest is easy," Moore says. "Exploring the limits of human performance is excruciating." The runner who only runs comfortably sees only the flat and quiet forest floor. The racer seeks out the valleys and peaks of himself.

Despite all the logical reasons not to race, runners keep racing. The challenge is there, and they need to wallow in it. They need to know what's inside themselves, to tear themselves down a bit to see what they have built up.

Jock Semple, the colorful organizer of the Boston marathon, thinks compulsive racers are like impatient farmers. Racing, he says, "is like pulling up the carrots to see if they're growing."



FWTC POINTS RACES

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

Ways to earn points:

Over-all

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

Divisions

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



PATS ON THE BACK TO...

* Bob Smith who had a PR at the Desert Marathon in Salt Lake City, Utah. Bob's time on July 24th was 4:29:09.

* Bob Hockensmith, Ken Disler, Herman Bueno, and Don Lindley who will be leading us into 1992.

*The Fort Wayne Track Club for their great showing at the White River State Games. The club came back with 8 golds, 3 silvers, and 1 bronze. Results...

Brian Shepherd(25-29) 1500 1st 4:01
 800 2nd 2:00
 Mark Furkiss(35-39) 1500 1st 4:03 St.Record
 800 2nd 2:04
 Stan Florea(19-24) 1500 1st 4:01
 800 1st 1:58
 5m 1st 25:45
 Carl Risch(30-34) 1500 2nd 4:16
 800 1st 2:03
 Larry Tarrgatt(50-54) 1500 1st 4:34 St.Record
 800 1st 2:16
 Randy Hisler(30-34) 1500 3rd 4:21

What is a workout??

- ** A workout is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started; mental motivation is the key.**

- ** A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.**

- ** A workout is a personal triumph over laziness and procrastination. It is the mark of an organized, goal-oriented person who has taken charge of her (or his) destiny.**

- ** A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.**

- ** A workout is a key that helps you unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.**

- ** A workout is a form of rebirth. When you finish a good workout, you don't simply feel better, **YOU FEEL BETTER ABOUT YOURSELF.** ****

adapted from
George H. Allen - Chairman of
President's Council on
Physical Fitness and Sports

TV MUNCHIES

1 cup low salt Wheat Thins crackers (2oz)
 1/4 cup honey
 1 cup seedless raisins
 Margarine, melted
 2 T Fleischmann's Sweet Unsalted
 7 cups popped popcorn
 In a large bowl, combine popcorn and crackers; set aside. In small bowl, blend margarine and honey; pour over popcorn mixture, tossing to coat well. Spread on greased 15½x10½x1" baking pan. Bake at 350° for 10 minutes, stirring once. Stir in raisins. Cool completely. Store in airtight container.
 Nutrition Information: (Makes 7 cups, each serving = 1/2 cup)
 Calories 95
 Saturated fat (g) 0
 Total fat (g) 0
 Cholesterol (mg) 0
 Sodium (mg) 19

RASPBERRY DIP

1 cup low fat cottage cheese
 3 T honey
 2 T orange juice
 In electric blender or food processor container, blend cottage cheese, raspberries, honey and juice until smooth. Chill until serving time. Serve as a dip with wafers.
 Nutrition Information: (Makes 2 cups, each serving = 1 T dip, 2 wafers)
 Calories 56
 Saturated fat(g) 0
 Total fat (g) 1
 Sodium (mg) 56
 Cholesterol (mg) 0
 **Peachy Dip: Substitute 1 cup drained canned peaches for raspberries. Proceed as above.

APPLE-OAT STREUSEL MUFFINS

Muffins:
 1 ½ cups POST Oat Flakes (or any flake cereal)
 1 ½ cups all-purpose flour
 1/3 cup brown sugar
 1 Tablespoon baking powder
 1 ½ teaspoons cinnamon
 1/8 teaspoon salt
 2 egg whites
 1/2 cup skim milk
 3 Tablespoons oil
 1 ½ cups chopped/peeled apples
 Topping:
 1/2 cup POST Oat Flakes
 1 Tablespoon brown sugar
 1 teaspoon cinnamon
 1 teaspoon oil
 Makes 12 muffins
 140 calories per muffin, 0 cholesterol, 4g fat, 160 mg sodium
 Ref. POST Oat Flakes cereal box
 Muffins:
 1 cup low salt Wheat Thins crackers (2oz)
 1/4 cup honey
 1 cup seedless raisins
 Margarine, melted
 2 T Fleischmann's Sweet Unsalted
 7 cups popped popcorn
 In a large bowl, combine popcorn and crackers; set aside. In small bowl, blend margarine and honey; pour over popcorn mixture, tossing to coat well. Spread on greased 15½x10½x1" baking pan. Bake at 350° for 10 minutes, stirring once. Stir in raisins. Cool completely. Store in airtight container.
 Nutrition Information: (Makes 7 cups, each serving = 1/2 cup)
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 Saturated fat (g) 0
 Total fat (g) 0
 Cholesterol (mg) 0
 Sodium (mg) 19
 **Peachy Dip: Substitute 1 cup drained canned peaches for raspberries. Proceed as above.
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 Saturated fat(g) 0
 Total fat (g) 1
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 Muffins:
 1 ½ cups POST Oat Flakes (or any flake cereal)
 1 ½ cups all-purpose flour
 1/3 cup brown sugar
 1 Tablespoon baking powder
 1 ½ teaspoons cinnamon
 1/8 teaspoon salt
 2 egg whites
 1/2 cup skim milk
 3 Tablespoons oil
 1 ½ cups chopped/peeled apples
 Topping:
 1/2 cup POST Oat Flakes
 1 Tablespoon brown sugar
 1 teaspoon cinnamon
 1 teaspoon oil
 Makes 12 muffins
 140 calories per muffin, 0 cholesterol, 4g fat, 160 mg sodium
 Ref. POST Oat Flakes cereal box

GEAR

Comfortable Feet During Workouts

During a workout your feet may swell. Studies have shown that feet can increase about one size (1/3 inch) in length and circumference after about 30 minutes' activity. Your feet may become sore, tingle, and grow numb. Tingling and numbness mean pressure on nerves, or reduced blood circulation. Runners should purchase shoes later in the day or after a workout to be sure of the fit.

If you loosen your shoes or toe clips, numbness should disappear at once. If it doesn't, you may have nerve damage.

(AR&FA Editorial Board Member Harry Hlavac, D.P.M., M.Ed., Mill Valley, California, and Joe Kita, Senior Managing Editor, Bicycling)

Coming Events

**FWTC Board Meeting, Wed., October 9, 1991
7:00 p.m. at Summit Christian College**

**Turkey Trot 1991: Sat., November 23, 1991
11:00 a.m. at Foster Park**

**14th Annual Summit City 10K
Sunday, October 6, 1991 • 2:00 p.m.**

RUNNERS WEEK

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

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.

RRCA
REAL RUNNING CLUB OF AMERICA



FORT WAYNE
TRACK CLUB

FWTC NEWSLETTER
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Fort Wayne, IN 46860

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