

the inside track

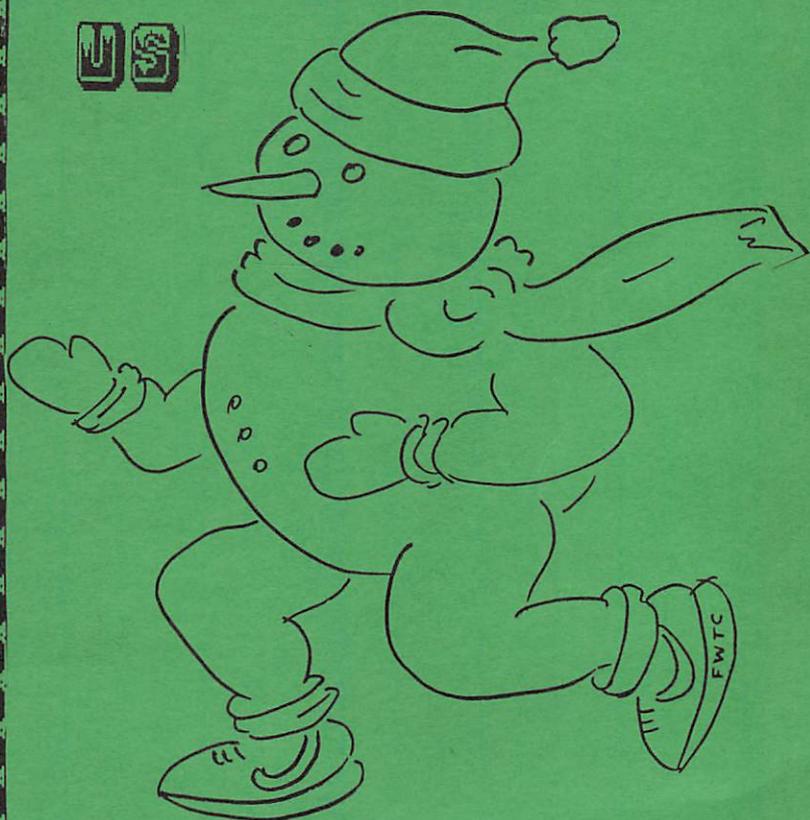
Dec. 1991 - Jan. 1992



FORT WAYNE
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

COME RUN WITH
US



IT'S SNOW FUN
RUNNING ALONE

1992

FORT WAYNE TRACK CLUB

Officers and Board Members

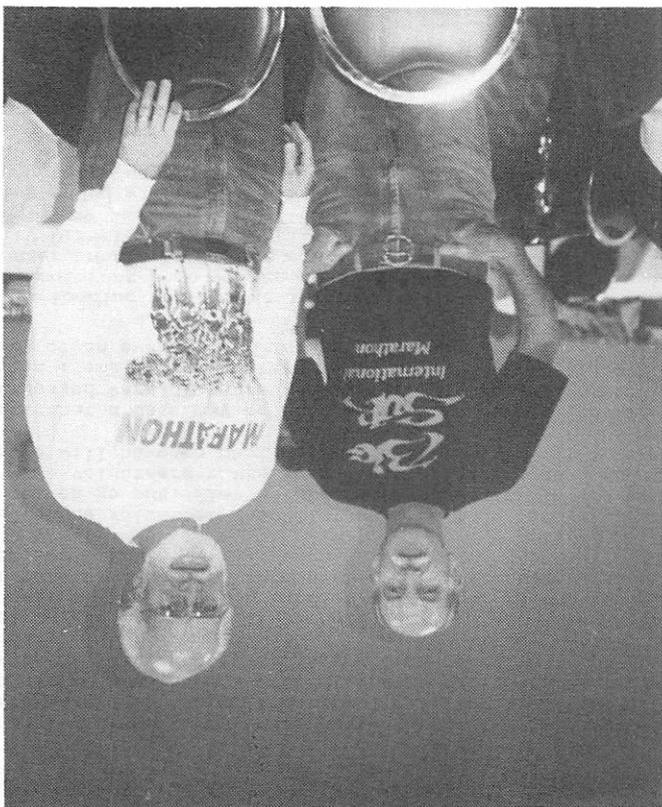
OFFICERS

President.....	Bob Hockensmith, 749-1237
Vice-President.....	Ken Disler, 422-9984
Secretary.....	Herman Bueno, 749-6113
Treasurer.....	Don Lindley, 456-8739
Inside Track Newsletter	
Editor.....	Joyce Hockensmith, 749-1237
Asst. Editors.....	Jeanette & John Klein, 238-4313
Publicity Coordinator.....	
Equipment Coordinator.....	
Advertising Coordinator.....	Rodger Puckett, 489-8868
Membership.....	
Indiana RRCA State Rep.....	Judy Tillapaugh, 424-6723
Race Schedule Chairman.....	Wayne Unsell, 489-1582
Race Walking Coordinators.....	Bob Gensheimer, 447-9334
	Vicki Jacobs 456-1496

BOARD MEMBERS

Valerie Puckett
Barb Scrogam
Phil Wahls
J.P. Jones
Stan Lipp

Jack & Barb O'Neil
Velma Bradley
John Jedinak
Jack Hilker



PRESIDENT'S COLUMN - Bob Hockensmith

It was my pleasure recently to be seated at the same table with William Burleigh during the pasta dinner at the Columbus Marathon. Noticing his Big Sur Marathon tee shirt, the conversation quickly turned to that event. He gave such a great sales pitch for the marathon that joyce and I immediately decided to register and make the plane and room reservations for the April 26 running of Big Sur. Of course, selling that marathon is easy for William since he is the Race Director. We also ended the evening by talking a little shop when I discovered that he is a Municipal Court Judge in California.

On a local note, my apologies to anyone who has gone to Johnny Applesed Park at 7:30 on Sunday morning expecting to run with the Faithful Few and finding nary a soul for companionship. It seems that this fall there have been an extraordinary number of Sunday races that have taken us to other parts of the country. In order to rectify that problem, we are going to change the message on our answering machine at home. Beginning in December, if you wish to know whether we will be running from Applesed on a particular Sunday morning, call 749-1237. Please join us if you are interested in running at a slower pace for 10-13 miles.

Remember our monthly meetings of the Fort Wayne Track Club at 7:00 PM on the second Wednesday of each month at the Summit Christian College Activities Room. The meeting is open to all members, whether on the Board or not. I'm looking forward to seeing you there.

FORT WAYNE TRACK CLUB
MEMBERSHIP MEETING SUMMARY
OCTOBER 9,1991 & NOVEMBER 13,1991

New Club president Bob Hockensmith has officially taken over and kicked off his first FWTC Membership Meeting.

Members present; Vicki Jacobs, Dana Budd, Roger & Valerie Puckett, Barb Scrogam, Don Lindley, Herman Bueno, Polly Jacobs, Gary Selking, Joyce Hockensmith, Mike Peppercorn, Cheryl Pasko, Ken Disler, Don Anderson, JP Jones, Judy Tillapaugh & Susie Hodge.

The treasurers report for the month of September, October and YTD was presented by Don Lindley. Both were approved by all members present. Club membership total is now at 434. Membership renewals are due soon. If renewals are not received by February - This will be your last issue of THE INSID TRACK.

Mike Peppercorn, Committee Member for the Fort Wayne Sports Corporation informed the FWTC that the City of Fort Wayne is planning a series of athletic events to coincide with the 1994 Bicentennial Celebration. The committee is planning a race in the fall & would like to receive some input from the FWTC concerning distance, date, course, volunteers..... The possibility of bringing back a marathon was discussed. Also discussed was a 1/2 marathon to help prepare for a fall marathon since most marathons have established dates & the fall schedule is somewhat saturated.

Updating the current race schedule took up its usual time slot. Don Lindley prints this list in newsletter. If you have any additions please call Don. Be sure to attend the upcoming local events. (12/7 Just Plain 10K - 12/14 Jingle Bell Run - 1/1/92 New Years Day Run)

The newsletter will now be put together by Joyce Hockensmith. Don Anderson & Bob Loomis may assist. Please send any info or articles you would like to see in the Inside Track. Deadline for material is usually by the 15th of each odd month.

After a couple of very busy years as equipment coordinator Mark Bartolli will be stepping down. Marks efforts of delivery & running of the timing equipment has been a major source of income for the club. Possible replacements are Paul Knott, Karl Risch, Clem Getty.

The annual awards banquet will be held Feb 15th after the Fanny Freezer at the Conservation Club. Don Lindley will finalize the rental details. Times for both have changed from previous years....Be sure to check this newsletter for details.

An update to the volunteer checklist will be made before the membership renewal notices go out. Please take time to consider where you can help out. The more volunteers - the less everyone has to do - and the more activities we will have to participate in !

