

# the inside track

Feb. 1992 - Mar. 1992



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

## FANNY FREEZER



FEBRUARY 15  
5K FOSTER PARK  
3:00



FWTC BANQUET  
SW CONSERVATION  
CLUB  
GUEST SPEAKER  
HAL LEWIS  
5:30 POT LUCK



Author of: **From the Middle of the Pack**

# 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.....	Paul Knott, 485-1917
Advertising Coordinator.....	Rodger Puckett, 489-8868
Membership.....	
Indiana RRCA State Rep.....	Judy Tillapaugh, 456-3277
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  
Alan & Velma Bradley  
John Jedinak  
Jack Hilker

PRESIDENT'S COLUMN - Bob Hockensmith

If you find it increasingly difficult to drag your body out on the road during these dark and chilly mornings, it is time to realize that Spring is just around the corner. By the time this issue of the newsletter reaches you, Groundhog Day will have passed and we will be expecting about six more weeks of winter. When the Spring races start, we all want to be ready to take advantage of every running opportunity. At least, that is what I keep telling myself as I'm urged to go out for a run long before daylight.

It is my hope that 1992 will see many more Fort Wayne Track Club members entering races and enjoying the few days of sunshine offered by our Indiana climate. While thinking of climate, I'm reminded of a recent event in New Orleans where a pleasant climate was expected, but didn't materialize. Joyce, Barb Scrogam and I made a fast trip to Jackson, Tennessee to join Chuck and Marilyn Mills (former FWTC members) for the final leg of the journey to run the New Orleans Marathon on January 18. What a surprise was in store on that Saturday morning as we awakened to a heavy rain, winds of at least 30 miles an hour, and temperatures hovering around 40 degrees. To sum up, all of us managed to finish what was the most miserable climate for running that any of us had experienced. The return to Fort Wayne made us appreciate the clearing skies as we approached home.

On the Track Club front, there are many ideas circulating about a possible name change for the club, the need for more volunteers, a shortage of race directors, the perennial problem of an inadequate budget to fund our equipment needs, and a lot of good thinking necessary to plan for the future. We desperately need your thoughts and ideas to make the club stronger and more able to meet the needs of all club members. Once again, I urge you to come to the Track Club meetings on the second Wednesday of each month and help all of us do a better job.



**FORT WAYNE TRACK CLUB  
MEMBERSHIP MEETING SUMMARY  
DECEMBER**

A short 5 mile run preceded the December Membership Meeting. It was a unanimous decision to make the meeting as brief as possible in order to get to the Potluck Dinner & Gift Exchange. January's meeting was back to the original format of a training run followed by a membership meeting and a supply of great popcorn furnished by Polly Jacobs.

Members present: Bob & Joyce Hockensmith, Don Lindley, Judy Tillapaugh, Ken Disler, Bob Loomis, Vicky Jacobs, Polly Jacobs, Barb Scrogham, Maureen & Bob Gensheimer, Jack Hilker, Herman Bueno, John Jedinak, Brad Cooper and Rodger & Valerie Puckett.

The Treasurer's reports for the month of December/ YTD and January were presented by Don Lindley. All were approved by the members present. Don also presented the 1992 budget which was approved. Major expenses again include: Newsletter, Insurance, RRCA dues and postage. These items total approximately \$13.58 per member. Membership dues are only \$12.00. This shortfall must be made up with equipment rental, race entry fees and advertising. Be sure to encourage participation in FWTC events, volunteer to help Paul Knott with equipment rental, and alert board members of advertising possibilities.

Bob Hockensmith would like club members to voice their opinion concerning a possible name change for the FWTC. A few members have mentioned possibly changing the name to better reflect the club's true identity. Example: Running Club vs. Track Club.

Paul Knott and Wayne & Sara Unsell have volunteered to be coordinators for the Equipment Rental and Race Schedule. Be sure to thank them and offer any help when possible.

Don Lindley looked into a possible phone listing for the FWTC hotline number. Report back is that the expense is too high. Don will continue to have the Hotline on his home phone.

February 15th is the Fanny Freezer race followed by the Fort Wayne Track Club annual banquet. Confirmed speaker is Hal Lewis ..... See newsletter for details.

Brad Cooper attended January's meeting to present a proposal for a NIKE/Grant for Youth Fitness via the FWTC for exercise equipment. Brad teaches at Waynedale Elementary School in Fort Wayne. Waynedale is one of only two magnet schools that focus on fitness in the country. The board approved the proposal.

Race & Running News: Annual Health Fair will be held at IPFW on March 4th. The FWTC will again have a booth. Please contact a board member if you would be able to man the booth for any length of time. The Nutra Fit Fair will be held March 10th at the YMCA. The second Wellness Council Corporate Challenge will be held June 19th & 20th. The White River Park State Games 5 mile run will be held on June 27th. We are in need of a race director for this event. It would be great experience for a first time race director or for a coach wanting to contact local runners. The Fort Wayne Parks Department will be putting on a Splash & Dash event on August 9th. The run will be from Foster Park to Sweeney Park followed by a swim.

A new volunteer check list, volunteer contact sheet and race questionnaire has been prepared by Joyce Hockensmith. Be sure to look for these in the Newsletter. Please complete and return. . . . Help decide future events the FWTC will be holding.

The next membership meeting will be on February 12 at 7:00 PM. A run will start at 5:30 PM.

**FWTC**  
**VOLUNTEER !                      GET INVOLVED                      VOLUNTEER !**

SHOWERS AT THE SUMMIT CHRISTIAN COLLEGE  
 ACTIVELY CENTER WILL BE OPEN FROM 4PM TO  
 5PM FOLLOWING THE FANNY FREEZER.  
 For more information, contact Vicki Jacobs  
 Days 456-2111 ext 2202; Evenings 456-1496

\* \* \* OUT OF TOWN RUNNERS \* \* \*

—PLAN NOW TO ATTEND—

*(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

**5:30 Dinner**

FUN

**5:00 Social**

AWARDS

ENTERTAINMENT

at the  
 Southwest Conservation Club  
 Bluffton Road



**Banquet**



**FW Track Club**

**February 15, 1992**

## BOARD MEMBERS PROFILE

Meet Barb Scrogam, a familiar face around the race circuit and at monthly FWTC meetings. Barb, born September 22, 1946, (I'm sure glad I'm not that old), is employed at Wal-Mart in the Sales-Fabric Department. Her family includes her daughter, Kim, who is presently working and going to school at IPFW. Barb's sisters have made their homes in California. (Can you believe anyone would ever leave Northern Indiana?) Also near and dear to Barb's heart is Butterscotch, a three year old bunny who shares her apartment. Barb indicates that Butterscotch is a model roommate because she stays in her cage, is litter trained, is reasonably quiet, and doesn't throw wild parties.

When Barb isn't running she enjoys water skiing, dancing, and photography. (Boy, don't we know that! In fact I don't think Barb goes anywhere without her camera.) Barb also enjoys reading, eating out, and going to movies. Her favorite spectator sport is basketball which works out since she is much too short to play. She says her favorite restaurant is Pizza Hut. She frequents the one at Northcrest and I think she has qualified for their gold card for which you are eligible only after 500 visits.

If you see a short, blonde running in the Northcrest addition in the morning, it's probably Barb on one of her nine mile training runs, although she enjoys running on the Greenway on the weekends with friends. Barb likes to run marathons in her Brooks running shoes and has completed 4 in 1991 and 19 altogether. Barb's favorites are the New York City, Boston, and Los Angeles marathons. Barb's dream is to run a marathon in under 3:30. After a race Barb likes to find fruit and cookies.

Barb has found inspiration from those who participate in races even though they are handicapped. Being blind, in a wheel chair, or having just one leg makes the race a personal challenge.

Barb hopes to see the Fort Wayne Track Club grow and become a leading running club in Indiana. This can only happen, she says, if more of its members get involved!

Vicki Jacobs has become an active member of the FWTC. she was born September 10, 1949 and is presently employed as secretary to the president of the Summit Christian College.

Her family includes her mom and dad, a brother, sister-in-law, and three nieces. Her hobbies include aerobics, walking, bicycling, and swimming. These are the things she enjoys doing with her family in addition to being very involved with the First Missionary Church and with Summit Christian College. Vicki enjoys watching Summit Christian College basketball and eating at home which is her favorite restaurant. (Maybe we ought to try it? Vicki's house, that is)

Vicki likes to train at the 10K distance, but would rather race at the 5K or 4 mile distance. After a run she enjoys fruit. You will find her out early (5-6 a.m.) running in her neighborhood in her Asics running shoes.

Vicki has been inspired by the Apostle Peter because he's an example of someone with lots of rough edges, but with a tender heart toward the Lord. The Lord worked in Peter's life chipping away the rough edges to transform him into a man who had tremendous impact on the world. She has also been inspired by one of her co-workers at the college because of his spiritual depth, maturity, and close walk with the Lord.

Vicki dreams of continuing to serve the Lord and seeks to glorify him in all she does. She tries to keep her fitness activities in balance and proper perspective so they don't become her "god".

Rodger Puckett, born March 8, 1944, is a supervisor at Phelps Dodge. His family includes his wife, Valerie, 3 sons, 2 daughters, and a dog. Rodger indicates he like to play golf, hunt, bike, and swim. Other than running he enjoys skiing and traveling with his family. Like most of the others interviewed Rodger enjoys watching basketball and eating at T.J. Pasta. Unlike normal people Rodger's favorite distance to run is 18-20 miles in the early morning, or at night wearing his Brook's running shoes. If provided the opportunity, Rodger enjoys running at the Chain-of-Lakes Park on the trails. Knowing that, you won't find it difficult to believe that his favorite race is the Ice Age Michigan Trail Marathon. After the race Rodger prefers to be served pizza.

