

# the inside track

June 1992 - July 1992



**FORT WAYNE  
TRACK CLUB**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

▪ BOWLING • CYCLING • DIVING • FIGURE SKATING • FIVE-MILE RUN • THREE-MILE WALK • GOLF

▪ GYMNASTICS • JUDO • RACQUETBALL • SAILING • SOCCER • SOFTBALL • SWIMMING • TABLE TENNIS • TENNIS • TRACK AND FIELD • VOLLEYBALL • WATER POLO

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1992  
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ENTRY DEADLINE  
JUNE 10, 1992**

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# 1992

## FORT WAYNE TRACK CLUB

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**FORT WAYNE  
TRACK CLUB**

**PRESIDENT'S COLUMN - Bob Hockensmith**

On Monday morning, April 27, Joyce (walked) and I (limped) down to breakfast at our hotel in Monterey, California, the day after the Big Sur Marathon. Of course, nearly all of our conversation that morning focused on running, especially the events of the day before. Our conclusion that day was that all marathoners should experience at least three great races: Boston, for the traditional flavor of the grandfather, or grandmother, of marathons; New York City, for the excitement of the largest crowds and the pageantry of the world's largest marathon; and Big Sur, for the breathtaking beauty of the most spectacular marathon race course. Although no survey was taken of all the marathon courses, it seems unlikely that any could match or surpass the scenery of the rocky Pacific coastline along the California highway from Big Sur to Carmel. We discovered that there is usually a catch in most things that seem too good to be true. Here, it was the degree of difficulty of the course. While the scenic beauty justifies the effort of traveling the rolling terrain, I can't minimize the effect on my tired old flatlander body in trying to climb hill after hill after hill. The most memorable hill being the one up to Hurricane Point which climbs 520 feet in a constant upgrade of 2.2 miles. Regardless of the effort, we would strongly recommend it to everyone, and at last report, Joyce said that she was planning on trying it next year. I would more readily agree if I had run a 4:02 like she did, finishing soon enough to take a long nap before I came struggling in, posting a time that must remain a closely guarded secret.

When discussing racing, my conscience compels me to report on a disappointing occurrence on Sunday, April 12 at the Sam Costa half-marathon in Carmel, Indiana. This a race that was conducted by Indy Runners. The application mentioned that a long sleeved T-shirt was included in the entry fee. Several Fort Wayne Track Club members entered, in advance, yet on the day of the race, no T-shirts were available. Instead, we were told that the shirts would be available the following Saturday at Indianapolis, if we came there to obtain them. When complaints were made, we were told that they would "try" to mail them. Following that encounter, I called the representative about two weeks later and was assured that the oversight would be rectified within the next two weeks. You can guess the rest. No news! No shirts! No explanation! I, for one, will cross that race off my personal calendar. Just thought you might like to know.

On the home front, we are still in need of many volunteers to assist in a number of races scheduled for the summer, and in at least one event, we are in dire need of someone who wishes to direct an event.

You will see that there are a great number of running opportunities, throughout the area, listed in our race calendar. If we have missed a good race, or you know of one that should be listed, please let Wayne Unsell know so it can be added to the list. Remember the Track Club meetings on the second Wednesday of each month. Come help us make the club better able to serve the needs of the members of the Fort Wayne Track Club.





**FORT WAYNE  
TRACK CLUB**

## **FORT WAYNE TRACK CLUB MEMBERSHIP MEETING SUMMARY APRIL/MAY**

Herman Bueno was unable to attend the two meetings, so the minutes were ineptly recorded by Joyce Hockensmith. I have a bad habit of listening rather than writing so here they are to the best of my recollection. The list of members present was requisitioned by the President for the door prize drawing, so it is unavailable for publication at this time.

The Treasurer, Mr. Lindley, presented the club's financial statement, which was not good news. To make a long story short, which is something Don finds difficult to do, we need more income. The club now has 368 members. Don proposed a slight amendment to the membership dues structure since it is an impossibility to get members to renew before January 1. Bob then suggested that we offer an incentive to those members renewing before January 1, just as races do for early registration. It was suggested that we increase the membership dues to \$15.00 for the year, but it would cost members only \$12.00 if they renewed before January 1. The matter was tabled for further discussion at the next meeting.