Don reports that a race may be held along with German Fest on June 13,1992. Topics discussed were distance, entry fee, course, volunteers, advertising registration items & finish items. The FW Parks Dept. is looking at the possibility of an evening run in August.

The FWTC is looking for anyone interested in filling in or helping out as Race Director at some of the smaller local races. These include the Fanny Freezer, Nutra Run & any club Fun Run. We are also working on getting a Publicity Director position filled.

The meeting ended with a door prize drawing courtesy of Joyce Hockensmith. The lucky October winner was Ken Disler & the November winner was Judy Tillapaugh.

The next membership meeting will be Dec. 11th at 7pm. (Run at 5:30pm).

FWTC
GET INVOLVED

Not only did it live up to its reputation for being a windy city, it was also a rainy city. But neither rain, nor wind, barred runners from the Chicago Marathon on October 27. Following are some FWTC members who persevered through the ordeal: Barb Scrogam, Dana Budd, Barbara O'Neil, Valerie and Roger Puckett, Phil Wahls, Tom Felger, and Darrell Douglas. A special congratulations to Darrell for finishing his FIRST marathon.

CHICAGO, CHICAGO

FWTC CHRISTMAS

FUN RUN & PARTY



5:30 PM



Summit Christian

College Activity Ctr.

Showers Available



Bring Lock



6:30 PM POT LUCK



Bring dish



& Table Service

\$2 Gift Exchange

Brief Mtg. After



MEET YOUR TRACK CLUB OFFICERS

The club's roving reporter managed to dig up some info on the 1992 officers and has compiled and reported it as accurately as possible.

President: Bob Hockensmith

Born June 7 many years ago, Bob is at present an Allen Superior Court Judge. The members of his family include 1 wife, 4 grown children, 4 step-children, 4 grandsons, and 1 great-granddaughter. Regretably he has no pets. Bob enjoys running, traveling to runs, and traveling without running. Other things he enjoys are I.U. basketball and eating at Casa D'Angelos. Bob's favorite distance to run is the marathon, but his favorite race is the Bobby Crim 10 mile in Flint, Michigan. He says his favorite time to run is in the morning, but this reporter finds that questionable, since he has been known to use any excuse possible to stay in bed. Bob likes running the Rivergreenway in his Nike Air Max shoes, but after the race he claims to prefer brats and beer (German heritage). When asked if there has been anyone who has been an inspiration to him, Bob replied that he can identify with Dr. George Sheehan by age, if not ability. He appreciates Dr. Sheehan's changing attitudes as his times become slower. Bob's dream is to run a significant race with his wife in each of the 50 states. In regard to the future of the FWTC Bob says, "I would like to see more involvement from all members, especially the slower runners who mistakenly seem to believe that they are the step-children of the club rather than the majority membership."

Vice President: Ken Disler

Born December 16, also many years ago, Ken is at present retired and is often seen at races and around town with his greatest supporter, Marjorie Person. Ken claims to have no pets, but I have known him to have a few pet peeves, namely age groups at races. Ken enjoys sun-tanning, swimming, and traveling. Ken likes watching basketball since he's too short to play, and prefers the cuisine at Frederico's or Cafe Johnell. Ken's favorite distance to run is 4 miles, and his favorite races are the Frigid 5000 in Plymouth, and the Bippus 4 Mile. Ken's ideal day would include running in the morning on the Rivergreenway in his Asics running shoes and then downing some pasta and fruit. Ken's running inspiration was Ray Sears who was running at 82 and who encouraged Ken to write race directors about age groups. (I bet they're thankful for that.) Ken's dream is to run 8 minute miles consistently.

Polly Jacobs attends Fort Wayne Track Club meetings to see important people and keep up with the latest news. Her most recent races have been the Summit City 10K where she did her best so far, and B & J's Almost 8K where she just had fun.

Secretary: Herman Bueno

Born July 21, not so many years ago, Herman is currently in administration at IBM. He enjoys visiting family with his wife Paula Navarra and 1 1/2 year old daughter, Amy Nicole. Herman also claims basketball as a hobby and as his favorite spectator sport. He says that he has pets, but fish??? For Christmas gift-giving, consider a gift certificate to the Great Wall for Herman. Herman prefers to run 8K's, but his favorite races are the Bluffton 1/2 Marathon, and the Indy MiniMarathon. You might find Herman running about 4:30 PM in his Nikes around a golf course, particularly Foster Park, after which he might guzzle a Mountain Dew. An inspiration to Herman has been Nick Rose, an NCAA champion in cross country in 1975 and Olympic finalist in the 5000M in 1980. Herman dreams of running until he is old, and would like to see more participation of members in club activities.

Treasurer: Don Lindley

Born January 1, somewhere between Bob and Herman, Don is presently a Payroll Manager. He enjoys traveling and vacationing with his wife, Rosann, sons Brian and Michael, and Crystal an 8 yr. old cockapoo. When not running, Don likes to bike, swim, ski, and play and watch basketball. He chooses TJ Pasta as his favorite area restaurant, which, by the way does not serve his favorite after race food of steak and eggs. Don likes to run marathons and his most memorable runs are the Michigan Trail Marathon, and the Ice Age 50. You might spot Don around noon on the Rivergreenway in his Nike Skylons. Don's inspiration has come from Sy Mah, World record holder of the number of marathons run. Don says, "He gave me the inspiration and encouragement to run and finish my first marathon." Don has two dreams, one to finish another 100 mile trail run, and second, to finish home-improvement projects. Don wants to see the Track Club supporting the community in running, especially young athletes, helping them stay away from drugs and alcohol. He would like to see the club provide more scholarship funds for athletes entering college.

RUNNING

Colds and Sniffles—Does Running Help or Hinder?

Running regularly makes you feel good and is good for your health. In general, runners have fewer colds (one to two a year) than non-runners (two to four a year), yet a recent study of upper respiratory

infections in runners says that low-mileage runners have even fewer colds than high-mileage runners.

In this study, a runny nose, sore throat, or cough on two consecutive days signified an infection in the runners. Earlier studies found marathoners are five times more likely to suffer an

infection a week after a race, compared to people who trained similar mileage but didn't race.

Although running brings you many health benefits, chronic high mileage and

racing increase the risk of sniffles and colds. AR&FA Editorial Board Member George Sheehan, M.D., long ago called running injuries "diseases of excellence." Think

of respiratory infections in the same way, and run as much as you enjoy.

(*Medicine and Science in Sports and Exercise*, Vol. 23, No. 2, pp. 152-157)

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- Crewneck Sweatshirts
- Sweat Pants (in X-Long, too!)
- Zippered Hoods
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Colors and More!

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PRINTED SWEATS

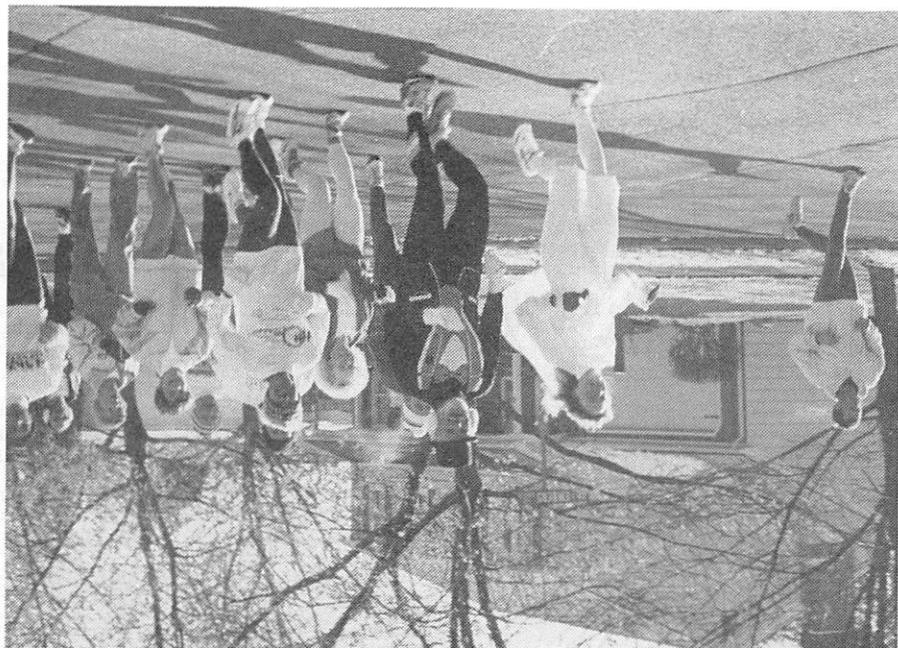
Indiana
Purdue
Michigan
Ohio State
North Side
Carroll

- Hooded Sweatshirts
- Sweat Pants
- Crew Neck Sweatshirts

Ball State
Homestead
Snider
Dwenger
Northrop

Glenbrook Square By the Ice Rink 484-4322

Despite a morning chill, 26 runners, 1 walker, and 2 bikers were in high spirits as they departed Goeglein's on November 9 on a particularly winding almost 8k course. Five non-running, but supportive spectators, saw the group off as they followed the meticulously painted white arrows through the Lake Forest addition. The almost 8k course, incidentally, was accurately measured and marked personally by Bob and Joyce. To celebrate the occasion, the hosts were in their traditional wedding running attire. Breakfast, compliments of B & J on their first anniversary, was served at Goeglein's following the run. The drawing for the door prize was made by Tony Guandt, who, contrary to popular opinion, had not accepted a bribe. Joyce's daughter, Carmen Rae, was the legitimate winner of Dinner For Two at Casa D'Angeles. Bob and Joyce have already begun planning for the 3rd annual B & J's Almost 8k, so mark your 1992 calendars for either November 27th or 14th, the final date to be decided upon confirmation of the racing schedule.



WHERE IS THE FUN ?

The reasons we run vary greatly from individual to individual. I have run for 21 years, most of which have been hard miles & very competitive racing. I have always trained hard with racing well as my ultimate goal. After 3 knee surgeries I now run enough to race & look respectable..... but find some disappointment in not being able to run the times I have in years past. Therefore RACING is not as fun as it once was but RUNNING continues to be as fun as it always has been.

I still enjoy a good hard workout with friends: a run in the summer heat: a nice run on the soft golf course grass; a fast track workout; a cool fall run thru the leaves & on the trails; a pleasant morning run; a good race. All of these make running fun.

There is something out there for all runners. Everyone is somewhat limited by ability, time, desire, injuries, etc... but we can make the most out of what is available.

The FWTC sponsors many Races, Training Runs, Fun Runs, Prediction Runs, Membership Meetings & Clinics. All of these activities provide an opportunity to help yourself as well as those who participate with you.

BUT WHERE ARE THE VOLUNTEERS & WHERE ARE THE PARTICIPANTS ? The FWTC has 400+ members !!! Since moving to Fort Wayne 4+ years ago I have noticed a decline in participation at FWTC events as well as local events in general. If not for the work of Jerry Diehl, Don Lindley, Judy Tillapaugh & the newsletter crew (Roger/Valery Puckett, Bob/Shirley Loomis, Lori Hoberly) the club would have already suffered a slow death. There are a few individuals who seem to plan, work & participate in every club function. It's only a matter of time before they get burnt out!

WHAT HAPPENS THEN ?????

Runners Week is now a thing of the past. Many good races have been dropped from the schedule due to lack of volunteers &/or participation. All the fun is slowly disappearing.

I continually hear complaints about high entry fees & a lack of local races..... Sometimes runners feel ripped off by races that charge high fees only to benefit a few elite runners.....

Don Lindley held an HOUR RUN at Baer Field this summer. It was a fun evening. Entry fee was only \$ 1. There were small awards for everyone, refreshments, hats & drawings..... But only 20 participants.

I organized a 4 week Track Series at NorthSide HS. Everyone that ran completed a terrific workout, received a ribbon, had an apple & soft drink, were recognized for their efforts and had a lot of fun. Entry fee was only \$1. We only averaged 24 runners per week over the 4 weeks!

The only solution is to encourage other runners to participate. Spread the word about FWTC events. Run with others and create club/team unity. Start by sharing your ideas & volunteer your time at the local races if your not running. The next Membership meeting will be held December 11th at Summit Christian College. Show up early & run with other club members. The run starts at 5:30pm & the membership meeting begins at 7:00pm.

COME RUN WITH US

Human Being

Be a Race Director

Needed for:

White River State

Regional Run

Foster Park - June

Fanny Freezer

Foster Park - Feb.

No Experience

Necessary

Call: Judy Tillapaugh

458-2345

J.P. Jones attends FWTC meetings for information about the Track Club and its members. He also enjoys the pre-meeting run and the popcorn during the meeting. He feels good about his last race which was the Hilly Four. (See feature article)

INDIANA UNIVERSITY
PURDUE UNIVERSITY
AT FORT WAYNE

Office of the Chancellor
(219) 481-6103

August 29, 1991

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

Dear Mr. Lindley:

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

It has been recorded as follows:

Donor: Fort Wayne Track Club
Amount: \$500.00
Purpose: Cross Country Special Events Fund
Paid To: Indiana University-Purdue University at Fort Wayne
Recognition Group: Annual Donor

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

Thank you for investing in the future of IPFW.

Sincerely yours,



Joanne B. Lantz
Chancellor

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Please retain for your records.

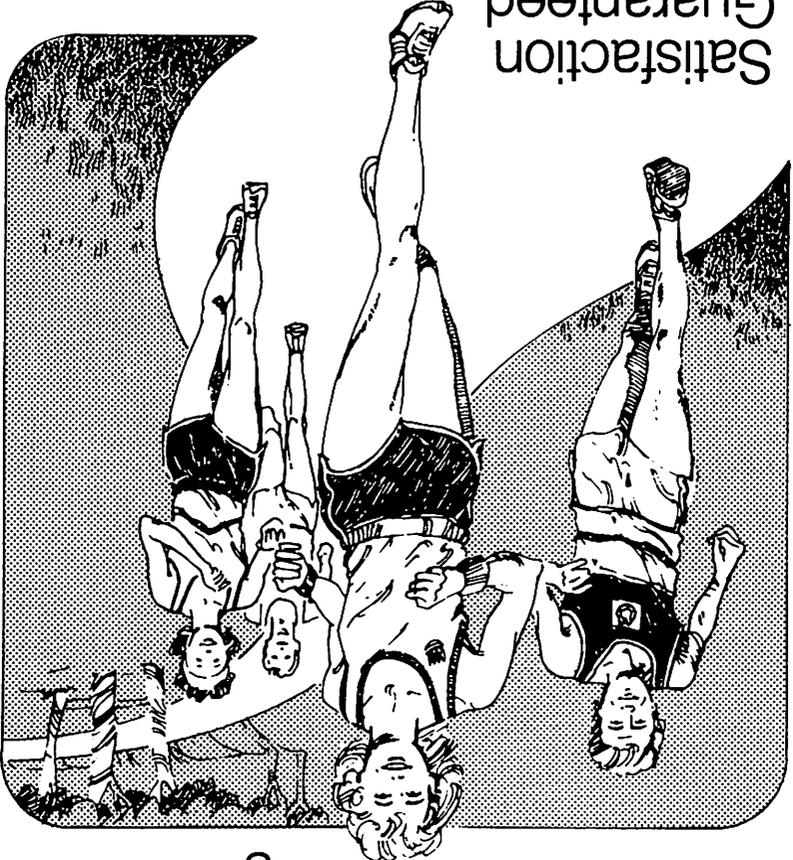
Fort Wayne, Indiana 46805-1499

Don Anderson attends FWTC meetings for the latest developments and friendship. He feels OK about his most recent race - the Noble High School 5K Cross Country.

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Crim 10 MILE Flint MI. 24 Aug. 1991
5276 finishers 61° overcast

Top Ten

1 Steve Kogo Kenya	47:15	Leslie Lehane MA.	54:02
2 Brian Sheriff CO.	47:16	Kim Jones WA.	54:38
3 Mark Plaatjes CO.	47:43	Anne Pudain ID.	54:41
4 Rolando Vera Ecuador	47:49	Felicidade Sena FL.	54:54
5 Jens Karras Germany	48:07	Helen Moros PA.	55:10
6 William Musyoki	48:09	Silvana Pereira FL.	55:18
7 Bill Reifsnnyder NM.	48:10	Libbie Johnson CO.	55:41
8 Thom Hunt CA.	48:40	Mindy Rowand Schmidt MI.	
9 Gordon Sanders OH.	48:48	Lynn Denino MO.	55:42
10 Todd Williams MI.	48:56	Laurie Binder CA.	56:02