Rodger began running 9 years ago after he saw his brother and his wife running. Rodger's dream would be to run the Badwater 146 mile course from Death Valley to Mount Whitney. (Anyone else out there share that dream?)

Rodger would like to see the FWTC have 1,000 members by the year 1995 with lots of young blood.

Valerie Puckett, born August 28, 1945, claims she is a homemaker and I can believe that her beautiful large home and grandson keep her busy. Her family includes her husband, Rodger, a daughter, Amy 22, a daughter, Missy 20, and Shasta, the canine member of the family. (You just thought it was Rodger)

In addition to running, Valerie shares a biking and skiing interest with Rodger. Valerie also enjoys camping, traveling, and spending time with the grandchildren.

Valerie also shares Rodger's love for basketball and eating at T J Pasta. She does not, however, share his love for ultras, and would rather keep her distance at 5-10 miles. Valerie's favorite races have been the Chicago Marathon and the Danville Wild Wilderness Run. After the race, Valerie would prefer being served frozen yogurt. (I'm with you, except in winter)

Valerie takes to the road about midday in her Brooks keeping in mind her dream to run Boston. Valerie admires Joan Benoit Samuelson because she is so tough mentally.

Valerie would like to see a major race in Fort Wayne, such as a 10K or half marathon. She would also like to see the track club get a lot of new members and more volunteers. (So, how about it? You can make her dream come true.)

---

---

## BIRTHDAYS

### February

4 Hal Atkinson  
9 Bill Mack  
10 Chris Bandemer  
16 Dewey Culbertson, Jr.  
29 Larry Palmer

### March

4 Susan Sipes  
8 Rodger Puckett  
8 David Thomson  
16 Joyce Hockensmith  
16 Charles Putterbaugh, Jr.  
26 Mark Delbello  
29 Robert Wiersma  
31 James Miller

---

---

## ROCKET CITY

By Joyce Hockensmith

With great anticipation, Bob, Barb, and I set off for Huntsville, Alabama. The trip was fortunately uneventful and we arrived in good time. As we stiffly piled out of Bob's Grand Prix and unloaded our gear at the Hilton, Barb glanced at my running shoes hanging on my bag.

"Those aren't your Millenniums," she stated.

"They aren't?" I questioned. This was certainly nothing to joke about.

"My Millenniums aren't that color," countered Barb.

By this time I was beginning to realize that Barb had a valid point. Those shoes hanging from my bag were not my Millenniums. They were a pair of running shoes, all right, but just a week earlier I had run JP's 10K in those shoes and come away nearly lame. I simply could not begin a marathon in shoes I knew would be killing me after 6 miles. This was the absolute worst thing that could happen (short of death or dismemberment) and I felt depression gnawing at my psyche.

Fighting it off I decided, "Surely there is a sports store in Huntsville that will have a pair of Millenniums. They'll be brand-new, but at least they're a shoe I can run in." An hour later, however, after calling everything even remotely having the description of a sports store, I was definitely in the depths of depression. I was not going to have even a new pair of Millenniums. I just could not run. But we had come so far.

At this point, with nothing to lose, I decided to check out the EXPO which at Huntsville was not much. A sports store from North Carolina had quite a few shoes on display. "Do you have any women's running shoes size 8 1/2?" I half-heartedly inquired. After hearing my plight, the man working the booth was sympathetic and suggested trying an Asics Gel Lyte Speed.

To make a long story shorter, I did finish that marathon with no blisters. It was far from my best time, but it wasn't my worst either. I'm sure I will never arrive at a marathon without my shoes ever again.

Two members of the Fort Wayne Track Club fared much better. Brad Cooper placed 2nd overall. What an accomplishment! Barb Scrogam placed 3rd in the 45-49 age group.  
**CONGRATULATIONS TO BOTH !**



FORT WAYNE TRACK CLUB  
 NEW YEAR'S PREDICTION RUN  
 4.8 MILES  
 JANUARY 1, 1992

<u>Name</u>	<u>Prediciton</u>	<u>Time</u>	<u>Difference</u>
Bob Milton	31:00	29:11	1:49
Gene Striggle	39:00	36:58	2:02
Jeff Raff	40:00	37:10	2:50
Jim Anderson	40:00	37:09	2:51
Tom Loucks	35:00	31:14	3:46
Herman Bueno	34:50	31:16	3:34
Greg Osborn	35:55	31:14	4:41
Don Lindley	42:00	37:12	4:48
Jerry Diehl	38:39	33:18	5:21
Tom Felger	39:00	33:37	5:23
Lynn Armstrong	39:00	32:56	6:04
Judy Tillapaugh	40:05	33:17	6:48
Bob Loomis	40:30	47:28	6:58



## 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.



# FEATURE Shoes, The Man by Hal Lewis

They called him Shoes. That's all. Shoes. The last time I saw him was early morning on the Fourth of July. It was in Heritage Park, the starting place for the Volkslaufe, Frankenmuth's preeminent and memorable 10 km race. We had arrived in picturesque Frankenmuth, Michigan, the evening before, and checked into the handsome Bavarian Inn Lodge so that we would be able to leap out of bed and in just a few minutes walk the short distance to the race site. Along with hundreds of other eager runners, we were in the park well before starting time going through our pre-race rituals.

Dave spotted him first and said, "Hey you guys, there's Shoes! It's been awhile since I've seen him."

"Me too," I said.

"See that guy in the hot pink shorts by the Brautwurst stand? That's Shoes," pointed out Dave.

"That's not his real name is it? Shoes? What's his real name?" asked Paul.

I shrugged my shoulders, "I don't know."

"I never heard anyone ever call him anything else," said Dave.

"How come? How come they call him Shoes?" asked Paul.

"Come on, I'll introduce you," said Dave giving me a furtive look and winking.

We sauntered across the park to the Brautwurst stand where Shoes was stretching his hamstrings.

"Hey, Shoes," I said.

"Hal, how ya doin'?" said Shoes glancing at my Nike Air Spans, and smiling brightly. "What's up Dave?" he said, momentarily studying Dave's new Asics-Gel-MCs.

Shoes looked up at Dave and said, "I didn't realize you were an overpronator." He had a surprised look on his face.

"Well, yeh...but just a little," said Dave defensively.

"Well, that's a good motion control shoe. Heavy though. Weighs thirteen ounces, but it'll give you a softer cushioned ride. It's got compression molded EVA midsole, too."

"EVA? What's EVA?" I asked.

"Midsole's made of ethylene vinyl acetate," explained Shoes. "A common midsole foam used in running shoes."

"Shoes," Dave said, "I'd like you to meet my friend, Paul."

"Glad to meet cha," said Shoes extending a hand to Paul and examining his shoes at the same time.

"How ya doin'?" said Paul feeling a little uncomfortable and wondering if he was wearing the right shoes, and hoping he was,

and that they would bear up under Shoe's scrutiny.

"Do you really feel that the DRP gives that shoe the stability it's supposed to?" asked Shoes doubtfully.

A little disconcerted, Paul said, "I...L...don't know. What's...what's DRP?"

"DRP? DRP stands for dynamic reaction plate," said Shoes patiently. "Your Etonic Stableairs have dynamic reaction plates in the rearfoot ambient air units. Gives you more lateral support."

"Well...yeh...I think it does," said Paul vindicating his choice of shoes.

"Course, adding the DRP made them a little heavier, but you gotta expect that whenever they try to stabilize a shoe."

"Yeh...right...Ya can't have everything," said Paul.

"Eleven and three-tenths ounces," added Shoes.

"Eleven and...oh yeh, I know," said Paul.

Just then Shoes was distracted by a cute young thing jogging by. She was sporting a ponytail and a colorful fantasy tanktop. Shoes followed her with his eyes until she was lost in the crowd, and then turned to us quite animated and obviously aroused.

"Hey! You guys see that? You see what she was wearin'?" Shoes was inflamed. "That's the first time I've seen the new Brooks Fascination Plus. Three-density compression-molded EVA in diagonal rollbar design! Hydroflow in the rearfoot AND a kinetic wedge in the forefoot!" Shoes' eyes were ablaze; he was on fire with excitement. "The outsole is blown runner with carbon runner heel and forefoot PLUGS!" Shoes was almost salivating.

I said, "Nice seein' you again, Shoes. We're going to jog a little...get warmed up. Have a good race."

"Yeh, see ya later, Shoes," said Dave.

"Nice ta meet ya," said Paul.

But Shoes was so aroused by seeing his first pair of Brooks Fascination Plus that he didn't hear us. The three of us jogged off across Heritage Park leaving the guy everyone called Shoes standing in awe beside the little Brautwurst stand.

*editor's note: Hal Lewis is the author of the book From the Middle of the Pack and has had articles published in the Indiana Runner, Ohio Runner, and Michigan Runner. He has run in over 175 road races, sixteen of which were marathons.*



6 OKLAHOMA RUNNER

June/July, 1991

**Congratulations** to Herman Bueno on his 7th place finish at the Jingle Bell Run. Herman enjoyed the race and felt the weather was ideal. He also thought it was nice to see most of the participants attend the award ceremony.



LUTHERAN HOSPITAL OF INDIANA  
 Health Promotion Services  
 (219) 458-2345



TWELFTH ANNUAL NUTRI-RUNS AND WALK  
 EVENTS: 20KM. (12.4 MI), 5 MILE  
 1 MILE RUNS, 2 MILE WALK  
 SATURDAY, MARCH 28, 1992

WOODSIDE MIDDLE SCHOOL, FORT WAYNE, IN  
 RESTROOMS, WATER, NO SHOWERS

TIME: 2:00 p.m. - 20 km and 5 mile runs: 2:15 p.m. - 1 mile run, 2 mile walk

COURSE: Over the hills and plains of Homestead

REGISTRATION: After 1:00 p.m., DAY OF RACE ONLY

AWARDS: NUTRITIOUS AND DELICIOUS!!

1ST PLACE MALE AND FEMALE, 20 km RUN--FULL AEROBIC FITNESS  
 ANALYSIS BY LUTHERAN HOSPITAL'S HEALTH PROMOTION SERVICES  
 EXERCISE SPECIALIST - WORTH \$225.00

1ST PLACE MALE AND FEMALE, 5 MILE RUN--AEROBIC FITNESS  
 SERVICES EXERCISE SPECIALIST - WORTH \$100.00.

2ND & 3RD PLACE OVERALL FINISHERS IN THE 20 km and 5 MILE  
 EVENT WILL GET CASA D'ANGELO'S GIFT CERTIFICATES

RIBBONS AND WHOLE WHEAT plus bread from Hilgers Farm Market to  
 all age group winners in the 20 km and 5 mile runs.

RIBBONS and surprises to all 1 mile run and 2 mile walk participants.

\* Special bonus for breaking the course records!! 20 km Brad Cooper-  
 1990 1:06:49, Chris Cooper-1990 1:19:41, 5 mile run, Mark Sanderson-  
 1990 27:38, Mary Theresa Conolly-1989 32:15.

FEE'S: WTC member - \$1.00; non-member - \$3.00; 50¢ for 1 mile run and  
 2 mile walk. PLUS: All Runners Are Asked To Bring An Edible Food  
 For Post Run/Walk Enjoyment (NON-ALCOHOLIC). Examples: fruit,  
 pretzels, popcorn, or nutritive cookies. People are ALSO ENCOURAGED  
 TO BRING A NON-PERISHABLE FOOD FOR THE ST. MARY'S SOUP  
 KITCHEN.

DIRECTIONS: Woodside Middle School is located next to Homestead High School at  
 the corner of Homestead and Aboite Center Roads.

RACE DIRECTOR: Judy Tillapaugh, R.D. - Assisted by Mike Kast and Cheryl Pasko.

For more information, call 219-458-2345.

WELCOME!! Contact Judy, or Mike if interested.

--COME CELEBRATE NUTRITION MONTH WITH US!!--



Northeastern Indiana Dietetic Association

Judy Tillapaugh participated in the J.P. Jones Just Plain 10K  
 Dec. 7. She feels it was an excellent opportunity to pass on a few  
 unused t-shirts to needy children. Judy also commented that t-  
 shirts make the perfect entry fee. She also sends her compliments  
 to the chef who made the soup.



**FORT WAYNE  
TRACK CLUB**

P.O. BOX 11703  
FORT WAYNE, IN 46860

October 30, 1991

Jane Dolley, President  
RRCA National Office  
629 S. Washington St.  
Alexandria, VA 22314

Dear Jane:

Please accept this nomination of Jerry Diehl for the 1991 RRCA Scott Hamilton Award. From September 1989 to August 1991, Jerry has served the Fort Wayne Track Club (FWTC) as our president. Jerry has donated countless hours of his time for the successful promotion of our club's many activities and races.

During this time he has done many things, outstanding of which are the following:

1. Organized active race schedule for all our members including a special scholarship run to raise funds for needy cross country student athletes.
2. Took charge and put on superb annual award banquets for club members which were well attended and highly appreciated and included special awards for outstanding local high school track and cross country runners.
3. Race director of eight to ten races and assisted in some capacity at nearly all other FWTC Races.
4. Assisted and took responsible roles in community oriented non-FWTC races which would have not succeed without his expertise.
5. He also spent many of his personal hours as head cross coach of Indiana-Purdue University at Fort Wayne (IPFW), which program, under his leadership, was substantially enhanced. He also implemented annual high school cross country races at IPFW.
6. Worked on club newsletter in some capacity (mailing, writing, and production) every year.
7. He has spent many hours meeting with anyone interested on running events and encouraging members to take on club responsibilities.
8. He is a certified TAC official, having worked several cross country meets in such capacity.
9. He has been constantly been in contact with community leaders and organizations to promote health and fitness and particularly events where running/walking would be a integrate part.

On behalf of our club, I nominate Jerry Diehl for the RRCA Scott Hamilton Award as THE outstanding club president of the United States.

Very truly yours,

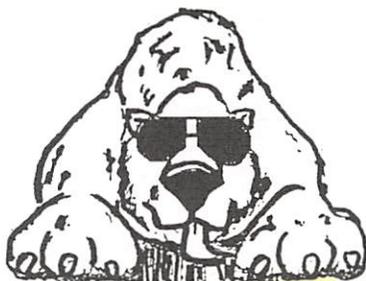
*Robert R. Hockensmith*  
Robert Hockensmith, President  
Fort Wayne Track Club

**COME RUN WITH US**

---

**Congratulations to Bob Loomis who placed third in his age group in the Ohio City 10K in November. About 100 runners braved the windy 25 degree weather. (Wind chill 10 above) It was worth it since the awards were nice.**

---



## SIBERIAN EXPRESS 7.6 MILE RUN

JANUARY 4, 1992

DANVILLE, IL

PLACE	NAME	TIME
4	MIKE MCMANUS	41:23
6	BRIAN SHEPHERD	41:37
29	STEVE CASWELL	46:40
150	DON LINDLEY	57:33
210	MEL HOCHSTETLER	61:05

TOTAL FINISHERS 389

---

Lynn Armstrong headed for the sunny south in December. Just for fun while visiting his son on Dec. 7 he ran a 5K in Vero Beach, Florida. He finished in a time of 18:52 along with about 160 other runners on a sunny, clear 74 degree day. Since Lynn had so much fun that day, he decided to run a 10K the next day in Boca Raton. Sunny, clear 78 degree weather brought about 500 runners to this race. Lynn comments that it was one of the most beautiful and scenic courses he has ever run. Going out, the Atlantic Ocean and beaches were on his left. The race finished in the absolutely gorgeous Spanish River Park with hanging Spanish moss trees, palm trees, and an abundance of tropical plants, somewhat like running through a tropical rain forest. Plenty of wood chips made enjoyable running on the trails through the park. Lynn ran a very respectable 42:57.

---

Don Ford drove 5 hours from Fort Wayne to Parkersburg, West Virginia on August 17 to participate in a half marathon along with about 1400 other runners. On a clear 65 degree day, Don felt it was a great race with challenging hills. Another plus was the pasta and pizza dinner included in the entry fee. (Of course he didn't mention how much that was) A beautiful conclusion was the fireworks that were shot up over the Ohio River as part of a Homecoming Festival.

The U.S. Men's National Championship was won by Jon Sinclair in 1:03:44.

---

Don Lindley participated in the Siberian Express 7.6 Mile Run. His comments were that it was muddy at the beginning, but regardless he settled into a 7:20 pace. Although finding a bigger rope at the 4 mile downhill, he made it to the 5 mile mark before the first male runner crossed the finish line.

---



October 25, 1991

Harold and Louise Tinsley  
881 Edgehill Drive  
Huntsville, AL 35802

Dear Harold and Louise:

Please accept this nomination of Mark Brattoli for the 1991 NIKE/RRCA Rod Steele Memorial Award. During 1990 and 1991, Mark has served as our equipment coordinator for the Fort Wayne Track Club (FWTC). His position is a vital function of the FWTC because of the revenue it generates. He had served as an assistance before assuming duties as chairperson.

Mark has been an active member since 1984, board member, and assistant race director. He assisted in some capacity at nearly all FWTC races. He always available for emergency problems when they arise.

Mark secures rental services from all race directors. He would always see that the job was done, even if he had to do it himself. Teaching someone to time a race at the finish line is a skill by itself. Also, he helped develop guidelines pertaining to equipment rental and usage. His talent in electronics makes him a valuable asset to the club.

Mark has worked on the club newsletter in some capacity every year. He promoted our Tuesday and Thursday night fun runs so novice runners as well as advance runners could enjoy running. At the office, he motivates other employees to run with him in regards to the health benefits. He encourages people to join the FWTC and advises them the benefits they can receive from the club.

At the FWTC award banquets, he has been singled out many times for his outstanding service and contribution. I nominate Mark Brattoli for this year's Rod Steele Memorial Award as THE outstanding club worker in the United States.

Very truly yours,

A handwritten signature in cursive script, reading "Robert R. Hockensmith".

Robert Hockensmith, President  
Fort Wayne Track Club

**COME RUN WITH US**

---

Vicki and Polly Jacobs support the local runs. They both participated in the Just Plain 10K and the C-O-L-D Jingle Bell Run. Polly felt that both runs were excellent, well organized, and had good turnouts. Vicki sends her compliments to J.P. Jones. She felt he had a great run, great stew, and of course great honey.

---

RESOLUTION RUN  
New Year's Eve  
Beavercreek, Ohio

1st Brian Shepherd  
2nd Mark Furkis  
4th Jerry Williams  
5th Mark Sanderson  
6th Pete Bowman

Polar Bear Team  
1st Overall



---

Rodger Puckett participated in the Seagate Ultra 60K on November 30. Race conditions were almost perfect with the temperature at 50 degrees and sunny, if it hadn't been for the 40-50 mph wind. Although he claims he was undertrained, he completed the 60K course in 5 hr. 59 min.!

---

3rd Annual West Noble Scholarship Run 5K

<u>No.</u>	<u>Name</u>	<u>Time</u>	<u>No.</u>	<u>Name</u>	<u>Time</u>
1	Brian Shepherd	15:23	23	Joe Hilger	19:16
2	Mark Furkis	15:23	24	Jerry Suelzer	19:24
3	Jerry William, Jr.	16:15	25	Justin Green	19:32
4	Chuck Schlemmer	16:33	26	Fred Ross	19:53
5	Mike Schlemmer	16:51	27	Jason Yoder	19:54
6	Paul Furniss	17:04	28	Gene Lightner	21:08
7	Carl Ricsh	17:08	29	Bob Weltz	21:53
8	Jim Furkis	17:10	30	Khelli Leitch	22:04
9	Morry Riddle	17:15	31	Don Anderson	22:08
10	Paul Knott	17:17	32	Joanna Kilgore (F)	22:21
11	Hal Pearson	17:22	33	Ryan Wheat	22:33
12	Steve Coswell	17:24	34	Eugene Striggle	23:08
13	Phil Suelzer	17:28	35	Kerrie Byers (F)	23:16
14	Mike Flora	17:40	36	David Coswell	23:45
15	Jason Fulford	17:41	37	Eugene Frye	24:01
16	Jed Pearson	17:59	38	Joan Gary (F)	24:38
17	Dean Schmidlapp	18:27	39	Gene Gran	24:44
18	Rusty Emmert	18:51	40	John Schreiner	24:49
19	Jerry Perkins	18:57	41	Cindy Furkis (F)	25:36
20	Teresa Waite (F)	18:58	42	Ken Disler	25:41
21	Dave McDonald	18:59	43	Joe Reichard	26:18
22	L. K. Christensen	19:11			

5K MALES:

Top 3:	Brian Shepherd	15:23
	Mark Furkis	15:23
	Jerry Williams, Jr.	16:15

Division Winners:

12-under	Jerry Suelzer	19:24
13-14	Jim Furkis	17:10
15-19	Morry Riddle	17:15
20-24	Paul Furniss	17:04
25-29	Paul Knott	17:17
30-34	Chuck Schlemmer	16:33
35-39	Mike Schlemmer	16:51
40-44	Jed Pearson	17:59
45-49	---	
50-59	Jerry Perkins	18:57
60-over	Bob Weltz	21:53

5K FEMALES:

Top 3:	Teresa Waite	18:58
	Joanna Kilgore	22:21
	Kerrie Byers	23:16

Division Winners:

30-39	Cindy Furkis	25:36
50-over	Joan Gary	24:38

FUN RUN MALES:

Top 3:	J. D. Emmert	6:35
	Chad Howard	7:54
	Josh Worrel	7:55

FUN RUN FEMALES:

Top 3:	Mindy Emmert	6:38
	Sarah Pearson	7:02
	Stephanie Brockett	7:12

# THERE'S ONLY ONE WAY TO START TO TELL YOU ABOUT BOB EVANS. AND THAT'S FROM SCRATCH.

At Bob Evans, we use name brand ingredients like Smucker's® Jams, Quaker® Oats, and of course, our own Bob Evans Farms® Sausage. We know

it's what goes into our meals that makes them turn out so good.

And we think that's a very fresh idea when it comes to eating out.



WELCOME TO BOB EVANS  
520 Coliseum Blvd.



2525 LAKE AVENUE, P.O. BOX 5038, FORT WAYNE, IN 46895 • 219/484-4153, FAX 219/484-2337

December 20, 1991

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

Dear Friends:

Thank you so much for remembering the young people at Crossroad with your recent gift of a variety of nice t-shirts.

We very much appreciate the support of our friends. Your tangible reminder that others do care about teenagers who are hurting is important to all of us.

May God bless you for sharing, and may you have a very Merry Christmas and Happy New Year.

Very truly yours,

*Imogene Nusbaum-Snyder*  
Imogene Nusbaum-Snyder  
Executive Director

INS:da

# Turkey Trot 1991

## Final Results

Total Participants: 156

### Male

Division	Place	Name	Time	Division	Place	Name	Time	
Overall	1	Brad Cooper	20:19		10	Keith Roberts	25:52	
	2	Brian Shepherd	20:31		11	Don Branstetter	26:50	
14 & Under	1	Morry Ridde	23:39		12	Barry Baumbaugh	28:11	
	2	Jason Clagg	25:19		13	Phil Saucedo	28:15	
	3	Jerry Seulzer	26:38		14	Dave Dierks	28:16	
	4	Pierre VanDorp	27:05		15	Harry Quandt	28:18	
	5	Keith Pulver	27:26		16	Pat Beukhel	28:21	
	9	Matt Brier	28:17		17	Andrew Venezo	28:25	
	10	Chris Henderson	28:23		18	R. Nicholson	29:11	
15-19	11	Matt Merrier	56:58		19	Andy Force	30:12	
	1	Justin Eutsler	21:46		20	Joe Peters	30:13	
	2	Jerry Moses	22:18		21	Michael Voriell	30:14	
	3	Michael Lindley	23:40		22	Quinn Curry	30:54	
	4	Brad Thomas	23:57		23	Joseph Ryan	31:10	
	5	Brian Johnson	24:24		24	Bill Ryan	31:13	
	6	Ben Huguenard	39:00		25	Terry O'Neill	32:09	
20-29	7	Scott Saucedo	41:53		26	Dale Vandegriff	32:25	
	1	Mike McManus	20:33		27	Jim Bridges	38:12	
	2	Chris Novrick	20:40		40-49	1	Harry Husderan	23:08
	3	Keith Horton	20:49		2	Tom Rehner	25:32	
	4	Paul Furniss	22:14		3	Roger Puckett	25:56	
	5	Greg Osborn	22:28		4	Stephen Smith	26:02	
	6	Paul Knott	22:35		5	Dave Winters	26:19	
	7	David Urbahns	27:29		6	Bernie Bugette	26:34	
	8	Makoto Takeuchi	30:36		7	David Boylan	26:52	
	9	Danny McLemore	30:50		8	Joe Higler	27:28	
	10	Klint Crawford	31:06		9	Donald Ford	27:45	
	11	John Wall	31:28	10	Jack Seigel	27:54		
12	Ed Walter	32:05	11	Wayne Unsell	28:10			
30-39	1	Tom Loucks	20:53	12	Eric Swing	28:48		
	2	Randy Hisner	21:53	13	Alan Bradley	29:17		
	3	Carl Risch	22:25	14	John Brier	29:17		
	4	Phil Suelzer	22:33	15	Race #488	30:09		
	5	Jay Prichard	23:37	16	William Foley	30:47		
	6	Mark Ardington	24:21	17	Harold Ditmer	31:57		
	7	Ray Pietrzak	25:07	18	Thomas Agness	32:10		
	8	Paul Aysderan	25:10	19	Raidarnes Larnenzo	32:12		
	9	Steve Summers	25:38	20	Bill Osterholt	31:26		
			21	Bruce Cattell	32:44			
			22	Don Merkley	33:23			
			23	Larry Piano	34:19			

**Congratulations** to Barb Scrogam who placed third in the 45-49 age group at the Rocket City Marathon in Huntsville, Alabama on December 14. She feels the race was well organized and the weather co-operative. She enjoyed being there with friends.

<u>Division</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
	24	Mike Hendricks	35:12
	25	Tim Twiss	35:54
	26	Kenneth Dillon	39:07
	27	Darrel Douglas	40:58
50-59	1	Fred Ross	26:53
	2	Dick Harnly	28:19
	3	John Sturvent	28:59
	4	Carl Dietsch	32:36
	5	Jerry White	34:36
	6	David Myers	35:53
	7	John Jeditaik	35:56
	8	Cliford Deitrich	36:26
60 & Over	1	Don Anderson	28:24
	2	Eugene Striggle	29:16
	3	Bill Patterson	30:55
	4	Stan Williams	31:35
	5	Norm Gordon	34:14
	6	Melvin Day	36:24
	7	J. P. Jones	37:50

(NO AGE GIVEN) Tom Belleperche 31:39

### Female

<u>Division</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
Overall	1	Mary McManus	24:34
	2	Carol Herndon	26:08
14 & Under	1	Amy Yoder	29:18
15-19	1	Caroline Seigel	28:50
	2	Nicole Turcott	30:38
	3	Carol O'Hear	31:20
	4	Maria Feil	32:28
	5	Melody Sorg	32:29
	6	Kay Pulver	35:16
	7	Jenny Henderson	37:22
	8	Jody Zink	42:14
20-29	1	Bev LeMaster	26:47
	2	Mary McGuire	26:49
	3	Linda Ianucilli	27:21
	4	Sara Unsell	28:13
	5	Shelly Bruner	28:22
	6	Teresa Waite	28:27
	7	Martha McClung	31:05