Newsletter Update: I, once again, stressed the need for more advertisers for the newsletter. I also reported that I had been in conversation with Rita Cano who was looking into a two color cover, and will make a presentation at the next meeting. At this time it was decided to move the June meeting up one week since Bob and I could not make the June 10 meeting. I also made a plea for members to please send me race information or other articles for the newsletter.

Running & Racing News: There has been a change in the Cromwell Points Race which will be held on Friday, July 24 at 7 PM.

The Just Plain 10K has been re-rescheduled and is now on the calendar for December 5 at 2:00.

The Jingle Bell Run will be held December 12.

June 27 at 8 AM is the date for the White River Games 5 mile run at Foster Park. This is the last year Judy Tillapaugh will direct the race and she would like someone who might be interested in taking it over to shadow her that day.

There still is not a date for the Baer Field Raceway run, but Don will know more after June 20.

Ken Disler has been attending meetings on the Splash and Dash 5 mile run and swim on August 9 at 7 PM. There will be shuttle bus service between Foster and Swinney Parks. Volunteers are needed for the start/finish line, mile times. There is also a possibility of the track club having the concessions. Please call Ken Disler for details if you are interested in assisting in any of these areas.

Concern was expressed about the lack of race results and racing news in our local paper. Ken Disler volunteered to try to improve the situation.

RRCA News: Judy again encouraged members to attend the annual convention, which is being held this year in our region in Milwaukee, Wisconsin on May 27-30. Judy is being nominated this year for the position of Regional Director so it would be great to see some club support for one of our members. Bob and I plan to go to Milwaukee on Friday evening and stay through the 8K run they are having on Sunday morning.

Don Lindley reported that the race clock had quit at the Nutra Run and had been sent in for repairs.

Herman Bueno resigned as Secretary, effective immediately, since his job is taking him to Indianapolis. Vicki Jacobs graciously consented to take over the position.

Due to the overwhelming response to the possible name change for the FWTC, a motion was made and seconded to keep it the "Fort Wayne Track Club."

The next membership meeting will be held June 3 at 7:00 P.M. (Run at 5:30) at Summit Christian College Activities Center.

## PARIS IN THE SPRINGTIME

On March 28, Bob and I found ourselves in Paris on the eve of the Paris Marathon. What a great experience! I had never before needed a passport to travel. This trip had come about as a result of leafing through "Running Times" a couple of months earlier and noting various races. I commented to Bob at the time that the Paris Marathon just happened to be held during my spring break from school. That, coupled with the fact we were able to get round trip tickets at about half the regular price, made it an opportunity too good to ignore. Since neither Bob nor I speak any French, we relied solely on what English the Parisians could speak, frantic gesturing, and a handy dandy phrase book. Using these combination of methods we made it from the Orley airport to the Parc Saint-Severin Hotel. From there we experienced the Metro, which is really quite easy to use, to find the place to pick up our marathon packets. I had to settle on a "large" shirt because I didn't know how to convey "medium." It was a pleasant surprise to discover that we had free tickets in our packets for the pasta dinner that evening. (What a deal!)

While devouring pasta topped with tomatoes, olives, and corn we heard someone, who might have been the race director, making announcements or giving instructions. (We'll never know because it was all in French.)

The next morning, feeling rested and excited about my first European marathon, I was riding to the start with Bob on the Metro when a couple from Reno, Nevada struck up a conversation. They seemed interested in the marathon and asked us a number of questions concerning it, one of which was what the starting time was.

We replied, "8:30."

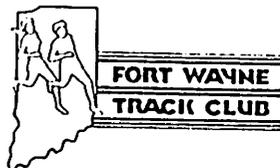
Looking at their watches they said, "But it's 8:40 now."

"What?" I replied, concern creeping into my voice, "No, that's impossible, we synchronized our watches yesterday when we landed and the pilot announced the time. It's only 7:40."