Masters

1 Manuel Vera MEX	49:17	Laurie Binder CA.	56:05
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Indiana Finishers

Men

14-15	Jason Heil Ft. Wayne	1:18:59	2017th	20th
16-17	Terry McColl Ft. Wayne	1:18:59	2016th	52nd
18-22	Larry McColl Ft. Wayne	1:33:57	3382nd	170th
23-29	Brad Cooper Ossian	51:18	26th	13th
	Scott Walschlager Anderson	53:05	48th	23rd
	Andy Theal Greenwood	53:36	54th	27th
	Mike McManus Indianapolis	53:37	55th	28th
	Rick Sica Indianapolis	53:56	60th	31st
	Mike Herrell Peru	56:30	106th	44th
	Mark Doctor Indianapolis	56:50	110th	46th
	David Millhouse Ft. Wayne	1:06:12	571st	122nd
	Michael Marks Indianapolis	1:16:12	1763rd	270th
	John King Noblesville	1:25:50	2816th	378th
	Sean McLaughlin Mishawaka	1:29:50	3159th	425th
30-34	Tom Loucks Ossian	52:48	45th	12th
	Doyle Houser Pleasant Lake	54:38	71st	18th
	Kenny Bennett Kokomo	55:40	91st	22nd
	Herman Bueno Ft. Wayne	57:16	121st	30th
	Bruce Anderson Indianapolis	1:08:05	721st	151st
35-39	Peter Brunn Indianapolis	1:03:47	394th	66th
	David Crouch Indianapolis	1:04:49	462nd	84th
	Mark Brattoli Ft. Wayne	1:07:12	650th	120th
	Earl Strong Kokomo	1:09:00	818th	157th
	Ron Chesire Indianapolis	1:09:15	846th	168th
	Dave Matus Noblesville	1:11:52	1145th	234th
	Gary Bayne Indianapolis	1:14:21	1423rd	300th
	Denver Jordan Ft. Wayne	1:16:06	1656th	351st

An anonymous member says he/she attends FWTC meetings for the fellowship and the information. He/she thought the Summit City 10K was cold, but had a great run. He/she commented that B & J's Almost 8K was GREAT !

40-44	Jerry Proctor Valparaiso	57:56	143rd	13th
	William Craig Indianapolis	1:17:12	1797th	329th
	Marlon Bays Indianapolis	1:17:17	1810th	331st
	James Barnett Indianapolis	1:17:18	1812th	333rd
	Steven Kilcline Kokomo	1:18:07	1921st	358th
	Terry McColl Ft.Wayne	1:38:11	3547th	682nd
45-49	Bernie Burgette Ft.Wayne	1:10:27	990th	82nd
	Larry Godair Ft.Wayne	1:19:14	2048th	212th
	James Conn Indianapolis	1:22:53	2480th	267th
50-54	James Fletcher Indianapolis	1:14:46	1485th	68th
	James Edwards Indianapolis	1:23:24	2559th	139th

Women

23-29	Karlene Herrell Peru	58:43	15th	11th
	Sandra Gotts Indianapolis	1:41:29	767th	154th
30-34	Devonne Watson Indianapolis	1:31:35	578th	144th
	Kathy Craig Indianapolis	1:45:28	812th	180th
35-39	Mary T. Connolly Ft.Wayne	1:02:33	26th	2nd
	JoAnn Brooks Brunn Indy	1:28:33	478th	100th
40-44	Marilyn Strawbridge Indy	1:04:16	34th	4th

In the Open Team competition TEAM INDIANA placed 1st overall

TEAM INDIANA members

Herman Bueno
Brad Cooper
Mike Herrell
Doyle Houser
Mike McManus D.P.M.
Tom Loucks
Scott Walschlager



213 men and 19 women finished under 1 hour.

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 AM
	* contact: Jack Hilker 432-2933
IPFW Athletic Center	* Tuesdays & Thursdays at 6 PM
	Saturdays at 8 AM
Johnny Appleseed Park	* Sundays 7:30 AM
	* contact Bob Hockensmith
	749-1237



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 Hot Line (219) 456-8739.

THE 12TH ANNUAL WILD WILD WILDERNESS 7.6 MILE RUN
SUNDAY, SEPTEMBER 29, 1991
DANVILLE, IL

A TOTAL OF 540 RUNNERS TOOK PART IN THIS NATIONALLY RECOGNIZED EVENT AT KICKAPOO STATE PARK. THE COURSE IS AN ADVENTURE IN THE WILDERNESS. IT HAS WOODS, HILLS, CREEKS, LOGS, BRIDGES, AND DUSTY TRAILS IF DRY, MUDDY TRAILS IF WET. THE COURSE IS DIFFICULT BUT FUN, ONE THAT WOULD BE PROUD TO FINISH.

MY EXPERIENCE ON THIS TRAIL RUN FOR THE LAST FOUR YEARS, SAYS THAT IT IS ALOT FASTER NOW. THEY MANICURED THE COURSE BY REMOVING TREE ROOTS AND STONES AND PAVED IT WITH CHIP WOOD. BUT I DON'T UNDERSTAND WHY MY TIMES KEEPS GETTING SLOWER. I USE TO REACH THE 6 MILE MARK BEFORE THEY FIRE THE CANNON WHEN THE FIRST MALE AND FEMALE RUNNER FINISHES, NOW I CANNOT REACH THE 5 MILE MARK. A STEEP HILL AT 3 MILES IS A KILLER, IN FACT I JUST ABOUT LOST MY BREAKFAST, BUT THOSE ALL-GRAIN PANCAKES WITH NUTS AND RAISINS WERE SO GOOD I DECIDED TO BACK OFF AND KEEP THEM.

I REALLY GO EVERY YEAR BECAUSE I ENJOY THE POST RACE PARTY; MUSIC, REFRESHMENTS, BARBECUE, AND HAM BEANS. MAYBE NEXT YEAR I OUGHT TO HAVE THE HAM AND BEANS BEFORE THE RACE.
BY DON LINDLEY

OVERALL PL	NAME	TIME
139TH	RODGER PUCKETT	53:07
228TH	DON LINDLEY	57:35
270TH	WAYNE UNSELL	59:52
278TH	SARA UNSELL	60:14
315TH	DANA BUDD	62:37
335TH	BARB SCROGHAM	64:00
343TH	VALARIE PUCKETT	64:22

HILLY 4

SEPTEMBER 28, 1991

Under overcast skies with a temperature of about 40 degrees, the Hilly 4 race was self organized by its participants. The start and finish lines were the best positions from the memory of those who had run the race before. There were 10 runners who recorded their individual finish times on the honor system and the results are as follows:

Tim O'Connell	22:52
Paul Shaffer	24:38
Ray Sibrel	27:40
Phil Suelzer	27:40
Steve Summers	28:10
Joe Hilger	28:20
Mike Bendall	28:54
Don Anderson	29:20
Tim Twiss	37:15
J.P. Jones	37:16

COMING UP:

DECEMBER 7, 1991

2 O'CLOCK P.M.

JUST PLAIN

10K RUN

3.3 K WALK

FOSTER PARK - SOUTH END OF HARTMAN ROAD

FORT WAYNE, INDIANA

LOW KEY RACE:

SPONSORED BY

NO PREREGISTRATION
NO AWARDS
NO TOILET FACILITIES
NO AID STATIONS
REFRESHMENT AFTER RACE



ENTRY FEE IS A GIFT WRAPPED T-SHIRT OR
T-SHIRTS WITH SIZE MARKED ON OUTSIDE.
T-SHIRTS DONATED TO NEEDY CHILDREN. FOR
MORE DETAILS CONTACT RACE DIRECTOR J.P.
JONES AT 219-745-7339.

Canterbury Green

2615 Abbey Drive • Fort Wayne, Indiana • 46835 • (219) 485-1687

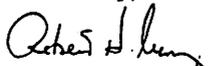
September 10, 1991

Ft. Wayne Track Club
P.O. Box 11703
Ft. Wayne, IN 46860
Attn: Mr. Don Lindley

Dear Mr. Lindley,

Canterbury Green held our 15th annual Labor Day Festival on behalf of the Muscular Dystrophy Association on August 30th - September 1st and it was a great success! Together, with your help, we raised \$15,298 net for Jerry's kids.

Your organization has been a great source of support for this worthy program and we hope to continue working with you next year to join in the excitement and growth of the Labor Day Festival to raise more money for a great charity, the Muscular Dystrophy Association.

Sincerely,

Robert H. Murray
General Manager

Jack Hilker attends FWTC meetings because he shares mutual interests with the other members. He feels great about his last race which was the Run Wild in the Zoo - July 4th 1991.

COMPUTER REVOLUTIONIZES SCORING FOR 101 IN

OLANDER PARK 24 HOUR RUN

One hundred one runners, including 16 females, began the 3rd Annual Olander Park 24 Hour Run in Sylvania, Ohio, a Toledo suburb, on September 7th and 8th. The course is a scenic, 1.1 mile loop around a lake, through woods, lighted at night, and over-looks a high-income residential neighborhood. Each 10th of a mile is clearly marked on the flat asphalt and crushed-stone path, and a large community house served as the food and sleeping headquarters. Warm and room-temperature foods were available throughout the noon to noon event, as were free massages for the runners. Three doctors from Parkview Hospital were present and busy working on blisters, muscle pulls, fatigue, and dehydration.