<u>Division</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
	8	Kirsten Krone	33:49
	9	Ann Winkermann	35:37
30-39	1	Phyllis Suelzer	27:58
	2	Darlene Dietrich	28:20
	3	Joyce Destefano	28:26
	4	Lisa Atwell	31:47
	5	Patty Hartman	32:11
	6	Teri Gross	32:45
	7	Cynthia Miller	34:01
	8	Janet Seabury	34:09
	9	Margaret North	35:19
	10	Jill Burnett	37:17
	11	Velma Bradley	37:37
	12	June McClure	40:18
	13	Julie Magsanum	43:48
	14	Cheryl Richardson	46:31
40-49	1	Barb Scrogam	29:03
	2	Valerie Puckett	31:09
	3	Rita Polivicic	32:27
	4	Vickie Gilbert	32:43
	5	Vickie Jacobs	35:20
	6	Nancy Zink	37:15
	7	Sara Smith	38:43
	8	Kathy Douglas	40:57
	9	Joanann Jackson-Swift	45:58
50-59	1	Joan Gary	31:25
	2	Margie Crago	36:28
	3	Sue Myers	41:00
	4	Sharon Bruner	46:59
60 & Over	1	Polly Jacobs	39:56
Wheelchair	1	John Manske	51:00
Walkers	1	Janet Andrews	54:56
		Dawna Foster	54:56
		Monica Mann	54:56
		Dorcas Curry	54:56
	2	Sharon Pauley	112:05

Valerie Puckett participated in the Turkey Trot at Foster Park. Her comments were that it was a nice run, with a good crowd, and for a good cause. (food bank)

CALLITHUMPIAN CANTER 5K CROSS COUNTRY RESULTS- Oct. 27, 1991- Decatur, IN

Overall Men

1. Brian Shepherd	16:13.8
2. Mark Furkis	16:20.4
3. Jerry Williams, Jr.	16:39.7
4. Mark Sanderson	16:46.0
5. David Buysse	16:56.6

Overall Women

1. Amy Yoder	21:02.1
2. Teresa Waite	22:53.5
3. Marcia Yoder	23:04.1

Male 13 & Under

28. Jerry Suelzer	21:21.5
37. Dave Caswell	22:19.6
39. Mike Thomas	22:35.4
41. Randy Hawkins	22:39.5
50. Andrew Tyler	24:36.3
68. Luke Binegar	28:58.3



Male 14 - 18

15. Mike Lindley	18:22.1
23. Ryan Lengerich	20:35.0
24. George Springer	20:48.4
38. Clint Knaub	22:29.2
42. Ron Gephart	22:50.4
48. Ryan Feller	24:33.4
60. Adam Gibson	26:10.2
61. Ben Springer	26:41.6



Male 19 - 24

7. Paul Furniss	17:24.5
-----------------	---------



Male 25 - 29

10. Paul Knott	17:53.6
18. Kevin Heller	18:38.0

Male 30 - 34

6. Randy Hisner	17:00.1
8. Carl Risch	17:40.6
9. Chuck Schlemmer	17:51.9
14. Gary Williams	18:21.4
19. Conrad Peterson	18:40.3
21. Kent Frank	19:28.0
22. Rick Gilbert	20:25.6
67. Gary Selking	28:30.4



Female 40 & Over

70. Sarah Kleinknight	31:19.6
72. Barbara Braun	32:38.2

1 Mile Fun Run - Female

1. Kim Huffine	7:23
2. Susan Springer	8:49
3. Molly Merkler	
4. Rachel Green	
5. Heather Geimer	

1 Mile Fun Run - Male 10 & Under

2. Phillip Yoder	6:29
3. Alan Vining	6:31
4. Troy Striggle	6:32
6. Joe Mahlan	6:50
9. James Scheumann	7:47
10. David Scheumann	7:59
11. Ryan Hisner	8:01
13. Nicholas Hartman	8:43
14. Erik Hisner	8:46
18. Ross Green	
23. Nick Hook	
24. Nikki McKenney	
25. Matthew Braun	
26. Shawn McKenney	
27. Bryan Braun	

1 Mile Fun Run - Male 11 & Over

1. Ben Fenstermaker	6:11
2. Ryan Gibson	6:49
8. Jacob Pickett	7:33
12. Erick Braun	8:18
17. Matt Merkler	
22. Justin Geimer	
28. Steve Braun	

Male 35 - 39

11. Daniel Green	18:10.0
13. Marlin Howe	18:15.0
16. Steve Caswell	18:34.0
25. Randy James	20:56.6
31. John Vining	21:38.4
34. Dave Dierks	21:51.0
40. Phil Saucedo	22:36.9
49. Mike Variull	24:34.6

Male 40 - 49

12. Dan Kaufman	18:12.2
17. Bill Blosser	18:36.0
29. Micheal Yoder	21:25.8
30. Don Ransome	21:28.7
32. Don Lindley	21:43.4
33. Norm Bailey	21:49.4
46. Bob Lovell	23:50.0
51. Tom Fuelling	24:42.2
55. Jim Pickett	25:32.3
57. John Binegar	25:45.9
62. Don Merkler	27:37.2
64. Pat Kelley	28:04.8
65. Kenneth Dillon	28:13.2

Male 50 - 59

20. Larry Targgart	19:05.8
27. Fred Ross	21:16.3
35. Ken Miller	22:02.7
52. Bob Loomis	24:43.7
56. Eugene Frye	25:42.4
59. Bill Solaski	25:53.2

Male 60 & Over

53. Eugene Striggle	24:44.2
54. Ken Disler	24:57.0

Female 26 - 32

47. Lorraine Fox	24:02.9
58. Jill Ash	25:52.5
69. Sandy Hartman	29:30.6

Female 33 - 39

45. Julie Manger	23:04.1
63. Cindy Furkis	27:42.6
66. June McClure	28:14.4
71. Karla Braun	32:29.1



# 1992 NEW MEMBERS AND RENEWALS

\*\*\*\*\*

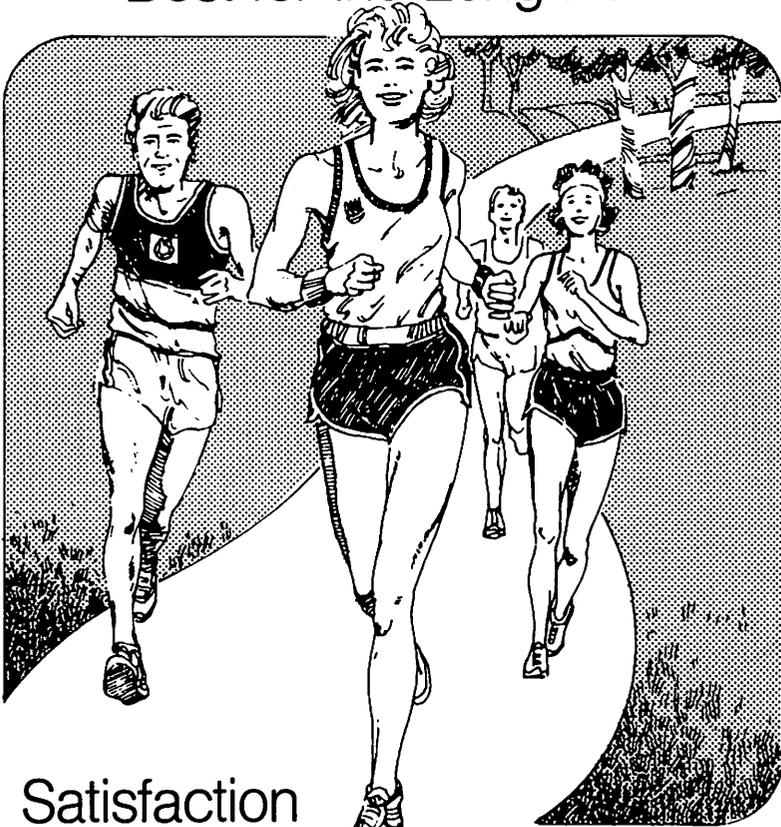
Last Name	First Name	Last Name	First Name
ANDERSON	DON	MOYER	ROSS H.
ARMSTRONG	LYNN E.	MYERS	DAVID
ATKINSON	HAL	MYERS	SUE
BACKOFEN	CHARLIE	PALMER	LARRY
BARANOWSKI	JOSEPH	PETERSON	SUSAN
BASHLOR	DONALD E.	PUCKETT	RODGER
BAUMBAUGH	BARRY	PUCKETT	VALERIE
BELTZ	MICHAEL P.	RAE	JON
BOLIN	TIM	RAFF	JEFFREY G.
BOYLAN	DAVID E.	REED	REX L.
BUENO	HERMAN	RISCH	CARL
CALLAHAN	MICHAEL	ROSS	FRED
CANO	MICHELLE LEE	ROSS	KRISTA
CANO	RITA	SCHMIDT	MARSHA K.
CLEVINGER	KELLY D.	SCHMIDT	R WILLIAM
CULBERTSON, JR.	DEREY V.	SCHWARTZ	ELLEN K.
CURRY	QUINN D.	SHAFFER	PAUL
CUTSHALL	DEAN	SIBREL	LELAND R.
DANIEL	DAN	SIMMONS	ROSEANN
DAVIES	WAYNE	SIPES	SUSAN K.
DEXHEIMER	GARY	SPEER	CASEY
DIEHL	JERALD	SPITZIG, JR.	NORMAN J.
DISLER	KENNETH E.	STRIGGLE	EUGENE
DOUGLAS	KATHLEEN	SULLIVAN	KING
FAYLOR	DANIEL RYAN	SUMMERS	STEVE
FELGER	TOM E.	TARGGART	LARRY W.
FLEETWOOD	CHESTER	TILLAPAUGH	JUDY
FURKIS	CINDY	WALKER	JASON
FURKIS	JENNY	WALKER	JESSICA
FURKIS	JIM	WALTER	ED
FURKIS	MARK	WARREN	KEVIN A.
GARDNER	BOB	WIERSMA	LOIS A.
GENSHEIMER	MAURINE B.	WIERSMA	ROBERT A.
GENSHEIMER	ROBERT	WILSON	DAVID L.
GILLAND	MIKE	WILSON	JULIA
GORDON	NORM	WOLFE	BRENDA J.
GROSS	TERRI		
HAINES	EUGENE D.		
HENDRICKS	MICHAEL		
HILKER	JACK		
HOCKENSMITH	JOYCE E.		
HOCKENSMITH	ROBERT R.		
JENNINGS	GREG L.		
KAST	MICHAEL H.		
KEESLAR	STEVE		
KELLER, JR.	CLAUDE		
KUHN	GARY		
LEWIS	DENE		
LEWIS	HAL		
LIECHTY	BRENDA		
LOOMIS	KENT		
LOOMIS	ROBERT C.		
MACK	BILL A.		
MAY	DAVID		
MCCANN	JEFFREY E.		
MILLER	JAMES W.		
MILLHOUSE	DAVID		
MILTON	BOB		

**SPRING FLING 5K**  
 Sat. Feb. 22  
 11:00 a.m.  
 Ligonier, IN

For more info  
 Contact:  
 Brian Shepherd  
 894-4638

# Carpet, Vinyl Ceramic and Hardwood Floors

“Best for the Long Run”



Satisfaction  
Guaranteed . . .



1111 W. Washington Center Rd., 489-4584

Serving Ft. Wayne, Naples, Florida and 60 other locations.

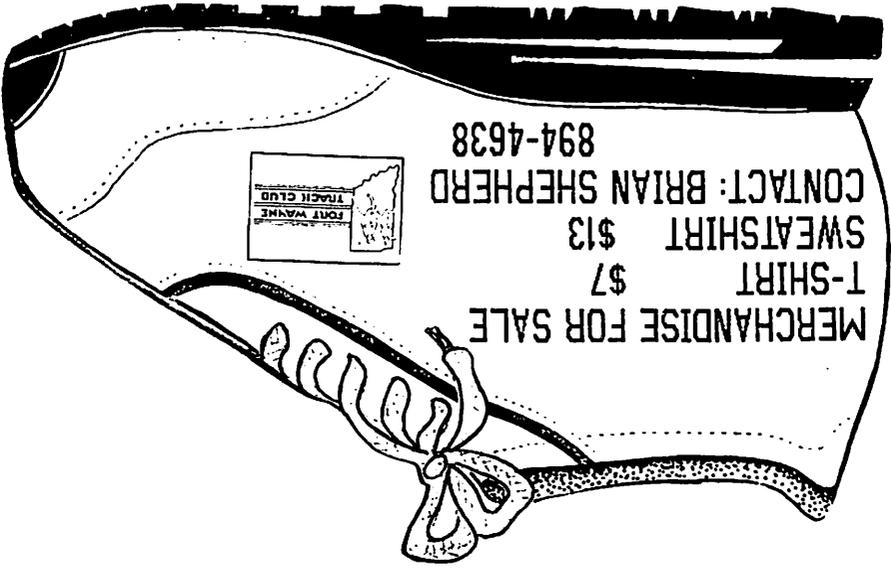
# SEAGATE ULTRA MARATHON

On a blustery day when the temperature hit a high of 61° and fell to 40° by 6 PM, Don Gjurasin, Janet Cole, Don Call, and Gary Fortune were the winners in the 14th Annual Seagate Ultramarathon. Wind gusts up to 40 MPH hampered runners the entire race, as they circled the 1.1 mile course in Sylvan's Olander Park. This is the same course used for the world's largest 24 Hour Run every September.

Don Gjurasin, of nearby Holland, led all the way in the 60K. Gjurasin was our '90 24 Hour winner. Janet Cole, a former Tolodan, cruised to victory in the 60K. Janet was the '91 24 Hour champion.

Don Call of Fowlerville, MI, grabbed an early lead in the 50 Mile race and won easily.

Gary Fortune, Pullman, MI, the course record holder in the 24 Hour Run, outran his two other competitors to capture the 100K title.



# SEGATE ULTRA MARATHON

30-Nov-91

Bib	Name	Home Town	Finish Time
60KM Event TAC Certification: OH90063 PR			
419	DON GJURASIN	HOLLAND, OH	5:01:25
481	ED MASTA	WYANDOTTE, MI	5:10:40
482	ROBERT BRECKLER	DEFIANCE, OH	5:32:15
416	JANET COLE	BROWNSBURG, IN	5:53:21
425	DON LINDLEY	FORT WAYNE, IN	5:59:55
480	RODGER PUCKETT	FT WAYNE, IN	5:59:55
469	RICK HARKENICZ	EAST LANSING, MI	6:01:25
474	MARK DELUCIA	LIVONIA, MI	6:21:25
484	ROB APPLE	LEWISBURG, OH	6:24:24
457	CARTER SHERLINE	ANN ARBOR, MI	6:26:24
470	JOAN GARY	FREMONT, IN	6:27:17
420	BILL HILL	WHITMORE LAKE, MI	6:34:05
476	KENNETH ANDREWS	YOUNGSTOWN, NY	6:42:02
452	TOM NOWEL	NEWTON FALLS, OH	7:05:57
464	BOB RANTA	REDFORD, MI	7:13:07
475	ROBERT ROBINS	NORTHVILLE, MI	7:13:07
468	HAROLD HUGHES	TOLEDO, OH	7:21:36
422	JOHN INGALLS	DERRY, NH	7:23:40
472	DON MARS	JACKSON, MI	7:39:55
463	RICH CROMWELL	KEY, OH	8:10:38
449	BILL MACK	DEFIANCE, OH	8:10:38
454	JIM REEVE	FARMINTON, MI	8:12:57
488	MARK ROTHENHAUSER	DETROIT, MI	8:24:16
418	FRED FINESKE	MAUMEE, OH	8:36:41
458	MARK SNUGGS	HOLLAND, OH	8:36:55
462	MARTY VERNIER	SYLVANIA, OH	8:55:24
483	ROBERT ALEXANDER	SYLVANIA, OH	DNF @ 27.1 mi
486	DAVE PAYETTE	SYLVANIA, OH	DNF @ 27.1 mi
453	PATRICIA PAYETTE	SYLVANIA, OH	DNF @ 27.1 mi
459	SHERRIE SNUGGS	HOLLAND, OH	DNF @ 26.0 mi
467	TIMOTHY ANTAYA	LANSING, MI	DNF @ 23.8 mi
473	DAVID BRUNING	BASCOM, OH	DNF @ 22.7 mi
421	D. E. HUMASON	TOLEDO, OH	DNF @ 18.2 mi
424	DOUG KRIEGER	SYLVANIA, OH	DNF @ 4.7 mi

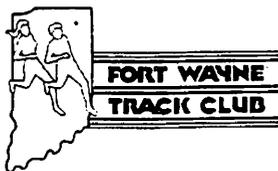
50MI Event TAC Certification: OH90063 PR

478	DON CALL	FOWLerville, MI	6:46:12
396	JOE BONNO	CANTON, MI	7:08:10
485	LARRY ANDERSON	GROSSE PT PARK, MI	8:12:54
487	JAMES MULRENIN	ST CLAIR SHORES, MI	8:14:50
456	RUSS SCOTT	DE KALB, IL	9:18:16
417	CHARLES DANIELSON	OIL CITY, PA	DNF @ 41.0 mi
477	ALBERT MENDOZA	BONO, OH	DNF @ 39.9 mi
471	BRUCE OSRAN	CHICAGO, IL	DNF @ 37.7 mi
466	AL ZELLER	HOLT, MI	DNF @ 28.7 mi

100KM Event TAC Certification: OH90064 PR

479	GARY FORTUNE	PULLMAN, MI	8:42:07
455	NORM ROOF	MANSFIELD, OH	9:56:30
465	KEITH HILEMAN	FISHER, PA	DNF @ 39.8 mi

# LAST ISSUE - RENEW TODAY



## 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 \_\_\_\_\_

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

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

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

Send application and dues to:

Fort Wayne Track Club

P.O. Box 11703

Fort Wayne, IN 46860

### THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS".

PLEASE CHECK ANY WAY YOU WOULD BE WILLING TO HELP.

- |  |   |
|--|---|
| <input type="checkbox"/> Runner's Week                           | <input type="checkbox"/> Newsletter                             |
| <input type="checkbox"/> Camera                                  | <input type="checkbox"/> Typing (Race Results)                  |
| <input type="checkbox"/> Host                                    | <input type="checkbox"/> Feature Writer                         |
| <input type="checkbox"/> Director                                | <input type="checkbox"/> Mailing                                |
| <input type="checkbox"/> Race Director                           | <input type="checkbox"/> Advertising                            |
| <input type="checkbox"/> Assistant Director                      | <input type="checkbox"/> FWTC Banquet                           |
| <input type="checkbox"/> Transportation of<br>Equipment to Races | <input type="checkbox"/> Decorations                            |
| <input type="checkbox"/> Board Member                            | <input type="checkbox"/> Program                                |
| <input type="checkbox"/> Finish Line Timers                      | <input type="checkbox"/> FWTC Picnic (August)                   |
| <input type="checkbox"/> Course Timers                           | <input type="checkbox"/> Fun Runs                               |
| <input type="checkbox"/> Water Stations                          | <input type="checkbox"/> Training Runs                          |
| <input type="checkbox"/> Measure & Set Up<br>courses             | <input type="checkbox"/> Advertising-Potential<br>Race Sponsors |
| <input type="checkbox"/> Co-ordinate Club<br>Trip to race        | <input type="checkbox"/> Anywhere Needed                        |
| <input type="checkbox"/> Other (specify) _____                   |   |

## The Last Finish Line

I'll never run again.

No more rhythmic coordination  
of breathing and thudding steps  
No more toeing up to the starting line  
knowing I'll be embarrassingly last  
The struggle has ended  
and took my joy with it.

The slowest, fattest kid in gym class  
won't grow up to complete  
her fifth marathon.

No more runs through Foster Park  
No more hurried trips to the bushes  
No more running in the rain

A funeral for my labored delight

Walking as my refuge  
A friend to walk through the funeral with me  
Kicking through the snow

Possibility.

I can still beat all the fools who never start.

Maybe I can walk from here to being well.

Sharon Pauley  
12-27-38

## Walking Companions

When I've chosen to walk in the city  
I've found mostly noise and concrete  
Yet my Fort Wayne Track Club buddies  
Made the long, hard miles a treat.

Now I've chosen to walk on Rich Mountain.  
My feet tread mostly on stones.  
The quiet lingers like a blanket  
Giving peace that soaks to my bones.

The air is so clean and pure  
It seems to inflate my whole soul.  
The beauty of God's world abounding  
Lightens much of life's heavy toll.

Yet I seem to walk alone these days  
To those with a human view.  
I'd say my walking companions  
Have been reduced to a precious two.

For there's a mountain stream beside my way  
That melodiously cheers me on  
Giggling, gurgling, swishing along  
Till it gives to my heart its song.

And a blue-eyed Border Collie  
Has become my most patient friend  
Wanting so much to be with me  
She stays close to the very end.

So we three charge down the mountain each morn  
And I laboriously climb back up  
Renewing my tired, old body  
Thanking God for an over filled cup.

Sharon Pauley  
11-15-83

1992 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-WAYNE & SARA UNSELT (219) 486-9430

1992  
 FEBRUARY  
 1 SAT 26TH ANNUAL LAS VEGAS MARATHON & 5 PERSON TEAM RELAY, BOX 81262, LAS VEGAS, NV 89180  
 7:30 AM

1 SAT INDY MINI registrations forms available-HOOISER DOME, INDPLS.  
 2 SUN GROUND HOG SEVEN, CLAY JR. H.S., CARMEL, IN

8 SAT \* POLAR BEAR, 5K & 5 MILE, UNIVERSITY OF INDPLS, K&L ASSOC.,  
 107 W LORETTA, INDPLS, IN 46217 (317)786-8812  
 9:30 AM

8 SAT WESTERVILLE LIONS CLUB WINTER MADNESS RUN 14K  
 JEFF DREUP (614) 764-2711)  
 10:00 AM

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

8 SAT \* SAVANNAH MARATHON & HALF MARATHON, JOHN SKIJAN, 637 E 52ND ST,  
 SAVANNAH, GA 31405 (912) 355-4771  
 8:30 AM

9 SUN VALENTINE 5K RUN & 1 MILE, VALPARAISO HIGH SCHOOL, ROB MATHE  
 2:15 PM

FEBRUARY

15 SAT FWTC PANNY 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.  
 \*\*\*\*\*

15 SAT INDIANA TAC OPEN AGE GROUP CHAMPIONSHIPS, PURDUE, (B & C) 4:00 PM

15 SAT \* BOB TO THE TOP, 37 FLOOR STAIRCLIMB, DON CARP, 8163 AVERY DR,  
 INDIANAPOLIS, IN 46268, (317) 876-1871

16 SUN 15TH ANNUAL BLIZZARD BREAKFAST, 3 MILE & 9 MILE PREDICTION RUNS,  
 POLISH VILLAGE TAVERN, 123 BERGIN AVE, ROSSFORD, OH \$2.00 INCL  
 BREAKFAST. CHUCK WINKLE 829-3560  
 9:00 AM

16 SUN COLUMBUS ROADRUNNERS 15 MILE & 3 MILE, MILTON PUCKETT, 155 W MAIN  
 ST, STE 200, COLUMBUS, OH 43215 (614) 224-2795  
 1:00 PM

FEBRUARY

16 SUN FROSTBITE "5" 8K, CENTERVILLE, OH, RAY FINNEY (513) 433-4519  
CENTERVILLE HS 2:00 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

1 SUN 25TH ANNUAL CHURCHHILL'S HALF MARATHON, PERRYSBURG, OH, WALT  
CHURCHHILL OR CAROL MARCKEL (419) 882-0051 1:00 PM

13 FRI NCAA INDOOR CHAMPION, ATLANTA, GA

14 SAT NCAA INDOOR CHAMPION, ATLANTA, GA

14 SAT \* ST.PAT'S 4 MILE RUN & 2 MILE WALK, BILL O'SHAUGHNESSY, 2016 EAST  
MICHIGAN, URBANA, IL 61801 (217) 384-6514 9:30 AM

14 SAT \* BEER BOTTLE OPEN 4 MILE, COLUMBUS GROVE HS, JERRY BUNN, 206 HALL  
AVE, COLUMBUS GROVE, OH 45830 (419) 659-5702 2:00 PM

15 SUN BELLBROOK SUGAR MAPLE 10K (513) 848-7281 2:00 PM

17 TUE MAD MARCH MILER, INDIANAPOLIS, IN.

21 SAT JOHN NORRIS 5K, AMBOY, IN, THE KNIGHT STRIDERS, 9 JACKS ST,  
GAS CITY, IN 46933 (317) 674-3841 (AFTER 5)

21 SAT MULTI-PURPOSE, 13.1 M, ANDERSON ROAD RUNNERS, PO BOX 282,  
ANDERSON, IN 46015 (317) 643-6304

21 SAT \* 6TH ANNUAL MOUNTAIN GOAT HILL RUNS + 2.2 MILE WALK, KENNEKUK  
ROAD RUNNERS, PO BOX 1701, DANVILLE, IL 61834  
(217) 431-4243 OR 733-2403 11:00 AM

22 SUN NUTRA RUN, 10K & 5K RUN & 2 MILE WALK, BATTELL CENTER, 904 N MAIN  
MISHAWAKA, IN (219) 258-1606 1:30 PM

22 SUN \* CINCINNATI HEART MINI-MARATHON 15K (513) 281-4048  
2926 VERNON PL, CINCINNATI, OH 45219 1:00 PM

MARCH

\*\*\*\*\*  
28 SAT \* 12TH ANNUAL NUTRI RUNS EVENTS, 20KM, 5M, & 1M, FWTC, PO BOX 11703  
FT WAYNE, IN 46860, RACE DIRECTOR: JUDY TILLAPAUGH (219) 458-2345  
OR FWTC HOTLINE (219) 456-8739 2:00 PM  
\*\*\*\*\*

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

APRIL

12 SUN SAM COSTA, 13.1 M, CLAY JR. H.S., CARMEL, IN

12 SUN \* GLASS CITY MARATHON, TOLEDO, TRRC, PO BOX 5656, TOLEDO, OH 43613  
HAL HIGDON, KEYNOTE SPEAKER, SAT., JUDY MOIR. 7642 BONNIEBROOK,  
SYLVANIA, OH 43560 (419) 822-1674

12 SUN \* 12TH ANNUAL RED BRICK RUN 5K, PO BOX 453, OXFORD, OH 45056, BOB  
STEWART (513) 523-4530 1:30 AM

12 SUN 25TH ANNUAL ATHENS, OHIO MARATHON, MARK GRAHAM, PO BOX 2282,  
ATHENS, OH 45701, TONY MELE, (614) 593-6120 12:00 PM

25 SAT SHOE SUCKER SEVEN, HUNTINGTON, IN

26 SUN MICHIGAN TRAIL MARATHON & 1/2 MARATHON, ANN ARBOR, MI

26 SUN BIG SUR INTERNATIONAL MARATHON, PO BOX 22260. CARMEL, CA 93922  
WILLIAM B. BURLEIGH (408) 625-6226

MAY

2 SAT RUN FOR LIFE, ANDERSON, IN. ARRC, PO BOX 282, ANDERSON, IN 46015

2 SAT STROLLING JIM 40, 41.2 MILES, GARY CANTRELL, 233 UNION RIDGE, WARTRACE, TN 37183 (615) 389-6870 7:00 AM

3 SUN \* MAY CLASSIC XIV, 4627 EXECUTIVE DR, COLUMBUS, OH 43220, MATT MCGOWAN (614) 457-4570 9:30 AM

16 SAT AUL RUN, MOUNDS STATE PARK, ANDERSON, IN

16 SAT \* ICE AGE TRAIL 50 MILES, SOUTHERN KETTLE MORAINNE STATE FOREST, WAUKESHA, WI. 6:00 AM

19 TUE IHSAA GIRLS SECTIONAL CHAMPIONSHIPS

21 THU IHSAA BOYS SECTIONAL CHAMPIONSHIPS

22 FRI INDY HALF-MARATHON, INDPLS, IN

27 WED IHSAA GIRLS REGIONAL CHAMPIONSHIPS

28 THU IHSAA BOYS REGIONAL CHAMPIONSHIPS

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 INDIANA TAC STATE SENIOR & MASTER T/F CHAMPIONSHIP, IUPUI, INDPLS

30 SAT RAY SEARS 5K, MARION, IN, THE KNIGHT STRIDERS, 9 JACKS ST, GAS CITY, IN 46933 (317) 674-3841 (AFTER 5).

31 SUN KICKAPOO TRAIL TRAIL, 5K & 5 MILE RUN + 5K WALK, KICKAPOO STATE PARK, KRR, PO BOX 1701, DANVILLE, IL 61834 (217)431-4243 9:00 AM

1992

JUNE

5 FRI IHSAA STATE TRACK & FIELD CHAMPIONSHIP, IUPUI, INDPLS.

6 SAT IHSAA STATE TRACK & FIELD CHAMPIONSHIP, IUPUI, INDPLS.

6 SAT JOHN NORRIS 5K - SOMERSET, IN, THE KNIGHT STRIDERS, 9 JACKS ST, GAS CITY, IN 46933 (317) 674-3841 (AFTER 5)

6 SAT WHITE RIVER 15K RUN, ANDERSON, IN

7 SUN THE COLUMBUS 10K, PO BOX 21264, COLUMBUS, OH 43221

13 SAT MIDWEST MEET OF CHAMPIONS

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 \* MOHICAN TRAIL 100 MILE RUN, LOUSONVILLE, OH, CHALLENGING TRAIL LOOPS IN THE SCENIC MOHICAN STATE FOREST, VOLUNTEERS NEEDED, CONTACT DON LINDLEY OR RODGER PUCKETT 5:00 AM

20 SAT INDIANA STATE TAC JUNIOR OLYMPIC CHAMPIONSHIP

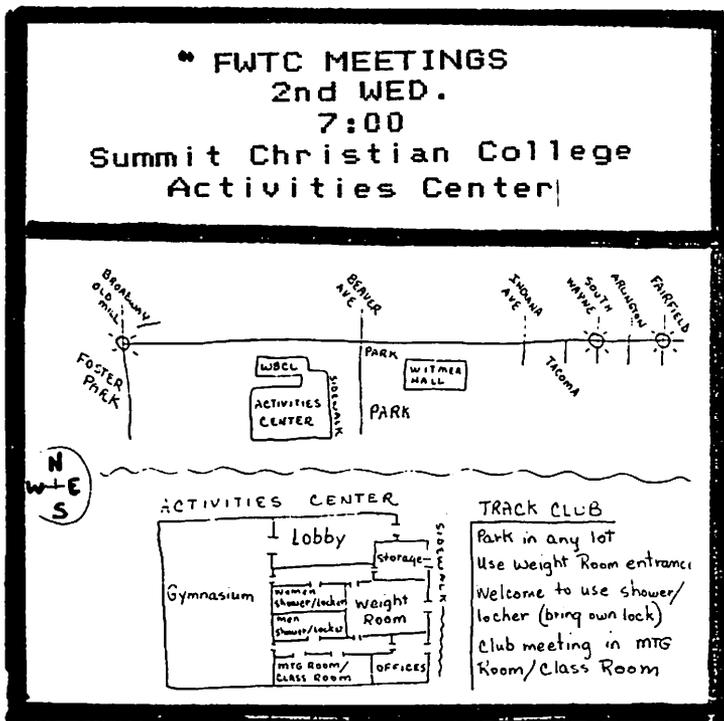
20 SAT JOHN NORRIS 5M - SWAYEE, IN, THE KNIGHT STRIDERS, 9 JACKS ST, GAS CITY, IN 46933 (317) 674-3841 (AFTER 5)

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, THE KNIGHT STRIDERS, 9 JACKS ST., GAS CITY, IN 46933 (317) 674-3841 (AFTER 5).
- 7 TUES THE DISTANCE CLASSIC (TRACK) 800M +, MARION, IN, THE KNIGHT STRIDERS, 9 JACKS ST., GAS CITY, IN 46933 (317)674-3841 (AFTER 5)
- 11 SAT YMCA BIATHLON, 5K RUN-20 MILE BIKE-5K RUN, KENNEKUK COVE COUNTY PARK, KKR, PO BOX 1701, DANVILLE, IL 61834 (217)431-4243 8:00 AM
- 18 SAT WHITE RIVER STATE GAMES FINAL, IUPUI, INDPLS
- AUGUST
- 1 SAT JOHN NORRIS 5K - CONVERSE, IN, THE KNIGHT STRIDERS, 9 JACKS ST., GAS CITY, IN 46933 (317) 674-3841 (AFTER 5).
- 15 SAT KERNAL KLASSIC 5K - VAN BUREN, IN, THE KNIGHT STRIDERS, 9 JACKS ST., GAS CITY, IN 46933 (317) 674-3841 (AFTER 5).
- 22 SAT JOHN NORRIS 5M - BUNKER HILL, IN, THE KNIGHT STRIDERS, 9 JACKS ST., GAS CITY, IN 46933 (317) 674-3841 (AFTER 5).
- 30 SUN FOUR MILE BLOCK RUN, BIPPUS, IN



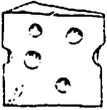
## BLISTER SALVE

1. A & D Ointment
  2. Vaseline
  3. Desitin Ointment
- Mix these three ingredients into equal parts and add to them equal parts of the next two ingredients.

1. Vitamin E Cream
2. Aloe Vera Cream

Consistency of the salve will depend on the amounts of vitamin E cream and Aloe Cream you use. If you want it thinner use more, thicker use less. I personally find that mixing all parts equal works just fine. To use the for the best results do the following. Grease your feet extra heavy the night before your big race and go to bed with your socks on. The next morning shower as usual and apply again before the race. I and several of my fellow runners have tried this formula several times including 50 and 100 mile runs. If you have any questions feel free to call me. 489-8868

TRY IT YOU'LL LIKE IT. Roger Puckett



# EAT RIGHT AMERICA

## FAT IQ QUIZ

DO YOU:

Choose lean meats, chicken and fish

Eat a variety of fresh fruits and vegetables

Eat high fat foods such as bacon, sausage, luncheon meat, several times a week

Limit eggs to 4 yolks per week

Read food labels when shopping

Choose lowfat or nonfat dairy products

Limit fried foods

Maintain healthy weight

Think "eating right" when eating out

Choose doughnuts, croissants or sweet rolls for breakfast

Choose reduced fat or fat free products when available

Add lots of margarine, butter, salad dressing and sauces to foods

Balance a high fat dinner by choosing lowfat foods for breakfast and lunch

Exercise (walk, run, swim, ride a bike) 3 to 4 times a week

	RARELY	SOME TIMES	OFTEN
Choose lean meats, chicken and fish	1	5	10
Eat a variety of fresh fruits and vegetables	1	5	10
Eat high fat foods such as bacon, sausage, luncheon meat, several times a week	10	5	1
Limit eggs to 4 yolks per week	1	5	10
Read food labels when shopping	1	5	10
Choose lowfat or nonfat dairy products	1	5	10
Limit fried foods	1	5	10
Maintain healthy weight	1	5	10
Think "eating right" when eating out	1	5	10
Choose doughnuts, croissants or sweet rolls for breakfast	10	5	1
Choose reduced fat or fat free products when available	1	5	10
Add lots of margarine, butter, salad dressing and sauces to foods	10	5	1
Balance a high fat dinner by choosing lowfat foods for breakfast and lunch	1	5	10
Exercise (walk, run, swim, ride a bike) 3 to 4 times a week	1	5	10

## NATIONAL NUTRITION MONTH®

15-74 You can do better!  
75-112 You're on your way!  
113-150 Keep up the good work!



NATIONAL CENTER FOR NUTRITION AND DIETETICS  
THE PUBLIC EDUCATION INITIATIVE OF THE  
AMERICAN DIETETIC ASSOCIATION AND ITS FOUNDATION

- Fry and sauté less often
- Roast, bake, grill, braise or broil meat, poultry and fish.
- Use marinades and herbs to flavor meat, fish and poultry instead of high fat sauces and gravies.
- Season cooked vegetables with herbs, lemon or stock.
- Baste meats and poultry with stock or broth and a minimum amount of butter or margarine.



- Stir fry often. Use a non-stick wok or sauté pan and only a small amount of oil.
- Use non-stick pans and an aerosol oil spray when sautéing.
- Rely on the microwave to reheat leftovers and cook fish, vegetables and poultry with a minimum of fat.
- Desserts—Eat fresh fruit, sherbets, ices, fruit gelatins, angel food or sponge cake.

As editor of the Inside Track, I would like to thank anyone who responded to the questionnaires in the last newsletter. Keep the track club posted. This is your running newsletter and the readers enjoy reading about their friends and neighbors.

So far the results of the questionnaire on Fort Wayne's 200th Birthday Run is as follows:

- Marathon: 1 person favored
- 1/2 Marathon: Several in favor
- 15K, 5K, & Children's Run or some combination: Most popular
- 10K: 1 person favored

Please take a few minutes and let us know your feelings and what you've been up to.

---

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:

\_\_\_\_\_  
\_\_\_\_\_

# *Coming Events...*

**FANNY FREEZER, 5K, Saturday, February 15**

3:00 p.m., Foster Park

**FWTC BANQUET, Saturday, February 15**

5:30 p.m., S.W. Conservation Club, Bluffton Road  
Pot Luck Dinner (Bring one dish and a salad or  
dessert, own table service)

**12TH ANNUAL NUTRA RUN, 20K, 5 mile & 1 mile**

**Saturday, March 28, 2:00 p.m.**

**FWTC MEETINGS, February 12 & March 11**

Wednesday, 7:00 p.m.

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  
PAID  
Ft. Wayne, IN  
Permit No. 1799