But no, of course they were correct. During our first night in Paris they had set their clocks ahead an hour. My spirits immediately plummeted. I hadn't come all the way to Paris to just go back to the hotel room, change clothes, and then go sightseeing. Bob didn't seem to see the absolute tragedy in our predicament, probably because he had run the Paris Marathon in 1987 and was presently nursing an injury and not planning to run the whole course. When I was able to think clearly again, I decided, well, why not run it anyway? The cutoff time was six hours, and I didn't anticipate having any difficulty getting in under the limit, so we exited the Metro some 20 to 30 minutes later and started running down the Champs-Élysées. That was our first unique experience, having a whole eight lane boulevard in the heart of Paris all to ourselves. I warmed up running with Bob for a mile or so and then surged on ahead to try to catch up with the back of the pack. I started feeling a little uneasy when at the first two water stops they were mopping up and had no water left. By about 12K I found my first water, (in Paris they also offer you oranges, lemons, dried fruit, and sugar cubes at each aid station) and was beginning to see a few runners. From then on it was like no other marathon experience I have ever had. I was constantly catching up to and passing runners. This gave me a false sense of speed and a feeling of invincibility. I had to lose a little time to make a pit stop since I had not had that opportunity at the start, but I finished in 4 hours 35 minutes. Bob had run about 14 miles and then taken the Metro to the end and came out on the course to run me in the last half mile or so. I was flying high and he was unable to keep up, so I waited for him at the end while I munched some of the great ? after race refreshments of figs. It turned out to be a wonderful experience and I found the Parisians to be wonderfully supportive and interested.

Later that afternoon we were invited into a Greek restaurant near our hotel for free drinks because we had run the marathon. The owner showed the medal to patrons and everyone clapped. We ended up having a very good dinner there.

## MEMBER PROFILES



### JIM ANDERSON

Jim Anderson, born May 18, 1963, is employed as a Technical Support Analyst. Jim is single but has two sisters, four nieces, and one nephew. Also sharing Jim's life is a Huskie and Lab mix named Duke. Jim likes to eat at Casa D' Angelos, but probably makes Duke eat at home. Jim's favorite running distance is 10 miles and he is currently working toward a marathon. His favorite area race is the Blueberry Stomp. Jim likes to run in the country in his Nikes in the evening after work away from traffic. After a good workout, just give him some chocolate chip cookies. Jim is inspired by anyone who can run a marathon and his dream is to finish a marathon this year. Good luck Jim !

### DAN DANIEL

Dan Daniel, born July 7, 1929, is a Cemetery Monument Salesman. His family includes his wife, Dorie and four grown sons. Dan doesn't claim any pets, but does admit that his wife has a cat named Snowflake. Dan's hobbies are stamp collecting and traveling, and Dan also like to spend leisure time playing with his grandchildren. As a spectator sport, Dan enjoys watching college basketball. You might find Dan running in the morning on the streets of Columbia City in his Brooks Regent Pluses. After a good 5K race, possibly the Noble County Triple Crown, Dan likes to sink his teeth into pizza. When dining out, Dan's favorite spot is Hall's Factory. Dan was inspired to get started running by his cousin. Dan said that his dream is to still be wearing his special t-shirt while running in the year 2000 that has the saying, "CLASSIC 1929 MODEL AND STILL RUNNING". Dan would like to see the FWTC have more 7 a.m. races for those who have to work Saturdays.

### BARRIE PETERSON

Barrie Peterson, born August 11, 1942, is a teacher. His family includes his wife, Judy, and three sons, Jeff (23), Mike (21), and Brad (19). When not running, Barrie likes golfing, reading, and being a sports fan. With his family Barrie likes going to the movies or going out to eat, possibly at Ernie's in Pine Valley. Barrie also likes attending sporting events and particularly likes watching college football. Barrie's favorite time to run is mid-morning. He prefers running trails, when available, and particularly likes scenic courses with lots of turns. (I might suggest at this point that he never go to Las Vegas to run) Barrie's favorite distance is the 10K which he runs in his Brooks running shoes. After a hard run, possibly the Bix-7 in Davenport, Iowa, Barrie wants to eat steak and potatoes. Barrie's inspiration comes from any and all of his former athletes who have done well in their running and in their lives. Barrie's dream is to run the New York City Marathon in November. Good Luck Barrie; it's one of the best.



### TIM RAYLE

Tim Rayle, born September 15, 1966, is a teacher at Dekalb High School. Tim shares his life with his wife, Julia, and two cats, Lunchbox and B.C. When not running Tim would rather be fishing or boating. Tim enjoys watching college basketball, especially I.U. Tim's favorite distance to run is 4K which he likes to do at Pokagon State Park on summer mornings in his Asics Gel Lyte Ultras. After a good run Tim might munch on a popsicle before going to eat at Bob Evans. Tim's favorite race is the State Bank 5K in Paulding, Ohio. Tim's dream is that the kids he coaches at DeKalb will be successful throughout their lives. Tim would like to see more races for youth in the Fort Wayne area.

### JOYCE HOCKENSMITH

I was born on March 16, 1947, and teach 4th and 5th grade at Highland Terrace Elementary in New Haven. My family centers around my husband, Bob, but I also have two grown children, David (25), and Carmen (23). In marrying Bob I acquired two step-daughters, two step-sons, four step-grandchildren, and one step-great grandchild. Although I have two dogs, a miniature daschund named PDQ Bach, and a fox terrier mix named K.C., I don't get to spend much time with them. It seems Bob refuses to lives with animals so they reside with my son. In addition to running, I also enjoy biking, traveling with Bob, reading (particularly on airplanes while traveling), working crossword puzzles, water-skiing, putting together the FWTC newsletter, and listening to classical music. When not running I enjoy traveling but admittedly many trips center around races. I like watching soccer but don't play, mainly because it hurts so much to get kicked in the shins. I do tolerate Bob's I.U. basketball. (It is a great school.) Most Fridays you'll find Bob and I eating at Casa D'Angelos, although for special occasions I love being treated to dinner at Cafe Johnell. My favorite distance is a half marathon which is long enough to tax your body and still be able to walk down stairs. The most memorable races I have run are the New York City Marathon, the Big Sur Marathon, and the Bobby Crim 10 mile. After a marathon my favorite meal is a 20 oz. prime rib like the ones they serve at Grandma's in Duluth, Minnesota. After shorter races I like frozen yogurt if it's a hot day, and chili if it's cold. I enjoy putting on my Brooks Millenniums at 5:00 AM and running through the Lakes of Scarborough, although on weekends I like meeting friends at Johnny Appleseed park and running on the Greenway. My running inspiration has come from world class women runners like Joan Samuelson, Grete Weitz, and Pricilla Welch. I like to see the strides that have been made in women's athletics since I went to high school. My dream is to run a marathon in every state in the United States, which means I'll have to keep running for many years to come. I would like to see more member involvement in the Track Club and would like to see overwhelming participation in local races. Another goal is to also have enough advertising to pay for printing the newsletter.





**FORT WAYNE  
TRACK CLUB**

P.O. BOX 11703  
FORT WAYNE, IN 46880

**TWELFTH ANNUAL NUTRI-RUNS AND WALK  
MARCH 28, 1992  
FORT WAYNE, INDIANA  
Sponsored by Fort Wayne Track Club**

ONE MILE RUN

1. David Caswell	5:51
2. Ted Uelk	6:40
3. Matthew Seiman	6:40
4. Michelle Meadows	6:49
5. Todd Hack	7:21
6. Alex Uelk	7:21
7. UNKNOWN	7:51
8. Scott Hack	8:28
9. Phillip Gilbert	8:54
10. Paul Gilbert	9:17

TWO MILE WALK

1. Bob Gensheimer	18:32
2. Julie Geckle	24:10
3. Erin Seiman	26:13
4. Maurine Gensheimer	26:15
5. UNKNOWN	26:16
6. June McClure	26:17
7. Angela Seiman	29:24
8. Ellen Brown	29:54
9. Bev Williams	29:55
10. Jeanette Rohleden	32:39

FIVE MILE RUN

Top 3 male:

1. Mark Sanderson	26:57 (Course Record)
2. Carl Risch	28:53
3. Chuck Schlemmer	29:19

Top 3 female:

1. Kelly Albers	32:06 (Course Record)
2. Brenda Liechty	32:41
3. Carol Herndon	34:59

Female Age Groups:

19 and under

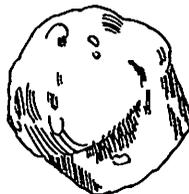
1. Molly sloffer	37:49
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20 to 29

1. Sara Unsell	36:15
2. Ellen Osborn	38:51
3. Ann Winkelman	43:42



it's just a Fun-Run!...



**COME RUN WITH US**

**SUPER RUNNING TRUTH-**The more expensive your running shoes, the sooner your dog will chew them up.

**SUPER RUNNING TRUTH-**The further you plan to run in the morning, the more times you will be awakened in the middle of the night by wrong numbers.



**FORT WAYNE  
TRACK CLUB**

P.O. BOX 11703  
FORT WAYNE, IN 46860

- |                   |       |
|-------------------|-------|
| 4. Mary Mcguire   | 50:03 |
| 5. Karen Holbrook | 50:04 |

30 to 39

- |                    |       |
|--------------------|-------|
| 1. Kim Larsen      | 37:39 |
| 2. Lorrain Fox     | 37:51 |
| 3. Michelle Lassus | 41:02 |
| 4. Terri Gross     | 42:16 |
| 5. Dixie Hook      | 42:19 |
| 6. Dawn Runger     | 48:24 |
| 7. Bernice King    | 48:25 |

40 to 49

- |                   |       |
|-------------------|-------|
| 1. Betty Nelson   | 36:34 |
| 2. Val Puckett    | 41:23 |
| 3. Jeanette Klein | 42:02 |

50 and over

- |                   |       |
|-------------------|-------|
| 1. Lois Gilmore   | 42:21 |
| 2. Barbara O'Neil | 47:39 |
| 3. Sue Myers      | 54:29 |

Male Age Groups:

14 and under

- |                  |       |
|------------------|-------|
| 1. Nick Sloffler | 33:12 |
| 2. Adam Luttmann | 39:49 |
| 3. Ryan Dillon   | 48:48 |

25 to 29

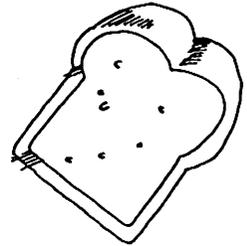
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|-----------------------|-------|
| 1. Mark Herndon       | 29:54 |
| 2. John Risinger      | 33:30 |
| 3. Randall Brookshire | 40:25 |
| 4. John Luckey        | 44:17 |

30 to 34

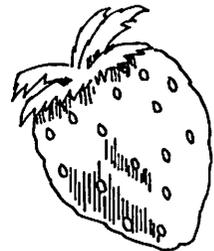
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|----------------|-------|
| 1. Jay Gilbert | 37:19 |
| 2. Ken Babcock | 37:40 |
| 3. Joseph Ryan | 39:19 |
| 4. Mark Zenell | 40:23 |
| 5. Chris Byrle | 41:17 |

35 to 39

- |                    |       |
|--------------------|-------|
| 1. Steven Caswell  | 29:22 |
| 2. Bob Schendel    | 30:30 |
| 3. Rick Gilbert    | 32:32 |
| 4. Michael Rost    | 33:37 |
| 5. Denny Zech      | 34:59 |
| 6. Pat Mayle       | 35:54 |
| 7. Robert Wiegmann | 38:59 |



**START  
EATING  
LEAN  
TODAY**



**COME RUN WITH US**

**SUPER RUNNING TRUTH**-No matter which direction you run on a blustery day, the wind will always be in your face.

**SUPER RUNNING TRUTH**-No matter how bad you feel at the beginning of a run, you will feel even worse when it's over.

**SUPER RUNNING TRUTH**-If you still have sex on your mind during a hard training run, you aren't putting out enough.

8. Brad McQuillen	42:30
9. Kurt Parris	42:55
10. Keith Caudill	42:56

40 to 44

1. Jed Pearson	30:01
2. Bill Blosser	30:53
3. Phil Luttmann	35:36
4. Wayne Unsell	36:59
5. Allen Bradley	37:10
6. Ken Pillon	49:58

45 to 49

1. Jack Seigel	37:25
2. John Klein	42:07

50 to 54

1. Larry Targgart	29:34
2. Alfonso Lopez	52:26

55 to 59

1. Alton Myers	44:57
2. Wayne Gilmore	47:45
3. John Jedinak	50:27

60 and over

1. Bud Weltz	38:15
2. Delmer Adams	40:09
3. Don Anderson	39:19
4. Norm Gordon	43:08
5. Stan Williams	43:52
6. Ken Disler	47:17

20 KM RUN

Top 3 male:

1. Mike McManus	1:07:00
2. John Straycker	1:11:29
3. Rowland Perez	1:11:59

Top 3 female:

1. Karlene Herrell	1:19:44
2. Penny Grandstaff	1:24:49
3. Beth Battell	1:32:40

Female Age Groups:

20 to 29

1. Becky White	1:39:17
2. Karen Vachen	1:48:35

30 to 39

1. Connie Sims	1:42:04
2. Laura Bradley	1:49:05
3. Ann Fremion	2:05:28

40 to 49

1. Barb Scroggum	1:36:45
2. Ann Mize	2:01:00

50 and over

1. Joan Gary	1:47:28
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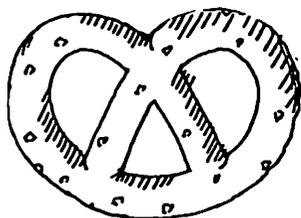
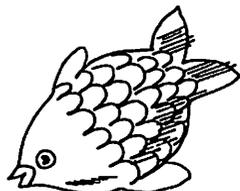
Male Age Groups:

20 to 24

1. Michael Albert	1:18:53
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25 to 29

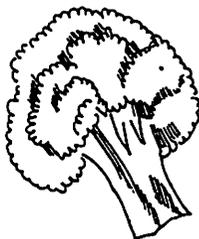
1. Michael Herrell	1:17:11
2. Dave Dennison	1:20:17
3. Paul Knott	1:21:47
4. Jeff Radkey	1:27:46
5. Ken Nelson	1:29:18
6. Makoto Takeuchi	1:41:53
7. Dave White	1:41:53



20 Km Run Results (continued)

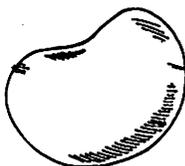
30 to 34

1. Jim Yeomans	1:12:27
2. Jim Ellert	1:14:02
3. Brad Middleton	1:14:14
4. Jeff Ziol	1:17:58
5. Paul Shaffer	1:21:02
6. Rich Teixeira	1:22:13
7. Peter Gerken	1:27:54
8. Jim Kinch	1:28:42
9. Bret Brewer	1:28:50
10. Ken Steiner	1:30:55
11. Scott Wagner	1:31:54
12. David Shaner	1:35:05
13. Brian Whelan	1:39:07



35 to 39

1. Hal Pearson	1:13:59
2. Tom Yoder	1:16:50
3. Dick Hack	1:20:52
4. Calvin King	1:21:41
5. Joe O'Connor	1:22:13
6. Todd Seimad	1:22:21
7. Dennis Conner	1:22:55
8. Gary Hartman	1:25:36
9. Gordon Denny	1:26:13
10. Rod Gay	1:27:02
11. Mark Brattoli	1:29:06
12. Greg Hartman	1:29:16
13. Jerry Steinhoff	1:30:12
14. Rick Eddie	1:33:13
15. Kelly Clevenger	1:34:50
16. Les Brown	1:36:15
17. Greg Fahl	1:36:54
18. Gary Hooten	1:38:05
19. Tom Renz	1:40:23
20. Michael Yann	1:42:54
21. Wesley W. Gray	1:47:14
22. Joe Peters	1:48:34
23. Kevin Baur	1:53:35



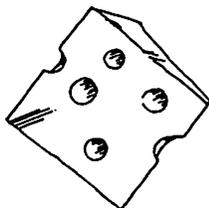
40 to 44

1. Terry Coonan	1:21:54
2. James Miller	1:25:42
3. Marty Albers	1:25:42
4. Dave Winters	1:26:31
5. Bruce Pressler	1:26:37
6. Jack Williams	1:26:57
7. Don Ford	1:28:01
8. Dennis Strayer	1:32:14
9. Steve Goldthwaite	1:33:24
10. Jim Mohler	1:33:29
11. