

the inside track

April 1992 - May 1992



FORT WAYNE
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



1992

FORT WAYNE TRACK CLUB

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**12TH ANNUAL
10K ROAD RACE &
HALF MARATHON
MEMORIAL DAY, MAY 25, 1992**

"The race that has something for everybody."
Featuring the \$2,000 McDonald's record
breaking challenge and Bill Rodgers 5th 10K
Masters (\$10,000 in cash prizes). Events
include: 10K Run, Power Walk, 1/2 Marathon,
10K Wheel Chair, 50K Bike Race, Bike
Critérium, 1/2 mi. Swim, 13 mi. Canoe Race
and 5K Fun Walk on Memorial Day! Take
\$1.00 off Ft. Wayne Track Club entry. Write
Great Race XII, for entry, c/o Ron
Schmanske, P.O. Box 487, Elkhart, Indiana
46515 (219) 294-1661; 1/2 price off entry fee
for 2nd or 3rd event; no race day registration.

Proudly Presents:

THE ELKHART TRUTH

\$12,000 IN CASH PRIZE MONEY!

Four Time Boston Marathon Winner
Challenges You To Run
The Great Race 10K or 1/2 Marathon

John Campbell
&
Bill Rodgers
Olympic Marathon Runner





**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

PRESIDENT'S COLUMN - Bob Hockensmith

As the days start becoming warmer and the obvious signs of Spring become more apparent, I begin assessing what the real running season will bring in the way of finishing times. Unfortunately, I also become painfully aware that the winter has not been the success that was planned in the Fall, to take off those few unnecessary pounds that were gained the year before during a short lay off from running.

These thoughts were provoked the other night by a conversation with a friend who is suffering from the same kind of problem. It doesn't take much research to learn how much a few extra pounds can handicap a runner. All of us have been made aware, far too many times when struggling up a hill or during a long race, that a lighter weight body would be a real asset. Just how much of an interference the extra weight would be is not always as clearly understood.

Dr. David L. Costill, in his book "Inside Running" gives an example of a 175 pound man with 19% body fat, who posted an 80:20 time in a 10 mile race, who reduced his time to a 67:13 PR when his weight dropped to 154 pounds with 7.7% body fat. Costill warns that to expect such a dramatic improvement with only a weight reduction would be an oversimplification. However, the point is well made that it simply takes more energy to carry the extra weight, reducing the potential speed of the runner.

Another, less well known author, stated that when he ran a marathon, the length of his stride was approximately one yard. Thus, his legs lifted his body off the ground 46,145 times. Add a little unwanted weight and you can easily calculate the additional work involved.

On a personal note, this observation became painfully clear to me during the 1986 Fort Wayne marathon (remember, it rained the entire time ?) when we all ran with shoes and socks that were completely soaked and our other clothes simply drenched. A few days later, after wondering why my legs were still so sore, I calculated that if each shoe carried one extra ounce of water for the entire race, it would be equivalent to each leg lifting an additional 1450 pounds during the run.

For those reasons, there is no better time than now to trim off those few pounds accumulated during the winter's hibernation in order to be at peak performance when Spring finally arrives. Just remember, when you see on the race course this summer, that I am much better at giving advice than I am at taking it. Have a great Spring season.

TRAINING GROUPS IN THE FORT WAYNE AREA

- | | |
|---------------------------|---|
| Fort Wayne Downtown YMCA: | Weekdays at noon
contact: Calvin King 447-2172 |
| Fort Wayne Downtown YMCA: | Saturdays at 7:00 A.M.
contact: Jack Hilker 432-2933 |
| IPFW Athletic Center: | Tuesdays & Thursdays at 6:00 P.M.
Saturdays at 8:00 A.M. |
| Johnny Appleseed Park: | Sundays at 7:30 A.M.
contact: Joyce 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 (210) 456-8739.

FORT WAYNE TRACK CLUB
MEMBERSHIP MEETING SUMMARY
FEBRUARY/MARCH

Members present: Bob & Joyce Hockensmith, Don Lindley, Judy Tillapaugh, Ken Disler, Bob Loomis, Vicky Jacobs, Polly Jacobs, Barb Scrogham, Alan Bradley, Herman Bueno, John Jedinak, Don Ford, J.P.Jones, Wayne Unsell, Don Anderson, Gary Selking, and Budd Stiffler of the Anderson Road Runners.

The Treasurer's reports for the month of February/March & YTD were presented by Don Lindley. All were approved by all members present. Total number of Renewals & New Members for 1992 is up to 263.

Newsletter Update: The goal for Joyce Hockensmith as Newsletter Editor is to gain enough advertisers to offset the cost of the newsletter. She is researching the possibility of a multicolor cover plus long term advertising on the inside and back pages. Joyce presented a schedule of new advertising rates which will hopefully encourage multiple issue advertising. Don Lindley suggested having a rate for Race Applications listed on the form. The board approved.

Running & Race News: Updates to the current schedule include . . Health Fair to be held at IPFW Weds. March 4th. The FWTC will have a display booth to include Applications, T-Shirts/Sweat Shirts & possibly Pictures and/or Runners' Week Tapes.

The Nutra Fit Affair will be held Tues. March 10th at the Downtown YMCA. The event will consist of 10 different stations throughout the facility stressing Health & Fitness.

The NCAA Indoor Track & Field Championships will be held in Indy at the Hoosier Dome March 13th & 14th.

Upcoming Races include: March 28th - Nutra Run at Woodside Middle School; June 19th - Corporate Challenge; July 4th - Run at the Zoo; August 8th - Scholarship Run at IPFW; and August 9th - Splash & Dash from Foster to Sweeney Park. June 20th and July 18th are two additions to the AUL Governor's Cup Series.

Walking News: Vicky Jacobs informed the club of a Volksmarch starting at Summit Christian College on April 25th. It will be a 6 mile walk along the Rivergreenway.

Don Lindley has volunteered to act as Race Director and present a race proposal for a possible marathon to the Lincoln National Life Corporation. Don hopes to secure Lincoln as a major sponsor and bring back to Fort Wayne a quality Marathon Race. The possibility of including a shorter race or walk was also discussed. This race will be held in the Fall of 1994 as part of the Fort Wayne Bicentennial Celebration.

RRCA News: The State RRCA meeting held in the spring has been cancelled. The next State RRCA meeting will be held in September.

Budd Stiffler from the Anderson Road Runners reported on an article written in the Muncie Newspaper on what a quality event the Fort Wayne Marathon used to be. The article had many positive comments about past races and encouraged the FWTC to bring it back. Budd also discussed the possible success of having a women's only race in the Fort Wayne area as part of a series with the existing Leading Ladies Race in Indy.

The next membership meeting will be April 8th at 7:00 P.M. (Run at 5:30 P.M.)

* Summit Christian College will continue to be the site for Membership Meetings.*

FWTC
VOLUNTEER! GET INVOLVED VOLUNTEER!



**FORT WAYNE
TRACK CLUB**

P.O. BOX 11703
FORT WAYNE, IN 46860

MEMBER PROFILES

BRIAN SHEPHERD

Brian Shepherd, born September 30, 1965, is a fourth grade teacher. He and his wife Lorri have a basset/beagle named "Blue" (who makes appearances at races) and a cat named "Squeakers". Brian's hobbies include playing the drums and coaching. When not running or racing Brian enjoys playing basketball or putting on races. As a spectator he enjoys basketball, (although he didn't mention the name of this favorite team). Brian is F A S T and so enjoys the 5K distance to race. His favorite races are the Niles, Michigan 5K, Beavercreek, Ohio 5K, and the Indianapolis Polar Bear 5 mile. After the exertion of a run or race Brian likes to eat bananas. You might catch Brian running in his Nike Duelists in the winter (his favorite season to run) at Pokagon (his favorite place to train), or he might be seen catching a bite to eat at Hot 'N' Now. Brian's high school coach, Jack Vranna was an inspiration to him because he taught him to believe in himself. Brian's dream is to have to team he is coaching win the State Cross Country meet. Brian would like to see the Fort Wayne Track Club do more for youth.