Don Gjurasin, the 1990 champion and course record holder of 119.9 miles, along with Gary Fortune and Robin Fry, made the event interesting until 10 PM when an upset stomach slowed him down. Don eventually withdrew after 13 hours with 69 miles completed. Fortune, from Pullman, MI, and Fry, from Columbus, battled the rest of the way, but Fortune was relentless. He stopped just once, for 3 minutes, to change shoes. Fortune set a new course record of 138.5 miles, while Fry also broke the course record by 7 1/2 miles.

Janet Cole, 1990 runner-up and formerly of Toledo, led the women's field all the way this year and breezed to victory. She was pushed at times by Nancy Daniel of Lakewood, OH, who is a diabetic and an inspiration to runners and spectators. Cole, of Brownsburg, IN, occasionally had the company of daughter Lee, who completed 33 miles. Cole's support crew also included husband David, who never strayed far from the track. Both Fortune and Fry also enjoyed strong family support.

Eric Bachmayer, a former Toughman Champion who is big and strong enough to uproot trees, was the Clydesdale winner with 74 miles.

Baked potatoes, pizzas, bagels, donuts, cookies, fruit, Exceed, and Smuckers juices plus lots of water and ice were big hits, as were the three massage therapists.

Sixty volunteers from the Toledo Roadrunners, the USA's 10th largest club, manned the course during the 24 hours.

Todd Herzog, whose Paradigm Technologies has scored Toledo's Foodtown Grand Prix Series, came up with a real winner. Each runner had 6 laminated, bar-coded tags fastened to his bib number. As he or she completed a 1.1 mile loop, they dropped one tag into a box at the headquarters scoring table. It was scanned and then placed in his or her numbered

B.S. attends FWTC meetings to hear about upcoming races and see fellow running friends. She is not happy with her time at the Columbus Marathon which was 3:44.

cup. The only time runners had to break stride was when they picked up their scanned tags every 6.6 miles. The system worked beautifully! There were no arguments and only 3 or 4 volunteers were needed to operate this system. Complete results were posted every hour. Runners marvelled at how smoothly everything went. Every 24 hour run director in the world should look into the Paradigm Technologies' system. It was smooth, fast, accurate, and efficient, and it cut way down on volunteers who would normally count laps.

The temperature hit a high of 88° and a low of 54°. It was sunny and dry, but the course is 2/5ths shaded. Many participants pitched tents on Olander Park property.

There is probably not a finer 24 hour course in the world, and the organization and enthusiasm of the Toledo Roadrunners make the Olander Park 24 Hour Run a beautiful event. A post-race picnic and awards ceremony concluded festivities.

Next for ultrarunners is the Seagate Ultramarathon (60K, 50 miles, 100K) at Olander Park on Saturday, November 30th.

Our gem, the Glass City Marathon, scenic, fast, flat, and super-organized, is set for Sunday, April 19, 1992.

Our thanks to all the volunteers and runners.

Tom Falvey
Dave Payette
Scott McGarity
race directors

NEW MEMBERS AND RENEWALS FOR 1992

ANDERSON, JIM
BANDEMER, CHRIS
CLAGG, TOM
DELBELLO, MARK
GARY, JOAN
GILLIOM, MARY
GROSE, RUSTY
JACOBS, POLLY
JACOBS, VICKI L.
LINDLEY, DONALD
LINDLEY, MICHAEL
MCMANUS, MARY
MCMANUS, MICHAEL
PUTTERBAUGH, JR., CHARLES
THOMSON, DAVID

Final Overall Standings
 Olander Park 24 Hour Run 1991
 7-SEP-91

Page... 1

Bib#	Name	Age	City/State	Laps Done	Total Distance	LastLap @ Time
1	353 FORTUNE, GARY	41	Pullman, MI	123	138.5044	23:56:59
2	354 FRY, ROBIN	39	Columbus, OH	113	127.2764	23:55:14
3	397 GIOVENGO, JOHN	45	Pittsburgh, PA	98	110.0344	23:55:56
4	351 EDMUNDS, AL	51	Hamilton, OH	96	107.7888	22:47:24
5	393 CALL, DONALD	37	Fowlerville, MI	95	106.8660	23:56:24
6	349 DAVIS III, FREDERICK	43	Cleveland, OH	93	104.8204	23:55:24
7	412 COLE, JANET	36	Brownsburg, IN	89	100.6292	23:53:23
8	403 LOVY, JONATHAN	21	W. Bloomfield, MI	84	94.3152	23:56:16
9	409 PAYETTE, DAVID	55	Sylvania, OH	83	93.1924	23:39:30
10	381 SPANGLER, JOHN	35	Columbus, OH	83	93.1924	23:52:34
11	414 DANIEL, NANCY	37	Lakewood, OH	81	91.0168	23:47:50
12	369 MESARDSH, ALBERT	53	Mitchell, IN	81	90.9468	23:56:09
13	368 MEINTS, BRADFORD	41	Chicago, IL	78	87.7784	23:58:13
14	377 RICH, MELVIN	26	Chicago, IL	79	88.7012	23:53:40
15	372 OSRAN, BRUCE	41	Chicago, IL	76	85.3328	23:46:56
16	408 TROKNYA, JIM	47	Perrysburg, OH	76	85.3328	23:57:44
17	426 GERKIN, CHARLOTTE	45	Mitchell, IN	76	85.3328	23:47:46
18	352 FOOTE, HAROLD	50	Sylvania, OH	74	83.0872	23:59:21
19	441 AGRESTA, BILL	52	Saginaw, MI	72	80.8416	20:47:38
20	365 LOVY, ANDREW	56	Olympia Fields, IL	70	78.5960	23:49:39
21	398 HILL, BILL	48	Whitmore Lake, MI	68	76.3504	23:53:46
22	389 WILLIAMS, DON	55	Richmond Hts., OH	67	75.2276	23:47:08
23	364 LINDLEY, DON	47	Ft. Wayne, IN	65	73.6820	23:54:24
24	338 BACHMAYER, ERIC	28	Sylvania, OH	66	74.1048	22:27:01
25	384 SURDYK, JOHN	35	Cicero, IL	66	74.1048	14:45:51
26	340 BAUN, DONALD	41	Mansfield, OH	64	71.8592	23:56:37
27	350 DAY, GARRY	43	Hamilton, OH	64	71.8592	22:18:01
28	407 STANDISH, DON	43	Toledo, OH	64	71.8592	23:04:43
29	444 FRAZE, TOM	41	Winchester, IN	64	71.8592	22:22:02
30	379 SHERLINE, CARTER	31	Ann Arbor, MI	62	70.2136	23:51:00
31	357 GJURASIN, DON	46	Holland, OH	62	69.6136	13:18:57
32	442 CUPRYS, KRIS	40	Rossford, OH	61	68.4908	23:58:36
33	345 CARLSON, NORMAN	57	Spencer, IN	58	65.7224	23:49:28
34	370 MOILANEN, MICHAEL	45	Mt. Pleasant, MI	58	65.1224	23:54:00
35	371 MUNSON, BOB	51	Toledo, OH	58	65.1224	23:55:22
36	438 TRAPP, ROBERT	42	Springfield, IL	58	65.1224	23:54:35
37	346 CLUNK, LELAND	46	Bay Village, OH	57	63.9996	23:59:29
38	401 KARKALIS, JOHN	51	Mayfield Hts., OH	57	63.9996	22:41:48
39	367 MARS, DON	51	Jackson, MI	57	63.9996	23:49:37
40	388 WILCOX, RICK	55	Coldwater, MI	56	62.8768	21:22:55
41	382 STEINBERG, HAROLD	51	Toledo, OH	54	61.1312	23:34:17
42	385 TIMMINS, SHERMAN	53	Temperance, MI	55	61.7540	23:58:48
43	347 CROMWELL, RICHARD	47	Ney, OH	54	60.7312	23:46:31
44	356 GOIN, HUNTER	61	Columbus, IN	53	60.0084	23:50:56
45	366 MACK, BILL	50	Defiance, OH	54	60.6312	23:46:34
46	404 MCKENNA, JOE	53	West Lake, OH	52	58.3856	12:39:40
47	380 SNUGGS, MARK	37	Holland, OH	50	56.1400	21:04:12
48	383 STEINBERG, STEVEN	21	Toledo, OH	50	56.1400	23:42:58
49	436 TAYLOR, BILLY		Scott Depot, WV	50	56.1400	23:36:22
50	440 PULFER, MARC	22	Westlake, OH	50	56.1400	23:59:41
51	390 WILLIAMS, LEE	56	Toledo, OH	48	54.1944	23:54:06

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Final Overall Standings
 Olander Park 24 Hour Run 1991
 7-SEP-91

Page... 2

Bib#	Name	Age	City/State	Laps	Total	LastLap
				Done	Distance	@ Time
52	392 ALEXANDER, ROBERT	45	Sylvania. OH	48	53.8944	22:18:48
53	435 STEPHENSON, CHARLES	39	Lakewood. OH	45	51.2260	23:50:47
54	360 HUBER, TERRY	29	Temperance. MI	46	51.6488	21:48:21
55	362 KRIEGER, DOUGLAS	35	Sylvania. OH	46	51.6488	21:44:04
56	434 DAMES, STEPHANIE	42	Loveland. OH	46	51.6488	22:01:03
57	439 MARKOVICH, BOB	28	Westlake. OH	46	51.6488	23:59:27
58	342 BEVERAGE, BRUCE	40	Toledo. OH	45	50.5260	23:04:53
59	343 BRECKLER, ROBERT	44	Defiance. OH	45	50.5260	13:01:49
60	395 FINESKE, FRED	50	Maumee. OH	45	50.5260	22:45:52
61	431 SKEEN, LIZ	27	Perrysville. OH	45	50.5260	20:14:04
62	448 EGAN, EGOR		Halfax. Nova Scotia	45	50.5260	13:36:49
63	402 LARROW, MICHAEL	36	Harbor View. OH	44	49.4032	22:45:35
64	348 CUMMINGS, HENRY	64	Northwood. OH	41	46.0348	14:19:13
65	445 BONITATI, RICK	36	Toledo. OH	41	46.0348	20:49:30
66	373 PARKER, DAVID	36	Sylvania. OH	40	44.9120	22:30:25
67	358 HERNER, ALAN	35	Dayton. OH	38	42.6664	12:52:48
68	387 WARNKE, DON	61	Toledo. OH	36	40.0464	10:54:16
69	399 HUMASON, D	57	Toledo. OH	36	40.4208	23:47:48
70	437 WITHROW, BRANTLEY	38	Charleston. WV	36	40.4208	22:32:11
71	361 KAMINSKI, DAVID	48	Sylvania. OH	36	40.0464	10:16:12
72	443 JIVIDEN, GLENN		Dayton. OH	35	38.9340	9:01:21
73	344 BREZEC, ROGER	45	Mansfield. OH	34	38.1752	21:39:45
74	447 ALTHOFF, TOM	51	Sylvania. OH	32	36.6296	23:53:53
75	400 KACZOR, STEVE	36	Bowling Green. OH	33	37.0524	20:17:42
76	428 LOVY, MADELINE	51	W. Bloomfield. MI	33	37.0524	23:43:55
77	359 HOLDER, BURNSIE	47	Elgin. IL	32	35.5968	6:39:05
78	410 BATANIAN, MARY LOU	56	Toledo. OH	31	34.8068	23:39:21
79	415 FLECK, ANN	55	Toledo. OH	31	34.8068	13:29:59
80	411 BEVERAGE, VICKI	35	Toledo. OH	30	33.6840	23:48:52
81	413 COLE, LEE	16	Brownsburg. IN	30	33.6840	20:35:47
82	391 WISE, JEFF	35	Atwater. OH	28	31.1472	6:02:50
83	405 PETERSON, KEN	50	Toledo. OH	28	31.4384	23:56:44
84	363 LANE, KEN	44	Pepper Pike. OH	28	31.1472	7:52:23
85	386 WAGONER, JOHN	51	Toledo. OH	27	30.3156	12:59:20
86	429 MICHAM, ELIZABETH	43	Sylvania. OH	26	29.1928	12:59:24
87	432 TSCHAPPAT, JENNIE	21	Toledo. OH	26	29.1928	14:54:03
88	355 GERICK, TOM	51	Dearborn. MI	26	28.9224	7:44:43
89	446 KULWICKI, JAMES	38	Maumee. OH	25	27.8100	5:39:46
90	433 PAYETTE, PATRICIA	40	Sylvania. OH	25	27.8100	9:27:31
91	430 MIDDLETON, SALLY	41	Perry. MI	24	26.6976	6:05:05
92	339 BADYNA, JOE	60	Toledo. OH	24	26.9472	18:57:13
93	378 RUTHERFORD, NORMAN	52	Toledo. OH	24	26.9472	22:33:11
94	341 BERBY, RON	49	Perry. MI	24	26.6976	5:50:57
95	394 CORSER, THOMAS	44	Toledo. OH	24	26.6976	5:35:21
96	375 REEVE, JIM	49	Farmington. MI	24	26.6976	6:50:34
97	427 KRUKOWSKI, KARLA	15	Monclova. OH	24	26.6976	11:21:55
98	450 HERZOG, TODD		Toledo. OH	13	14.5964	23:13:05
99	374 PUCKETT, RODGER	47	Ft. Wayne. IN	1	1.1228	7:52:38
100	376 ROSS, RONALD	33	Medina. OH	0	0.0000	0:00:00
101	406 ROBERDEAU, DAN	47	Canton. OH	0	0.0000	0:00:00

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Don't Move Without Us!

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

Send it to:

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

Name:

Old address:

New address:

New Phone:

Effective:



FORT WAYNE
PARKS AND
RECREATION

September 25, 1991

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

Dear Track Club Members:

The Fort Wayne Parks & Recreation Department would like to express our sincere appreciation for your work on mileage markers for the Rivergreenway. If it had not been for your organization the project would not have become a reality.

As you know we receive many favorable comments on the Rivergreenway along with the negative comments. It is very nice to have an organization work closely with us to remedy a problem on the Rivergreenway instead of just complaining about it. We have received many favorable comments regarding this project and have told these people that the applause belongs to your organization.

Thank you once again for all your work and continued support.

Sincerely,

Jeff Baxley
Manager, Design & Engineering Section
Fort Wayne Parks & Recreation Department

P.S. I thought you might also be interested to know that approval has been given to install some additional signage at the Main Street Bridge to help direct users to Theime Drive.

cc: Byanski, Arnold, Edwards, Donnell, File

14K

What do running, six packs, brats, and beer have in common? Why, they were all found at the Cincinnati 14K Brewery Run held September 29. Bob and Joyce, who had been easing back into running after a lengthy lay-off, decided to check this one out. The first intriguing thing about it was the distance. After all, how many 14K's have you run? A PR for sure ! The second, and most crucial element in the decision, was the promise of great post race refreshments. Now that said a lot about the quality of our running. But then, my motto this year has been, if you can't run well, at least have a good time.

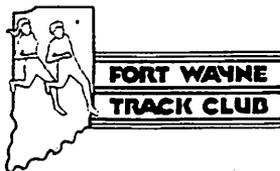
Case upon case of beer was carted away by the victorious. Costumed runners, hooked together as a six pack, were judged by their running peers. Here what counted was fashion, not speed, and Bob and I are definitely better at the former than the latter, so next year we've decided to go for it. We're presently auditioning runners slow enough to be a part of our team. Please direct any inquiries to either Bob or Joyce Hockensmith.

MARATHON READY ?

Painstakingly the mileage was coming back. We had run a 15 1/2 and a 16 miler, plus a couple of half marathons. Our sites were set on the Rocket City Marathon to be held in Huntsville on December 14. Some of our friends ran the Chicago Marathon on October 27, but not us, we weren't even close to being able to run a marathon.

Two weeks later - There we were in Columbus awaiting the start of the marathon. With some amount of luck, certainly not training, we got through the entire marathon in much better time than we felt possible.

Of the 5700 runners registered to run the Columbus Marathon November 10, 4400 finished. Of those 4400 representing the Fort Wayne Track Club were: Barb Scrogam, Mike Yann, Dave Winters, J.P. Jones, Barry Peterson, and Bob and Joyce Hockensmith.



FWTC MEMBERSHIP APPLICATION

Fort Wayne Track Club — for runners and walkers

Name/s _____ Birthday _____

Address _____ City _____ State _____ Zip _____

Business Affiliation _____ Business Phone _____ Home Phone _____

Age _____ Sex _____ New Member _____ Renewal _____

Dues:

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

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

Name _____ Birthdate _____ Age _____ Sex _____

Send application and dues to:

Fort Wayne Track Club

P.O. Box 11703

Fort Wayne, IN 46850

THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS".

PLEASE CHECK ANY WAY YOU WOULD BE WILLING TO HELP.

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Runner's Week <ul style="list-style-type: none"> <input type="checkbox"/> Camera <input type="checkbox"/> Host <input type="checkbox"/> Director <input type="checkbox"/> Race Director <input type="checkbox"/> Assistant Director <input type="checkbox"/> Transportation of Equipment to Races <input type="checkbox"/> Board Member <input type="checkbox"/> Finish Line Timers <input type="checkbox"/> Course Timers <input type="checkbox"/> Water Stations <input type="checkbox"/> Measure & Set Up courses <input type="checkbox"/> Co-ordinate Club Trip to race <input type="checkbox"/> Other (specify) _____ | <ul style="list-style-type: none"> <input type="checkbox"/> Newsletter <ul style="list-style-type: none"> <input type="checkbox"/> Typing (Race Results) <input type="checkbox"/> Feature Writer <input type="checkbox"/> Mailing <input type="checkbox"/> Advertising <input type="checkbox"/> FWTC Banquet <ul style="list-style-type: none"> <input type="checkbox"/> Decorations <input type="checkbox"/> Program <input type="checkbox"/> FWTC Picnic (August) <input type="checkbox"/> Fun Runs <input type="checkbox"/> Training Runs <input type="checkbox"/> Advertising-Potential Race Sponsors <input type="checkbox"/> Anywhere Needed |
|---|---|

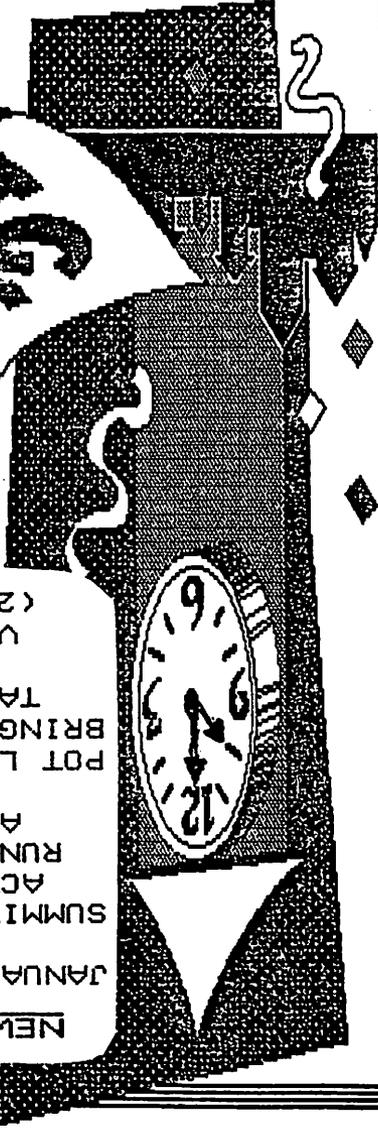
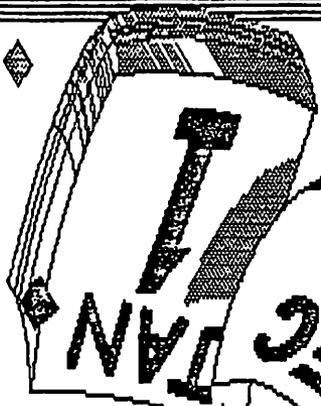
NEW YEAR'S DAY RUN

JANUARY 1, 1992 10:00 AM

**SUMMIT CHRISTIAN COLLEGE
ACTIVITY CENTER
RUN TO FOSTER PARK
APPROX 5 MI.**

**POT LUCK FOLLOWING RUN
BRING A DISH OR TWO &
TABLE SERVICE**

**VICKI JACOBS
(219) 456-1496**



1991 FORT WAYNE TRACK CLUB CALENDAR OF RACES & EVENTS

Check THE INDIANA RUNNER for other surrounding races. Conditions, whether or not a race has been postponed or cancelled, call race director and when writing to race director always send SASE for applications. FWC NEW HOTLINE & ANSWERING SERVICE -(219) 456-8739 * Applications available thru FWC, BOX 11703, FT. WAYNE, IN 46860 OR-DON LINDLEY (219) 456-8739.

1991
DECEMBER

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

2:00 PM

8 SUN * 11TH ANNUAL CHIPPEWA TROPHY WINTER 10K & 2 MILE PREDICTION RUN, VINCE PIKERD, 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 FOUNDATION, 8646 GUION RD, INDIPLS, IN 46268 (317) 879-0321 11:00 AM
8 SUN * JINGLE BELL RUN FOR ARTHRITIS, COLUMBUS SPORTS-A-FOOT, 1156 KEN- NY CTR., COLUMBUS, OH 43220 (614) 451-3549 11:00 AM

8 SUN 5 MILE SANTA'S JOG, RICH BASH, 13514 OLD LINCOLN WAY, DALTON, OH 44618 (216) 682-1327

11 WED *****
FWC FUN RUN & SOCIAL HOUR, MEET AT SUMMIT CHRISTIAN COLLEGE ACTIVITY CENTER, WEST OF WBCL, RUN TO FOSTER PARK AND BACK, BRING LOCK, SHOWERS AVAILABLE, AFTER RUN THERE WILL A POTLUCK DINNER BRING DISH & TABLE SERVICE & \$2.00 GIFT FOR GIFT EXCHANGE. RUN - 5:30 PM; DINNER - 6:30 PM
7:00 PM

FWC MEMBERSHIP & BOARD MEETING

14 SAT * JINGLE BELL RUN, FOSTER PARK, SUMMIT CHRISTIAN COLLEGE, THE ARTHRITIS FOUNDATION, 4915 ILLINOIS RD, FT WAYNE, IN 46804 (219) 436-4486 11:00 AM

14 SAT JINGLE BELL RUN 5K RUN/WALK, MCCURDY RES CTR, JANICE JOHNSON, 1100 E WALNUT ST, EVANSVILLE, IN 47714

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

14 SAT * 15TH ANNUAL WZYR ROCKET CITY MARATHON, HUNTSVILLE TC, 8811 EDGE-HILL DR, HUNTSVILLE, AL 35802, HAROLD & LOUISE TINSLEY (205) 881-9077. ENTRY DEADLINE: DEC 1 8:00 AM

21 SAT KICK-OFF WINTER RUN, 5K X-C, BIXLER LAKE PARK, RICH HAMLIN, (219) 347-4833, KENDALLVILLE, IN. 10:00 AM

28 SAT FREDERICKTOWN-MT.VERNON 7M, NEAL SPRINGER, 6362 GREEN VALLEY RD., VERNON, OH 43050 (614) 397-7456 11:00 AM

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

29 SUN RECOVER FROM THE HOLIDAYS FAT ASS FIFTY, 50M, ROBIN FRY, 407 TIBET RD., COLUMBUS, OH 43202 (614) 262-5799 7:30 AM

31 TUE NEW YEAR'S EVE RESOLUTION RUN, 5K, RICHARD BENNETT, 1336 DEQUINCY DR., BEAVERCREEK, OH 45385 (513) 427-1085 11:45 PM

1992
JANUARY

1 WED FWTC NEW YEAR'S DAY RUN, SUMMIT CHRISTIAN COLLEGE ACTIVITY CENTER
POTLUCK DINNER AFTER RUN, BRING OWN TABLE SERVICE AND ONE OR TWO
DISHES, NO ALCOHOL BEVERAGES, RUN TO FOSTER PARK APPROX. 5 MILES,
FWTC, PO BOX 11703, FT WAYNE, IN 46860 HOTLINE (219) 456-8739
OR VICKI JACOBS (219) 456-1496 RACE DAY REGISTRATION 10:00 AM

1 WED NORTHEAST RUNNING CLUB NEW YEAR'S RUN, 4M, KIRTLAND, OH, GENE
HANEY (216) 946-6749 10:00 AM

1 WED HANGOVER CLASSIC, 10M, DON MILLER, 1510 CHEROKEE RD #B-6,
LOUISVILLE, KY (502) 451-2625 10:00 AM

4 SAT * 8TH ANNUAL SIBERIAN EXPRESS 7.6 MILE RUN, CROSS-COUNTRY, SIBERIAN
EXPRESS, PO BOX 1701, DANVILLE, IL 61834 \$10 BEFORE DEC 6, 479
FINISHERS IN 1991. 12:00 PM

4 SAT THE CHARLOTTE OBSERVER MARATHON, BOX 30294, CHARLOTTE, NC 28230,
(704) 358-KICK 10:00 AM

5 SUN * MIAMI MARATHON, 26.2 MILES, 13.1 MILES, 3.1 MILES, TAC/RRCA STATE
CHAMPIONSHIP, MIAMI RUNNERS CLUB, 7920 SW 40 ST., MIAMI, FL 33155
(800) 940-4RUN OR (305) 227-1500 6:00 AM

18 SAT ATLANTA TC 50 MILER, WAYNE VANLEER, 3097 E. SHAWDOWLAWN AVE., N.E.
ATLANTA, GA 30305 (404) 231-9065 7:00 AM

FEBRUARY

1 SAT 26TH ANNUAL LAS VEGAS MARATHON & 5 PERSON TEAM RELAY, BOX 81262,
LAS VEGAS, NV 89180 7:30 AM

2 SUN GROUND HOG SEVEN, CLAY JR. H.S, CARMEL, IN

8 SAT BIRMINGHAM TC 50 MILE RUN, RICK MELANSON, 1235 PARLIAMENT LN.,
BIRMINGHAM, AL 35216 (205) 979-1731 7:00 AM

FEBRUARY

15 SAT FWTC FANNY FREEZER, 5K, FOSTER PARK, FWTC. PO BOX 11703, FT.WAYNE
IN 46860, RACE DAY REGISTRATION, HOTLINE (219) 456-8739 3:00 PM
NOTE NEW TIME, SO YOU CAN ATTEND FWTC BANQUET

15 SAT FWTC BANQUET, S.W.CONVERSATION CLUB, BLUFFTON RD., POTLUCK DINNER
(BRING ONE DISH AND A SALAD OR DESSERT, YOUR OWN TABLE SERVICE)
SOCIAL HOUR 5:00 PM AND DINNER 5:30 PM.

22 SAT PASSING FOR SANE 50M & 50K FUN RUN, ST.PETERSBURG, FL, DAN LANDRY
10632-106TH ST. N., SEMINOLE, FL 34643 (813) 392-4961 7:00 AM

29 SAT * FRANKLIN BAND AID 5M, JAY H. SHADLE, 364 HARWOOD DR, FRANKLIN,
OH, 45005 (513) 746-2607 1:00 PM

1992

MARCH

13 FRI NCAA INDOOR CHAMPION, ATLANTA, GA

14 SAT NCAA INDOOR CHAMPION, ATLANTA, GA

21 SAT JOHN NORRIS 5K, AMBOY, IN

21 SAT MULTI-PURPOSE, 13.1 M, ANDERSON, IN

22 SUN MOUNTAIN GOAT HILL RUNS, KKR, BOX 1701, DANVILLE, IL 61834
(217) 431-4243

MARCH

28 SAT 12TH ANNUAL NUTRA RUNS EVENTS, 20KM, 5M, & 1M, FWTC, PO BOX 11703
FT WAYNE, IN 46860, RACE DIRECTOR: JUDY TILLIPAUGH (219) 424-6723
OR FWTC HOTLINE (219) 456-8739 2:00 PM

30 SUN WOLFPACK 50 MILE, JOHN WHITE, 4685 ARTHUR PL, COLUMBUS, OH 43220
(614) 459-2547 7:00 AM

1992

APRIL

- 12 SUN SAM COSTA, 13.1 M, CLAY JR. H.S., CARMEL, IN
- 12 SUN * 12TH ANNUAL RED BRICK RUN 5K, PO BOX 453, OXFORD, OH 45056, BOB STEWART (513) 523-4530 1:30 AM
- 25 SAT SHOE SUCKER SEVEN, HUNTINGTON, IN
- 26 SUN BIG SUR INTERNATIONAL MARATHON, PO BOX 22260. CARMEL, CA 93922
WILLIAM B. BURLEIGH (408) 625-6226

1992

MAY

- 2 SAT RUN FOR LIFE, ANDERSON, IN
- 2 SAT STROLLING JIM 40, 41.2 MILES, GARY CANTRELL, 233 UNION RIDGE, WARTRACE, TN 37183 (615) 389-6870 7:00 AM
- 16 SAT AUL RUN, MOUNDS STATE PARK, ANDERSON, IN
- 22 FRI INDY HALF-MARATHON, INDPLS, IN
- 28-31 RRCA NATIONAL CONVENTION, MIL., WS
CONTACT KEN DISLER OR DON LINDLEY, IF WE CAN GET ENOUGH MEMBERS
WE CAN CHARTER A BUS TO THIS EVENT. IT WILL BE A VACATION
YOU'LL NEVER FORGET. SO PLAN EARLY!
- 30 SAT RAY SEARS 5K, MARION, IN

1992

JUNE

- 6 SAT JOHN NORRIS 5K - SOMERSET, IN
- 6 SAT WHITE RIVER 15K RUN, ANDERSON, IN
- 13 SAT GERMANFEST 5 MILE, FWTC
- 19-28 * UNITED STATES OLYMPIC TRACK & FIELD NEW ORLEANS '92, 601 LOYOLA AVE., SUITE 214, POYDRAS PLAZA MALL, NEW ORLEANS, LOUISIANA 70113 (504) 484-1992 OR 1-800-683-1996
- 20 SAT JOHN NORRIS 5M - SWAYEE, IN
- 27 SAT WHITE RIVER PARK GAMES, FOSTER PARK, FORT WAYNE, IN
- 27 SAT * WESTERN STATES 100 MILE ENDURANCE RUN, HELEN & NORM KLEIN, 11139 MACE RIVER CT., RANCHO, CORDOVA, CA 95670 (916)638-1161 5:00 AM
- 1992
- JULY
- 4 SAT YANKEE DOODLE 5K - MARION, IN
- 7 TUES THE DISTANCE CLASSIC (TRACK) 800M +, MARION, IN

Sober Champagne

Choose stemmed champagne glasses. Pour each glass half full with very cold diet ginger ale. Fill the glass with very cold apple cider. Serve at once while the bubbles are still rising.

Nutritive Values (8 ounces)

Calories: 55
Protein: 0 gm
Carbohydrates: 12 gm
Fat: 0 gm
Sodium: 1 mg

Diabetic Exchanges (8 ounces)

1 fruit

Winter Fruit Salad

Colorful, flavorful, but rich. Serve with a warm bran muffin for a luncheon meal.

2 firm medium apples, cored and cubed
2 bananas, halved lengthwise, then cut into 1-inch pieces
8 dried apricots or 4 dried peach or nectarine halves, coarsely chopped
4 dried pitted prunes, coarsely chopped.
1/2 cup raisins
3 to 5 heaping tablespoons plain yogurt
1/2 tablespoon honey
1 to 2 tablespoons orange or apple juice or orange liqueur
2 tablespoons coarsely chopped toasted almonds

Combine first 8 ingredients in medium bowl and mix well. Stir in juice or liqueur to taste. Cover and chill. When ready to serve, gently mix in almonds.

Makes 4 servings.

Nutritive Values (1/4 recipe)

Calories: 226
Protein: 4 gm
Carbohydrates: 51 gm
Fat: 2 gm
Sodium: 32 mg

Diabetic Exchanges (1/4 recipe)

Not recommended

February 15, 1992

FW Track Club



Banquet



at the
Southwest Conservation Club
Bluffton Road

AWARDS

5:00 Social

ENTERTAINMENT

5:30 Dinner

FUN

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

POT LUCK DINNER

—PLAN NOW TO ATTEND—

The Inside Track would like to hear about the races you attend. Please take a few minutes after the race to complete the following form and mail to : Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

YOUR NAME: _____

RACE: _____

DATE: _____

DISTANCE: _____

YOUR TIME (Optional) _____

WEATHER CONDITIONS: _____

APPROX. # RUNNERS: _____

WHAT YOU LIKED ABOUT THE RACE:

OTHER FWTC RUNNERS ATTENDING:

OTHER COMMENTS:

RUNNERS, WALKERS, INTERESTED PERSONS:



Please take a few minutes, complete the following questionnaire, and mail to:

Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

The City of Fort Wayne is planning monthly events to celebrate its 200th birthday in 1994. They would like to offer some type of running event in October. What type of October race, or combination of races, would you like to see in Fort Wayne?

- | | |
|--|-------------------------------|
| <input type="checkbox"/> Marathon | <input type="checkbox"/> 15K |
| <input type="checkbox"/> Teams | <input type="checkbox"/> 10K |
| <input type="checkbox"/> Relay | <input type="checkbox"/> 5K |
| <input type="checkbox"/> 1/2 Marathon | <input type="checkbox"/> Walk |
| <input type="checkbox"/> Children's Run | |
| <input type="checkbox"/> Fun Run | |
| <input type="checkbox"/> Other (specify) _____ | |

In what way would you support this event?

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Race Director | <input type="checkbox"/> Timer |
| <input type="checkbox"/> Assistant Director | <input type="checkbox"/> Registration |
| <input type="checkbox"/> Course Marshal | |
| <input type="checkbox"/> Post Race Refreshments | |
| <input type="checkbox"/> As Needed | |

Other suggestions for this event?

Coming Events...

**JUST PLAIN 10K RUN & 3.3 K WALK,
Sat., Dec. 7, 1991 • 2:00 P.M. at Foster Park**

**FWTC FUN RUN & SOCIAL,
Wednesday, December 11, 1991 • 5:30 P.M.
at Summit Christian College**

**FWTC NEW YEAR'S DAY RUN, 5 Miles,
January 1, 1992 • 10:00 A.M.
at Summit Christian College**

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
ROAD RUNNERS CLUB OF AMERICA



**FORT WAYNE
TRACK CLUB**

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

Bulk Rate
U.S. POSTAGE
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Ft. Wayne, IN
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