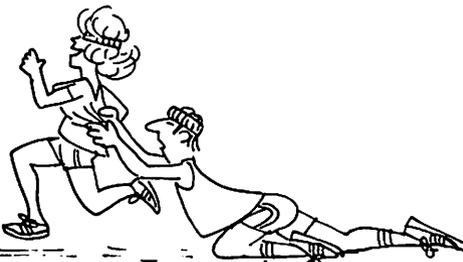
ALAN BRADLEY

Alan Bradley, born November 9, 1951, is in insurance brokerage. Alan's family includes his wife, Velma (also a runner), and sons Jacob and Jared. Being sports-minded, Alan also enjoys biking and biathlons. Alan comments that they are always going about 900 miles per hour in all directions so it is a rare, great pleasure for him to get to spend a little time with the family just sitting down, watching a movie, and relaxing. If Alan has time to be a spectator he enjoys football and hockey. Alan's favorite running distances are the 5K and 1/2 marathon, and the Dayton River Corridor classic is his most memorable. Just give him watermelon after the race and then take him to Casa D'Angelo after he has showered. You might find Alan training in his New Balances on week nights about 9 PM, or in the late afternoon on weekends in the New Haven area. He would really prefer southern California, but the commute is impractical. Part of Alan's inspiration has come from his wife since it was Vel who convinced him to do his first marathon and kept him going through the course of it. The other part has come through Bob Mackle who is a "big runner" (about Alan's size) who has worked his mile times down into the respectable range through sheer determination and guts. Alan's dream is to win his age division in any major biathlon (or even a minor one for that matter!). Alan would like to see the Fort Wayne Track Club continue to grow and have in excess of 1000 members. Alan says, "We need to get more involved in the community and do a 'little marketing' of our club to make it happen. We also need to get our finances in order and then begin an aggressive recruitment campaign."

ALIBI ...

"The girl who was pacing me sprinted near the finish line. It was all I could do to hang in there..."

COME RUN



WITH US



JOHN G. JEDINAK

John Jedinak, born July 19, 1933, is a retired Human Resources Manager. Wanting to stay with the flow, John is looking for work. John's family at present is his wife, Sandy, since their 5 children are out on their own. Running to a different drummer, John has a pet lawn, which I'm certain requires a great deal of his attention. His hobbies include model making (fashion ?) and woodworking. Together John and Sandy enjoy movies, traveling, and watching football. Being a diet-conscious runner, John enjoys donuts and coffee after donning his Saucony shoes and running 5 miles through Foster Park in the morning or late afternoon. At other times he likes to dine at Takaoka, or any restaurant that serves good pasta. His favorite races are the Central Soya 5 mile, Bippus 4 mile, and the Warsaw 2 mile. John gets his inspiration from any MOP (Middle of the Pack runner) who starts and finishes and runs every step of the way and is not intimidated by the winners. His dream is to complete the Hawaiian Iron Man Triathlon at age 65. John would like to see the FWTC continue to support physical fitness and would like to have locally at least one good run per month May through October.

WAYNE DAVIES

Wayne Davies, born June 6, 1957, is an accountant at North American Van Lines. Wayne's family includes his wife, Julie, and his daughters Lindsey (3 years) and Courtney (8 months). His hobbies are playing the piano and cycling, and he also relaxes by listening to jazz or watching basketball. A culinary treat for Wayne is Halls restaurant on East State. Wayne likes to run 10k's and his favorite is the Summit City. After a running on the Rivergreenway (a great place to run thanks to the Parks Department) during his lunch hour he enjoys fruit, especially bananas. Whichever running shoe on sale that fits gets him where he wants to go. George Sheehan has been an inspiration to Wayne, and his dream is to run the New York City Marathon and to run any marathon in under 4 hours.

DAVID CASWELL

David Caswell was born August 13, 1979, and is at present unmarried and a student. David's family includes his parents, Steven and Deb Caswell, and brother Mike. David enjoys basketball, baseball, hunting, his dog, Kattie, eating at Pizza Hut, and being together with his family. His favorite sport to watch is basketball (a true Hoosier). David likes to run 5K's and his favorite race is Ligoneer Days. David likes to run in the afternoon in his Asics Tigers after which he enjoys having fruit. He prefers to run with dad at Albion Chain-O-Lakes. Brian Shepherd has inspired David mostly because he is just fun to be around. David would like to go to college and be an all sport player.



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

To receive an informative brochure, please call 447-5686.

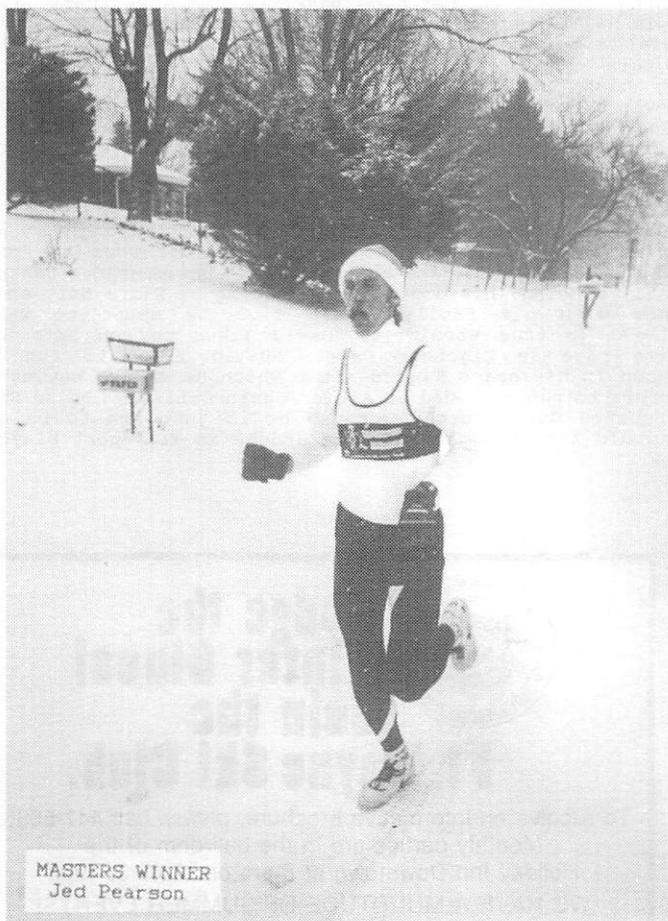
Monthly parties are in the ballroom of the
Holiday Inn Downtown at 8 pm on: April 3, 1992

WE HAVE A MULTITUDE OF SUMMER EVENTS!

WINTER CARNIVAL 5K

Syracuse, IN January 25, 1992

1	Brian Shepherd	15:39	21	Chris Leitch	23:57
2	Mark Furkis	15:41	22	Joanna Kilgore (F)	24:00
3	Mark Sanderson	17:21	23	Jamie Emmert (F)	24:06
4	Jerry Williams	17:45	24	Mike Varisll	24:11
5	Jim Histan	17:57	25	Janeen Sherbondy(F)	24:46
6	Jim Furkis	17:57	26	Khelli Leitch	25:23
7	Chuck Schlemmer	18:06	27	Ron Hill	26:21
8	Frank Pizana	18:12	28	Joan Gary (F)	26:50
9	Hal Pearson	18:18	29	Cindy Furkis (F)	27:17
10	Jed Pearson	18:30	30	Joe Todd	29:03
11	Steve Caswell	18:55	31	Kerrie Byers (F)	29:40
12	Greg Weisser	19:07	32	Clare Baumgart (F)	29:48
13	Chris Weaver	19:14	33	Sherrie Wheeler (F)	30:24
14	Dean Schmicklapp	19:41	34	Sally Gradle (F)	31:57
15	Dewaine Cobbs	21:50	35	Carol Vanatta (F)	33:11
16	Joel Schartzzer	21:57			
17	Moises Trejo	22:11		WALKERS	
18	Mike Flora	22:12	1	Dana Arthur	
19	Tim Smith	23:19	2	Lynn Bostick	
20	Shawn Sherbondy	23:51			



15th Annual Just Plain 10K Race and 3.3K Walk
 Foster Park
 December 7, 1991 2PM

RESULTS:

WOMEN

<u>29 and under</u>	<u>Time</u>	<u>Place</u>
Brenda Liechty	40:34	11
Sara Unsell	46:08	28

<u>30-39</u>	<u>Time</u>	<u>Place</u>
Judy Tillapaugh	44:39	18

<u>40-49</u>	<u>Time</u>	<u>Place</u>
Barb Scrogam	46:32	29
Joyce Hockensmith	48:18	31
Vicki Jacobs	55:52	40

<u>50+</u>	<u>Time</u>	<u>Place</u>
Gloria Nold	56:05	41
Polly Jacobs	62:21	44

MEN

<u>19 and under</u>	<u>Time</u>	<u>Place</u>
Brad Thomas	39:19	9
Jason Clagg	43:02	16
Peirre VanDorp	46:03	27

<u>20-29</u>	<u>Time</u>	<u>Place</u>
Paul Knott	37:08	6
Ahamed Allaovi	41:36	12

<u>30-39</u>	<u>Time</u>	<u>Place</u>
Tom Loucks	36:18	1
John Treleaven	36:18	2
Steve Caswell	36:19	3
Phil Suelzer	36:31	4
Carl Risch	39:59	8
Steve Summers	40:31	10
Barry Baumbaugh	43:17	17
Jonathon Schlatter	44:49	20
Harry Quandt	45:11	23

<u>40-49</u>	<u>Time</u>	<u>Place</u>
Gordon Pleus	36:55	5
Jed Pearson	38:56	7
Ray Sibrel	42:34	13
Joe Hilger	42:39	14
Paul Wisniewski	42:44	15
Don Lindley	44:39	19
Jack Seigel	45:04	22
Alan Bradley	45:12	24
Wayne Unsell	45:44	26
Rad Lamenza	48:00	30
Charley Knepper	49:33	32
Jim Martin	50:06	34
Tom Clagg	52:22	36

<u>50-59</u>	<u>Time</u>	<u>Place</u>
Bernie Huesing	45:00	21
Bob Loomis	51:07	35
Tom Laird	52:22	37
Bill Rex	53:01	38
John Jedinac	58:17	43

<u>60+</u>	<u>Time</u>	<u>Place</u>
Don Anderson	45:31	25
Bill Patterson	49:47	33
Curt Nold	53:20	39
Bob Hockensmith	56:57	42

Overall Winner - Men : Tom Loucks
 Time 36:18

Women: Brenda Liechty
 Time 40:34
 3.3K
 One Walker, Sharon Pauley Time 37:45

J.P. Jones, Race Director
 (745-7339)

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

Just Plain 10K Race - December 7, 1991

With temperature about 35 degrees and a clear course, 45 participants and many beautifully wrapped T-shirts showed up for this 15th annual race. Dedicated help came from Clem Getty for the hot soup, Bill Osterholt for timing on the course, Bob Pauly at the finish line and numerous others pitching in where and when needed. Unfortunately, one person was slightly hurt on the course. The 113 T-shirts were split between Crossroads and the Youth Services Center. Thanks to all for the T-shirts, your participation, help and a get together in the early winter weather.

JP Jones, Race Director

**FORT WAYNE TRACK CLUB FANNY FREEZER
SATURDAY, FEBRUARY 15, 1992
FOSTER PARK**

NAME	CITY	PLACE	OVERALL	AGE	TIME
1 JERRY SUEZER	FT WAYNE	18	47	11	19 : 05
2 KHELLEITCH	LIGONER				23 : 09
MALE 13 - 15					
1 SCOTT SAUCEDO	FT WAYNE	57	75	15	24 : 09
2 JEREMY BUCK	FT WAYNE			16	00 : 02
MALE 16 - 19					
1 MORRY RIDDLE	FT WAYNE	5	17	17	17 : 05
2 RUSTY GROSE	ROANOKE			16	18 : 03
MALE 25 - 29					
1 BRIAN SHEPHERD	LIGONER	1	12	25	16 : 08
2 GREG WEISSER	MILFORD			29	18 : 05
3 PAUL KNOTT	FT WAYNE	13	29	18	18 : 05
4 KEN NELSON	FT WAYNE	14	28	19	18 : 09
5 JIM ANDERSON	FT WAYNE	28	29	19	21 : 27
MALE 30 - 34					
1 HERMAN BUENO	FT WAYNE	2	33	33	16 : 32
2 CHUCK SCHLEMMER	LIGONER	3	31	31	16 : 51
3 KEN BABCOCK	FT WAYNE	6	30	30	17 : 08
4 CARL RISCH	FT WAYNE	7	34	34	17 : 15
5 JAY RICHARD	VAN WERT, OH	11	36	36	17 : 56
6 RICK GILBERT	MONROEVILLE	23	34	34	20 : 25
7 KEVIN WILLIAMS	FT WAYNE	25	34	34	20 : 47
8 DAN FISHER	HUNTINGTON	30	34	34	21 : 25
9 JOSEPH RYAN	FT WAYNE	49	31	31	23 : 42
10 BILL RYAN	AVILLA	75	33	33	30 : 07
MALE 35 - 39					
1 STEVE CASWELL	FT WAYNE	9	38	38	17 : 29
2 PAUL AUSDERAN	FT WAYNE	15	38	38	18 : 24
3 DAVE McDONALD	BRONSON, MI	31	39	39	21 : 29
4 BARRY BAUMBAUGH	GRANGER	35	38	38	21 : 33
5 JONATHAN SCHLATTER	FT WAYNE	37	35	35	21 : 57
6 HARRY QUANDT	NEW HAVEN	39	39	39	22 : 04
7 PAUL SABACK	FT WAYNE	53	39	39	23 : 56
8 KENT LOOMIS	FT WAYNE	60	38	38	24 : 53
9 DAN MCGUIRE	FT WAYNE	62	38	38	24 : 54

Charley Knepper liked Jerry Mazok's 10.3 mile Thanksgiving Day run on November 25 even though there was a cool drizzle. The entry fee and the fellowship made it worthwhile. Charley also says thumbs up to the cool, breezy J.P. Jones 10K on December 7 because of the entry fee and the relaxed atmosphere.

Brian Shepherd



1	PHIL SUELZER	40	4	15 : 56
2	JED PEARSON	40	10	17 : 52
3	NEIL TATE	40	16	18 : 32
4	DAVE WINTERS	42	19	20 : 00
5	STEVE SMITH	44	20	20 : 09
6	LYNN ARMSTRONG	44	20	20 : 11
7	DON FORD	41	22	20 : 18
8	JOE HILGER	42	29	21 : 27
9	ALAN BRADLEY	40	34	21 : 33
10	WAYNE UNSSELL	43	36	21 : 39
11	TONY ACOSTA	41	54	24 : 09
12	BILL OSTERHOLT	55	55	24 : 23
MALE 45 - 49				
1	JACK SEIGEL	26	46	21 : 01
2	JIM CRON	38	46	22 : 03
MALE 50 - 54				
1	LARRY TARGART	9	51	17 : 40
2	TOM FELGER	24	52	20 : 42
3	KEN CLARK	41	53	22 : 35
4	LV DORE	44	53	23 : 12
5	DAVID BUTLER	69	52	27 : 30
MALE 55 - 59				
1	JOHN STURTEVANT	42	58	22 : 42
2	BOB LOOMIS	51	59	23 : 45
3	DAVID MYERS	67	58	27 : 19
4	JOHN JEDINAK	72	58	29 : 37
MALE 60 - 64				
1	DON ANDERSON	59	64	24 : 51
2	J.P. JONES	74	63	29 : 22
MALE 65 & OVER				
1	KEN DISLER	66	66	26 : 03

Hal Lewis ran the Anheuser-Busch Colonial 1/2 marathon in Williamsburg, Virginia on February 23, 1992. The sizeable race of 1650 runners took place in a 50 degree pleasant drizzle. The finish line was "inside" the William and Mary College field house which was a bit unusual. The very hilly course was beautiful, looping outside of Williamsburg along the James River and the Colonial Parkway.

VOLUNTEERS: LORRI SHEPHERD, STEVE CASWELL, BOB & JOYCE HOCKENSMITH, JUDY TILLPAUGH, PAUL KNOTT, DON & MICHAEL LINDLEY, & BOB PAULEY

FEMALE 13-15			
1	JOY WILLIG	FT WAYNE	63
2	TAMMY GILBERT	MONROEVILLE	69
3	AMY GILBERT	MONROEVILLE	71
FEMALE 16 - 19			
1	CAROL SEGEL	FT WAYNE	58
2	JULIE BECK	FT WAYNE	61
FEMALE 20 - 29			
1	SARA UNSELL	FT WAYNE	33
2	LINDA CONRAD-IANNUCILL	FT WAYNE	45
FEMALE 30 - 39			
1	PHYLLIS SUEZLER	FT WAYNE	27
2	KIM LARSEN	FT WAYNE	40
3	LAURA WILLIAMS	FT WAYNE	46
4	SUE STEINEN	VAN WERT, OH	48
5	EILEEN JONES	MUNCIE	50
6	FERRI GROSS	FT WAYNE	52
7	SUE SIPES	FT WAYNE	56
8	RITA CANO	FT WAYNE	79
FEMALE 40 - 49			
1	BARG SCROGHAM	FT WAYNE	43
2	VICKI JACOBS	FT WAYNE	66
3	SARA SMITH	FAIRMOUNT	73
FEMALE 50 - 59			
1	JOAN GARY	FREMONT	64
2	SUE MYERS	FT WAYNE	78
MALE WALKERS			
1	BOB GENSHEIMER	FT WAYNE	70
2	MAURIE HARTMAN	SPENCERVILLE	77
FEMALE WALKERS			
1	MAURINE GENSHEIMER	FT WAYNE	80
2	SHARON PAULEY	FT WAYNE	91



Ligoneer Track Club
at Fanny Freezer

L to R Chuck Schlemmer Morry Riddle
Brian Shepherd Steve Caswell Kheill Leitch

There has been some talk about changing the name of the Fort Wayne Track Club since we are mostly road runners and walkers. What do you think ??? The following suggestions have been made for a new name.

Fort Wayne Run & Walk FWRW
Summit City Road Runners
Fort Wayne Runners Club
Fort Wayne Road Runners
Anthony Wayne Road Runners
Fort Wayne Village Runners
Summit City Striders
Fort Wayne Foot Power
Summit City Walkers & Runners
Fort Wayne Harriers

We need to hear from the membership as a decision will be made in the near future. Please make your desires known via a note or postcard to: Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

I would like to see the name changed to _____

_____ I would like to keep the name Fort Wayne Track Club.

Youth
Services
of ALLEN
COUNTY Center

MARY H. WIEGAND
Administrator

PHONE 219-469-3561

11855 LIMA ROAD
FORT WAYNE, IN 46816-9562

January 6, 1992

Fort Wayne Track Club
J.P. Jones
3416 Fairfield
Fort Wayne, IN 46807

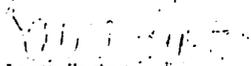
Dear Mr. Jones and Fort Wayne Track Club Members:

The staff and residents at Youth Services would like to "Thank-You" for you generous donation of the T-Shirts. It helps make the holidays brighter for the residents here.

It's nice to have caring people in our community.

Again, we Thank-You.

Sincerely,


Laura Harter
Secretary

Dan Daniel sent his comments about an interesting 10K race in Salem, Oregon on October 11, 1987. The race sponsored by the Salem Hospital drew about 900 runners on a cool, cloudy 50 degree day. The Salem Hospital Perfect 10K is so named because the race incorporates almost every type of terrain. It begins on city streets running downhill to Bush Pasture Park with bark running paths and steep hills. Finally it takes you on a run up the soap box derby track and terminates on the Willamette University College track with the grandstands full of cheering people. The race is well run with at least 100 volunteers and excellent traffic control. There were approximately 90 door prizes ranging from mountain bikes to radios to clothing, half of which went to volunteers. Dan has run this race 3 times, partly because he has a son living in Salem.

Paul Anderson, a new Fort Wayne Track Club member, recently ran in the Canadian Free Press 10K in London, Ontario. The competition was fierce and Paul's 41:49 was only good enough for 96th place. Welcome to the track club, Paul, and we'll look forward to seeing you at area races.

Overall and Division Winners
 received caricatures of themselves
 designed by Dale Teachant



Note from Treasurer Don Lindley:
 There has been a significant increase in the operating expenses of the Fort Wayne Track Club since the dues were increased in 1986 from \$10.00 per year to the present \$12.00 amount. Although I am not suggesting an increase in dues at this time, I think that we should eliminate the half year membership of new members and offer membership during the first year based on the month of enrollment. Should enrollment occur during the first calendar quarter, the full amount of dues would be collected, with a 25% reduction for enrollment during each following quarter. This reduced rate would only be applicable to the first year and would not affect the renewal of existing members.
 The budget difficulties have been caused by increased expenses, such as, RRCA dues increase from 75 cents to \$1.00 and insurance costs of \$2.40 per member. Postage increases and printing costs have also contributed. The result of this is that our costs for each member exceed the present annual dues, the deficit being paid from carry over funds from previous years. The loss of contributions from the Central Soya and Summit City 10K races, means that we must depend on proceeds from equipment rental and advertising. For those reasons, we need the help of each member to find new sources of advertising revenue or equipment rental income. If you have an idea, please share it with Paul Knott, Rodger Puckett or Rita Cano. Hopefully, we can meet future budget needs without resorting to an increase in annual dues.

BIRTHDAYS

April

3 Jerry Suelzer
4 Melvin P. Hochstetler, Jr.
5 Sharon Pauley
5 Tom Clagg
5 Kathy Widau
5 Julie A. Manger
6 Steven H. Caswell
7 Jerold D. Perkins
8 Tom Yoder
9 Jerry Mazock
11 Joel Schartzer
11 Hannah Osborn
12 Diana Talamantes
13 Eugene D. Haines
13 Ed Beckner
14 John Sturtevant
15 Maurine B. Gensheimer
21 Phil Wahls
21 Dennis Conner
24 Jerald Diehl
25 David L. Wilson
25 Diane Getty
25 Rad Lanza
26 Steve Keeslar
27 Joanann Jackson-Swift
29 Mary Hochstetler

May

1 Maurice Hartman
1 Lois A. Wiersma
1 Bret Brewer
2 Dene Lewis
2 Ed Walter
3 Timothy O. Dooley
5 John B. Powell
6 Michelle Lee Cano
8 Thomas A. Wagner
9 Sue Zimmerman
13 Dennis C. Scott
14 James R. Heymann
15 Thomas J. Dendinger
15 Sandy Wyatt
15 Jim Anderson
17 Karen Binkley
17 Greg Lawrence
17 David Millhouse
18 Larry Yant
19 William A. Ryan
20 Polly Jacobs
20 Hal Lewis
21 Charles Welch
24 Jeanette Klein
26 Richard G. E. Beemer
27 Richard Burdek
27 Gary Mullendore
28 Molly Sloffer
30 Terry Gautsch



MERCHANDISE FOR SALE
T-SHIRT \$7
SWEATSHIRT \$13
CONTACT: BRIAN SHEPHERD
894-4638

FORT WAYNE
TRASH CLUB

FWTC POINTS RACES



**FORT WAYNE
TRACK CLUB**

P. O. BOX 11703
FORT WAYNE, IN 46860

JAN 18	Winterfest 5K	Syracuse IN
FEB 15	Fanny Freezer 5K	Ft. Wayne, IN
FEB 22	Think Spring 5K	Ligonier, In
MAR 28	Nutra Run 5M/20K	Ft. Wayne, IN
MAY 9	FWTC 1M Championship	Ft. Wayne, IN
JUN 13	Albion 5K	Albion, IN
JUN 25	Run for the Kids 5K	Ligonier, IN
JUL 4	Running Wild 4M	Ft. Wayne, In
JUL 17	Old Settler's 4M	Columbia City, IN
JUL 31	Cromwell 5K	Cromwell, IN
AUG 8	IPFW Scholarship 5K	Ft. Wayne, IN
SEP 5	MDA 5M	Ft. Wayne, IN
SEP 5	Ligonier Days 5K	Ligonier, IN
NOV 28	Turkey Trot 4M	Ft. Wayne, IN
DEC 19	J.P. Jones 10K	Ft. Wayne, IN

OVERALL POINTS

10 pts - 1st
8 pts - 2nd
6 pts - 3rd

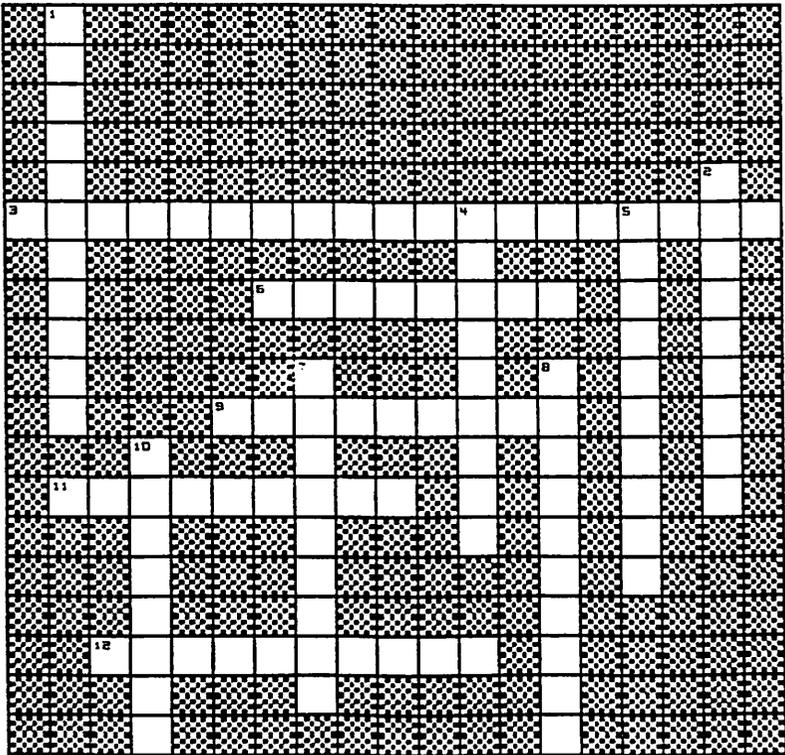
AGE GROUP POINTS

5 pts - 1st
4 pts - 2nd
3 pts - 3rd
2 pts - 4th
1 pt - 5th

Don Lindley and Rodger Puckett ran the 10th annual Birmingham Track Club 50 Mile Run on February 8. Forty-two runners tackled the 50 miles in 27-43 degree weather. Don says there were too many aid stations since he actually gained a pound during the run. The winner completed the course in 6:14:54. Rodger's time was 8:30:15 (21st overall), and Don's 8:57:22 (23rd overall). Don says that next year he'd like to go a day earlier and do some golfing since running by the golf course 8 times made he and Rodger want to stop halfway and go golfing.

Wayne Unsell ran Mr. D's Polar Bear 5 mile Run at the University of Indianapolis on February 8. Wayne comments that they had great facilities, a nice crowd (2500 runners and walkers), and good post-race refreshments. Wayne enjoyed the course, although it was a little slick, and was pleased with the excellent traffic control.

TWELVE MONTHS OF MARATHONS



ACROSS CLUES

- 3. A July marathon in Boone, NC
- 6. A June marathon in Indiana
- 9. A Feb. marathon in Pensacola, FL
- 11. An April marathon in Toledo, OH
- 12. A Dec. marathon in Alabama

DOWN CLUES

- 1. THE Nov. marathon
- 2. An Aug. marathon in Colorado
- 4. A Jan. marathon in Louisiana
- 5. An Oct. marathon in Minnesota
- 7. A March marathon in Nashville, TN
- 8. A Sept. marathon in South Dakota
- 10. May marathon in Traverse City, MI



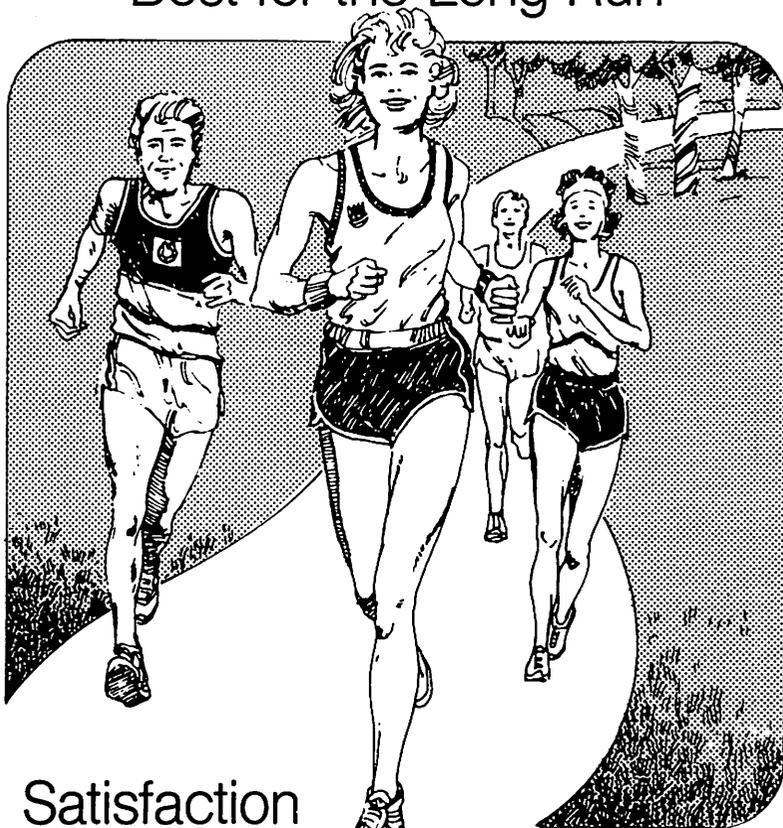
Support the FWTC by attending meetings.
 The Track Club meets the 2nd Wednesday of each
 month at 7:00 p.m. at the Summit Christian College
 Activity Building on Rudsell Boulevard.

Mark it on your calendar and plan to attend !

Hope to see you there !

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.

FORT WAYNE TRACK CLUB BANQUET AWARDS

February 15, 1992

President's Award 1990 & 1991: Jerald Diehl

Awards for Outstanding Performance in 1991:

Female Student Runner: Brenda Liechty - Carroll HS

Male Student Runner: Jason Washler - DeKalb HS

Female Runner: Joyce Hockensmith

Male Runner: Brian Shepherd

Female Walker: Maurine Gensheimer

Male Walker: Bob Gensheimer

Female Ultra Marathoner: Joan Gary

Male Ultra Marathoner: Don Lindley

Female Volunteer: Vicki Jacobs

Male Volunteer: Mark Brattoli

Service Award: J. P. Jones

FWTC Supporter Awards: Herman Bueno
Cheryl Pasko
Lorrie Shepherd
John Klein
Jeanette Klein
Polly Jacobs
Debbie Caswell
Steve Caswell
Shirley Loomis
Bob Loomis

Race Director Award: Wayne and Sara Unsell

"Woody Woodpecker" Award: Michael Kast

Golden Gavel Award: Bob Hockensmith

Silver Bagel Award: Judy Tillapaugh

Legs Award: J. P. Jones



Another advocational hazard for runners has a collar, four legs and an owner who swears, "I don't understand, he's never bitten anyone before." Dogs, who fondly lick the hands of cat burglars, become canine psychopaths when they think a runner is threatening their turf.

FORT WAYNE TRACK CLUB
1991 POINTS WINNERS

OVERALL MALES:	1. BRIAN SHEPHERD 2. CARL RISCH 3. MARK FURKIS
OVERALL FEMALES:	1. TERESA WAITE 2. BETTY NELSON 3. JOAN GARY
MALES 14 & UNDER:	1. JIM FURKS 2. DAVID CASWELL
MALES 25 - 29:	1. PAUL KNOTT 2. BRAD COOPER 3. KEN NELSON 4. MIKE MCMANUS
MALES 30 - 34:	1. TOM LOUCKS
MALES 35 - 39:	1. STEVE CASWELL 2. PHIL SUELZER 3. JOHN TRELEAVEN 4. BARRY BAUMBAUGH
MALES 40 - 44:	1. TERRY COONAN 2. JED PEARSON 3. DON FORD 4. JOE HILGER 5. WAYNE UNSEL
MALES 45 - 49:	1. BERNIE BURGETTE 2. JOHN KLEIN 3. DON LINDLEY 4. RODGER PUCKETT
MALES 50 - 54:	1. LARRY TAGGART 2. FRED ROSS
MALES 55 - 59:	1. BOB LOOMIS 2. NORM WHISLER 3. JOHN STURTEVANT
MALES 60 & OVER:	1. KEN DISLER 2. DON ANDERSON 3. J.P. JONES 4. DAN DANIEL
FEMALES 15 - 19:	1. BRENDA LEICHTY
FEMALES 25 - 29:	1. SARA UNSELL 2. CHRIS COOPER
FEMALES 30 - 34:	1. CINDY FURKIS 2. JULIE MANAGER
FEMALES 35 - 39:	1. MARY MCMANUS
FEMALES 40 - 44:	1. BARB SCROGHAM 2. JOYCE HOCKENSMITH
FEMALES 45 - 49:	1. JEANETTE KLEIN
FEMALES 50 - 54:	1. BEV CHRISTENSEN
FEMALES 60 & OVER:	1. POLLY JACOBS

Herman Bueno also ran the Polar Bear Run at the University of Indianapolis. Herman says that there was a tremendous crowd although slick, icy roads made racing very tough and good footing nearly impossible. Everything before and after the race was a lot of fun. Herman feels the 27 minutes of racing time were the worst 27 minutes of 1992, but he'll be back next year!

Ken Disler was another one of those hardy souls at the Polar Bear Run in Indianapolis. Ken didn't comment on the age groups or how he ran.

LOS ANGELES

By Joyce Hockensmith

Not wanting to sit at home for a weekend with nothing exciting to do, Bob and I flew to Los Angeles February 29 to run the marathon on March 1. Coming from the great Hoosier resort area, we were a little concerned as to what the weather conditions might be in L.A., but marathon day dawned cloudy with a promised high of around 70 degrees. It is truly a "happening" to elbow your way in at the start with 19,400 other runners, but you should try it at least once in your marathoning career. Neither one of us want to talk much about our personal performances, but we did see the couple who got married at the 13 mile mark and then finished the marathon. I also had the experience of seeing the guy who was shot when he jumped a policeman and attempted to get his gun. It seems it happened in the family reunion area near the H's where I was planning to wait for Bob and his friends to find me.

After two hours of chill, I feared I might never see anyone I knew again. I am happy to report that this story has a happy ending, and Bob and I are back home again in Indiana.

*** NEWS FLASH ***

The finish line of any large race is always somewhere between chaos and shambles. To scientifically sort out the finishing order, an inventor in Baltimore created a magnetic I.D. strip that can be inserted in the sole of a runner's shoe. Each strip gives off a different code as the individual runner crosses a photo-electric cell at the finish line. As each runner finishes the race his magnetic strip triggers a computer which then instantly prints out name, division, time and order of finish on a read-out of the race results. As the inventor explains. "These are the soles that time men's tries."

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.

FRACTURED AESOP

An Arabian sheik hired a top track star to be his personal assistant. When the sheik was in the mood, one of the young man's duties was to run from the Palace to the Harem, a distance of about three miles, to fetch one of the sheik's wives. This happened three to four times a day. The sheik would nod and the track star would take off. This arrangement went on until the runner died at the age of 42. The sheik lived to be 91. The moral of this story is, "Sex doesn't kill you, it's the running after it that does."

HERMAN



"Your mother went jogging and got a ticket for 'malicious damage' to the sidewalk."

HERMAN



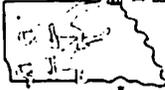
"Are you eating properly and getting plenty of exercise?"



FORT WAYNE TRACK CLUB

ADKINSON	STEVE	FOX	LORRAINE
ANDERSON	CURT	FUELLING	TOM
ANDERSON	LANE	FUZY	JOYCE A
ANDERSON	NEIL K	GAUTSCH	TERRY
ASH	JILL V	GEBFERT	ROBERT
ASHTON	DON	GETTY	CLEM R
AUSDARAN	PAUL	GETTY	DIANE
BASH	HOWARD O	GILBERT	RICK L
BECKNER	ED	GILLAND	MICHAEL
BEEMER	RICHARD G.E.	GODAIR	FRANNIE
BEHTEL	STEVE	GODAIR	LARRY
BERGHOFF	JIM B	GOLTHWAITE	STEVE
BOND	MIKE	GORIS	JEFF
BRADLEY	JOSEPH L	GUMBERT	ALFRED
BRADLEY	ALAN D	HABEGGER	RONALD J
BRANDT	VELMA J	HARMON	KATHY
BRANSTETTER	CHARLES	HARNLV	RICHARD
BREWER	DON	HARTMAN	CRAIG
BRIER	BRET	HARTMAN	MAURICE
BROWN	RAMON E	HAYHURST	TOM
BUHLE	JOHN E	HEYMANN	JAMES R
BURDEK	RICHARD	HILGER	JOSEPH
BURGETTE	BERNIE	HIRSCHY	JENI
BUSHEE	BECKY	HOCHSTETLER	NARY
BUSHEY	BECKY	HOCHSTETLER, JR.	MELVIN P.
BUTLER	JAMES E.	HOEPFNER	STEVEN
CASWELL	DAVID	HOLLE	KARLTON
CASWELL	DAVID	HOOTEN	GARY
CHRISTENSEN	STEVEN H	HUESING	BERNING
CLARK	BEV	HUNT	BILL
CLARK, JR.	KEN	HURD	MARK
CLOUSE	WM. R.	JACKSON-SWIFT	JOANANN
COBBS	DAVID L	JANTZ	DONALD H
COLBURN	DEWAIN	JEDINAK	JOHN G
CONNER	ROBERT	JONES	JAMES P
COONAN	DENNIS	KAUFMAN	DAN
COOPER	TERRY	KERN	EDWARD L
COOPER	BRAD	KING	ANNETTA
COX	CHRIS	KING	GARY L
CRON	BENJAMIN L	KING	KENNETH
DALE	JAMES C	KIRBY	GEORGE
DAX	DAVID C	KLEE	TONY
DENDINGER	ED	KLEIN	JEANETTE
DENNY	THOMAS J	KLEIN	JOHN
DIERKS	GORDON	KLINE	JAMES L
DIETRICH	DAVE	KLINGER	HOWARD J
DILLER	CLIFFORD A	KNOTT	PAUL E
DOEPNER	TERRY R	KNOUSE	EDWIN C
DOOLEY	MARK	KNOX	PERRY
DUGAN	TIMOTHY O	KRUZ	JANICE
EAKIN	RICHARD P	KUHN	JOE
EYERS	JOHN	LAI RD	THOMAS H
FAHL	STEVE L	LAMENZA	RAD
FAIRCHILD	GREGORY	LANTZ	JOHN
FIELDS	DAVID	LAVINE	RANDALL L
FLOREA	CARL R	LAWRENCE	GREG
FORD	STANTON	LEE	EDDIE
	DONALD	LEE	LAWRENCE H

NEW MEMBERS AND RENEWALS



FORT WAYNE TRACK CLUB

LEITCH
LEW
LINSON
LIPP
LOCHNER
LOSHE
LUTTMAN
MANGER
MARTIN
MAZOCK
MCCOY
MCCOY
MENZE
MEYER
MILLER
MILLER
MILLER
MIZE
MONTGOMERY
MOSES, JR.,
MOTYCKA
MULLENDORE
MYNETT
NELSON
NELSON
NORTH
O'KEEFE
O'NEIL
O'NEIL
ONAN
ONAN
OSBORN
OSBORN
OSBORN
OSBORN
OSBORN
OSTERHOLT
PARK
PASKO
PATTERSON
PAULEY
PAULEY
PEARSON
PEARSON
PERKINS
PETERSON
PETERSON
PHILLIPS
PHILLIPS
PIROPATO
POLING
POWELL
PRESSLER
QUANDT
RANDALL
RASMUSSEN
RICKNER
RICKNER
RIECKE

ROBBINS
ROBERTS
RUETSCHILLING
RYAN
SABRACK
SABRACK
SAMBUR
SCHARTZER
SCHLEMMER
SCOTT
SCROGHAM
SEIGEL
SEILER
SEIMAN
SELKING
SHEPHERD
SLOFFER
SLOFFER
SLONE
SOHASKI
SPRANO
STEINEN
STEVENS
STRAYER
STURTEVANT
SUELZER
SUELZER
SUELZER
SUELZER
SUMMERS
TALAMANTES
THOMPSON
TOMLINSON
TOMLINSON
UNSELL
UNSELL
VORICK
WAGNER
WAHLS
WAITE
WATERFIELD
WEICH
WELCH
WHISLER
WIDAU
WINTERS
WISE
WOLFE
WYATT
WYATT
YANN
YANT
YODER
YODER
ZECH
ZEGLER
ZIMMERMAN

MIKE
RANDY
DAVID
WILLIAM A
CYNTHIA
PAUL
MARVIN
JOEL
CHUCK
DENNIS C
BARB
JACK
JIM
TODD
BRIAN
GARY A
BELINDA
MOLLY
LEWIE
BILL
MIKE
SUE
ELIZABETH A
DENNIS
JOHN
JEFF
JERRY
JOE
PHIL
PHYLLIS
DON
DIANA
JAMES W.
GILES M
C. WAYNE
SARA JO
RICHARD B
THOMAS A
PHIL
TERESA
RICHARD D
AL
CHARLES
NORMAN
KATHY
DAVID L
JOEL
DAVE
ROBERT E
SANDY
MICHAEL
LARRY
SHERRY A
TOM
DENNIS
JOE
SUE



TRACK CLUB MEMBER'S PROFILE

Name: _____

Birthdate: _____

Occupation: _____

Family: _____

Pets: _____

Hobbies (excluding running) _____

What you, or you and your family enjoy doing, other than running or racing: _____

Favorite Spectator Sport: _____

Favorite Area Restaurant: _____

Favorite Distance to Run: _____

Favorite Race/s: _____

Favorite After Run or Race Food: _____

Favorite Time to Run: _____

Favorite Running Shoe: _____

Favorite Place to Train: _____

Has there been anyone who has been an inspiration to you?

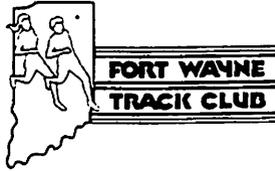
If so, explain: _____

Do you have a dream? _____ If so, what? _____

What I see as the future of the Fort Wayne Track Club: (It's all right to dream)

Complete and return to Joyce Hockensmith this evening or mail to: Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

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 _____

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
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
courses | <input type="checkbox"/> Advertising-Potential
Race Sponsors |
| <input type="checkbox"/> Co-ordinate Club
Trip to race | <input type="checkbox"/> Anywhere Needed |
| <input type="checkbox"/> Other (specify) _____ | |

1992 FORT WAYNE TRACK CLUB CALENDAR OF RACES & EVENTS

Check THE INDIANA RUNNER for other races. Call the race director for confirmations, postponements, or cancellations. For applications, always send a self-addressed stamped envelope. FWTC HOTLINE & ANSWERING SERVICE (219) 456-8739.

* Applications available through FWTC, Box 11703, Fort Wayne, Indiana 46860 or Wayne & Sara Unsell (219) 486-9430.

FWTC POINTS RACES are in bold print.

APRIL

- 5 Sun * SUPER CITIES WALK 15K, Johnny Appleseed Park, Ft. Wayne, In 8:00 am
- 11 Sat * RACE FOR THE CURE, All Women's 5K Run/Walk, Ft. Benjamin Harrison, Indianapolis, IN (317) 848-8123 9:00 am
- 11 Sat AUL GOVERNOR'S CUP 8K, Brown County State Park 10:00 am
Toll-Free Race Hotline 1-800-622-4931
- 11 Sat JAZZ ON THE RUN 5K, Valparaiso, In, (219) 465-4629 11:00am
- 12 Sun SAM COSTA 13.1 M & 5 M, Clay Jr. High School, Carmel, In
- 12 Sun * GLASS CITY MARATHON, Toledo
TRRC, P.O. Box 5656, Toledo, Oh 43613
Keynote Speaker, HAL HIGDON, Saturday, Judy Moir, 7642
Bonniebrook, Sylvania, Oh 43560 (419) 822-1674
- 12 Sun * 12TH ANNUAL RED BRICK RUN 5K, P.O. Box 453, Oxford, Oh
45056, Bob Stewart (513) 523-4530 1:30 pm
- 12 Sun 25TH ANNUAL ATHENS, OHIO MARATHON, Mark Graham, P.O. Box
2282, Athens, Oh 45701, Tony Mele (614) 593-6120 12:00 pm
- 18 Sat * IPFW SPRING CLASSIC 5K RUN & WALK, Cheryl Pasko, IPFW-
Athletic Dept., 2101 Coliseum Blvd., Ft. Wayne, In 46805
11:00 am
- 25 Sat 3 RIVERS STROLLERS SPRING VOLKSMARCH 10K, Non-competitive
walk, Ft. Wayne, In, Vicki Jacobs, 456-2111 (day)
456-1496 (eve) 9:00 am
- 25 Sat SHOE SUCKER SEVEN, Huntington, In, Rick Beemer, 462
Frederick St., Huntington, In 46750 (219) 356-3020
9:00 am
- 25 Sat * SPRING FLING 92 5K RUN, Harold Vergiels, 1590 Co. Rd. 15,
R.R. #2, Harrod, Oh 45850, (419) 634-6985 (eve)
(419) 643-5111 (day) 10:00 am
- 25 Sat * 10TH ANNUAL PACESETTER '92 4M RUN, Kokomo, In, John Wiles
or David Bames (317) 459-3121 9:00 am
- 26 Sun BIG SUR INTERNATIONAL MARATHON, P.O. Box 22260, Carmel,
Ca 93922, William B. Burleigh (408) 625-6226

MAY

- 2 Sat RUN FOR LIFE, Anderson, In, ARRC, P.O. Box 282, Anderson,
In 46015
- 2 Sat * JOHN NORRIS 5M, Bunker Hill, In, The Knight Striders, 9
Jack St, Gas City, In 46933, (317) 674-3841
- 2 Sat * RIVERBEND 10K RACE, Hancock Park District, 819 Park St,
Findlay, Oh 45840, (419) 423-6952 10:00 am

2 Sat STROLLING JIM 40, 41.2 MILES, Gary Cantrell, 233 Union
 Ridge, Warttrace, 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

3 Sun * MICHIGAN TRAIL MARATHON & 1/2 MARATHON, Ann Arbor, MI
 8:00 am

9 Sat RWTC 1 M Championship, Ft. Wayne, In

16 Sat AUL GOVERNOR'S CUP, MOUNDS STATE PARK, Anderson, In
 Toll-free Race Hotline 1-800-622-4931

16 Sat FAMILY FITNESS DAY 4 MILE RUN, Columbia City, In,
 Laura Gater, Whitley County Memorial Hospital, 353 North
 Oak St., Columbia City, In 46725 (219) 244-6191 ext. 2801

16 Sat * ICE AGE TRAIL 50 MILES, SOUTHERN KETTLE MORAINE STATE
 FOREST, Waukesha, WI 6:00 am

19 Tue IHSAA GIRLS SECTIONAL CHAMPIONSHIPS

21 Thu IHSAA BOYS SECTIONAL CHAMPIONSHIPS

22 Fri 500 FESTIVAL MINI MARATHON, Indianapolis, In 9:00 am

25 Mon XII ANNUAL GREAT RACE, Elkhart, In , Ron Schmanske
 (219) 294-1661

27 Wed IHSAA GIRLS REGIONAL CHAMPIONSHIPS

28 Thu IHSAA BOYS REGIONAL CHAMPIONSHIPS

28-31 IRCA NATIONAL CONVENTION, Milwaukee, WI
 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 PAC STATE SENIOR & MASTER T/F CHAMPIONSHIP
 IUPUI, Indianapolis, In

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, KKR, P.O. Box 1701, Danville, IL
 61834 (217) 431-4243 9:00 am

JUNE

5 Fri IHSAA State Track & Field Championship, IUPUI,
 Indianapolis

6 Sat IHSAA State Track & Field Championship, IUPUI,
 Indianapolis

6 Sat JOHN NORRIS 5K, Somerset, In, The Knight Striders, 9 Jacks
 St., Gas City, In 46933 (317) 674-3841 (after 5)

6 Sat SUNBURST MARATHON, 10K, 5K, South Bend, In (219) 674-0900

6 Sat WHITE RIVER 15K RUN, Anderson, In

6 Sat * MOSCOW INTERNATIONAL PEACE MARATHON & 10K, Lenin Stadium,
 Moscow

7 Sun THE COLUMBUS 10K, P.O. Box 21264, Columbus, Oh 43221

13 Sat ALBION 5K, Albion, In

13 Sat MIDWEST MEET OF CHAMPIONS

- 13 Sat * JOHN NORRIS 5M, Greentown, In, The Knight Striders, 9 Jack St, Gas City, In 46933, (317) 674-3841
- 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 * AUL GOVERNOR'S CUP, Indiana Dunes State Park 9:00 am
Toll-Free Race Hotline 1-800-622-4931
- 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
- 20 Sat INDIANA STATE TAC JUNIOR OLYMPIC CHAMPIONSHIP
- 20 Sat JOHN NORRIS 5M, Swayee, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5)
- 20 Sat LIME CITY FIVE, Huntington, In, Denise Bard 356-1400
ext. 4 10:00 am
- 25 Thu RUN FOR THE KIDS 5K, Ligonier, In
- 27 Sat WHITE RIVER PARK GAMES, Foster Park, Ft. 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

JULY

- 4 Sat RUNNING WILD 4M, Ft. Wayne Zoo, Cheryl Pirutao, 3411 Sherman Blvd., Ft. Wayne, In 46808 482-4610 7:30 am
- 4 Sat YANKEE DOODLE 5K, Marion, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5)
- 7 Tue THE DISTANCE CLASSIC (TRACK) 800M +, Marion, In, The Knight Striders, 9 Jack 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, P.O. Box 1701, Danville, Il 61834
(217) 431-4243 5:00 am
- 12 Sun * NINTH ANNUAL RUN FOR HOSPICE 5K/10K, Art Weeber, 424 W. Adrian St, Blissfield, Mi 49228 (517) 486-2141 8:30 am
- 17 Fri OLD SETTLER'S 4M, Columbia City, In
- 18 Sat * AUL GOVERNOR'S CUP, Shakamak State Park 9:00 am
Toll-Free Race Hotline 1-800-622-4931
- 18 Sat WHITE RIVER STATE GAMES FINAL, IUPUI, Indianapolis
- 31 Sat CROMWELL 5K, Cromwell, In

AUGUST

- 1 Sat JOHN NORRIS 5K, Converse, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5)
- 8 Sat IPFW SCHOLARSHIP 5K, Ft. Wayne, In
- 15 Sat KERNEL CLASSIC 5K, Van Buren, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5)
- 15 Sat * AUL GOVERNOR'S CUP, Pokagon State Park 9:00 am
Toll-Free Race Hotline 1-800-622-4931

15 Sat * SEVENTH ANNUAL VAN WERT HOT AIR AFFAIR 4 MILE, Rex
Fortney, 1026 Park St, Van Wert, Oh 45891 (419) 238-3324
9:00 am

22 Sat JOHN NORRIS 5M, Bunker Hill, In, The Knight Striders,
9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5)

30 Sun FOUR MILE BLOCK RUN, Bippus, In

RUNNER'S PRAYER

Lord I thank Thee:
For another day without injury.
For those beautiful miles of nature exposed.
For the feeling of self-worth and self-esteem
generated by this avocation.
For the friendships I have made with other
runners, their families and friends.
For the many quiet hours in this time of
turmoil, where I can meditate and
plan for a better way of life for
those around me.
For the knowledge that I can give or myself to
others after the exhaustion of training
and competition have removed the road-
blocks of stressful living.
For the balanced health of body and mind
given to us through this wonderful
sport of running.

Amen.

Anonymous



OUT OF TOWN RACE

25TH ANNUAL CHURCHILL'S HALF MARATHON
 MARCH 1, 1992
 TOLEDO, OHIO

Name	Overall	Division	Time
James Miller	61	13	1:29:43
Kelly Clevenger			1:40:00
Don Lindley	146	16	1:41:19
Gary Hooten			1:44:31
Barb Scroggham	183	1	1:45:10
Joan Gary	267	1	1:55:58

Again, the Toledo Road Runners Club put on an excellent race. We couldn't have had better weather. It was very windy, but you could wear shorts and shirts only because of the heat wave. The winning time for the first male runner was 1:12:10 and female runner was 1:25:26. More than 348 runners finished, some did not.

I started back of the pack because I didn't want to run hard. I caught up with Barb and Joan and decided to run their pace. The first several miles was in the wind, but we were able to use many runners to break the wind. I continued on at a faster pace, but never did catch up with Jim Miller. The wind in your back after 9.5 miles was great, but anyway I hit the wall at 11 miles, ran out to fast and ran out of fuel. I should have not tried to keep up with Barb and Joan at the beginning. I begin to walk at 12 and 12.5 miles. But I survived.

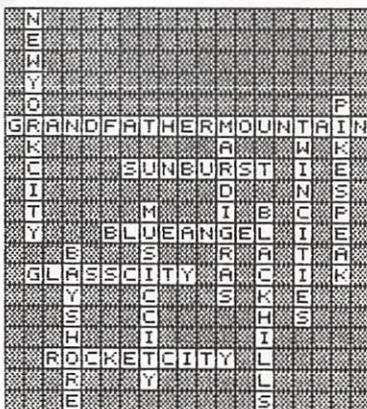
Don Lindley

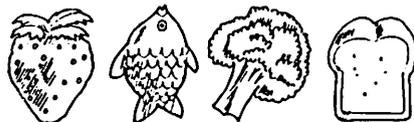
ANSWERS: TWELVE MONTHS OF MARATHONS

KERMAN



"You must have run a mile this time—you've been gone four minutes."





TWELVE NUTRITION TIPS TO KEEP YOU RUNNING SMOOTHLY

by Diane Quagliani Heban, M.B.A., R.D.

Are poor eating habits running you into the ground? Try these nutrition basics to keep your body humming - on the road and off!

1. Pass the Pasta! From couch potatoes to Olympic athletes, everyone benefits from eating more energy-boosting complex carbohydrates like pasta, bread, rice, cereal, legumes, corn and, yes, potatoes! These nutritional wonders are low in fat and chocked with vitamins and minerals. Whole grain varieties give a healthy dose of fiber.

2. Don't Chew the Fat. Cut your risk of heart disease and cancer by eating less butter, margarine, oil, gravy, salad dressing, sour cream, fried foods, fatty meats and whole-milk dairy products. Since fat contains more than double the calories of starch and protein, you may even lose a few pounds without really trying!

3. Don't Overdo Protein. Extra protein from food or supplements isn't necessary to improve athletic performance. Besides, most Americans already eat twice the amount of protein needed daily. Excess protein can stress the kidneys and increase fat intake when eaten in the form of high-fat meats. The American Heart Association says six to eight ounces of lean meat, poultry or fish per day is plenty.

4. Get the Scoop on Sugar. Occasional sweet treats are OK but a steady diet of candy and sodas can cause quick swings in energy. While sugar doesn't cause diabetes or heart disease, it contributes often-unneeded calories to the diet and a friendly environment for the formation of dental cavities. Don't be fooled into thinking that honey and molasses are more nutritious; while they do contain traces of minerals, the amounts are negligible in a normal serving.

5. Water, Water Everywhere. Your body needs it to transport nutrients, regulate temperature, lubricate joints, eliminate waste and to promote numerous chemical reactions. Drink at least eight cups of water per day, more when you run. Don't rely on caffeine-containing drinks or alcohol to meet your fluid quota. Caffeine and alcohol are diuretics that actually cause you to lose fluid.

6. Bone Up on Calcium. It's no secret that calcium promotes strong bones and teeth. But research shows that this mineral may also be helpful in preventing colon cancer, high blood pressure and the symptoms of pre-menstrual syndrome. Have at least two or three daily servings of calcium-rich low-fat milk, yogurt and cheese.

7. Rough It Up! Grandma called it roughage. We call it fiber. Whatever the name, the National Cancer Institute says we need 20 to 35 grams per day, instead of the 11 grams we currently get. Why? To keep the digestive system in working order and to help prevent GI cancers and heart disease. Choose the insoluble fibers in wheat bran and whole grains for a healthy GI tract. The soluble fibers in oatmeal, barley, dried beans and apples may, along with a low-fat diet, help reduce cholesterol levels. Further reason to increase fiber: new research indicates insoluble fiber may also help prevent breast cancer.

8. Don't Run on Empty. Keep energy and alertness up with a light snack, especially when there's a long stretch between meals. Think you can't get a healthy snack from the office vending machine? Look again. Vending machine fare is lightening up with wholesome choices like fresh fruits, yogurt, pretzels, raisins, bagels, juices and skim milk.

9. Strive for Five! Eating five or more servings of fruits and vegetables each day will do more than help meet your daily quota for vitamins, minerals and fiber - you may also decrease your risk of getting cancer. Best selections: fruits and vegetables high in beta-carotene (cantaloupe, winter squash, kale, carrots, spinach), vitamin C (citrus fruits, red and green peppers, strawberries), and those from the cruciferous family (cabbage, broccoli, cauliflower, Brussels sprouts). Other impressive produce news: researchers at the National Cancer Institute are studying the cancer-fighting potential of substances called phyto-chemicals found in citrus fruits, parsley and garlic.

10. Don't Bypass Breakfast. Breakfast eaters tend to be more alert and productive, and less fatigued than breakfast skippers. Skippers also tend to shortchange themselves on important nutrients like calcium and vitamin C that are found in typical breakfast foods. They're also more likely to overeat later in the day. Break your fast with healthy quick-to-fit choices like whole-grain cereals and breads, fruits and juices, and low-fat milk, yogurt and cheese.

11. Pump Enough Iron. Feeling irritable and fatigued? Can't seem to shake that headache? You may be experiencing the symptoms of iron-deficiency anemia. Pump up your blood by eating iron-rich foods every day. Iron is best absorbed from animal foods like lean red meats, liver, poultry and tuna. Enriched grains (check the label), dried beans, nuts and dried fruits are also good sources. Enhance iron absorption from plant foods by pairing them with a food that's high in vitamin C and by avoiding coffee and tea at that meal.

12. Variety is the Spice of Life. An eating plan for maximum energy is high in complex carbohydrates, moderate in protein and low in fat. But don't despair if your passion is potato chips or pecan pie. When balanced with healthy eating and exercise, all foods can be enjoyed in moderation!

Registered dietitian Diane Quagliani Heban is a nutrition consultant, speaker and writer based in Perrysburg, Ohio.

Barb Scrogam ran the Mardi Gras marathon on January 18 in New Orleans. Barb says it was the worst weather she's ever run in. (I second that) It rained hard the entire marathon on top of being cold and windy. It was all worthwhile when she came in first in her age division and received the nicest plaque ever.

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...

IPFW SPRING CLASSIC, 5K Run and Walk

Saturday, April 18, 1992

11:00 A.M., IPFW

FWTC MEETINGS,

April 8, 1992 & May 13, 1992

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.

ADVERTISING RATES

	1 Issue	3 Issues	6 Issues
Full Page	\$ 75.00	\$ 200.00	\$ 325.00
Half Page	40.00	110.00	175.00
Quarter Page	25.00	65.00	100.00
Business Card	na	na	50.00
Cover (Inside front or back)	300.00	750.00	1200.00

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.

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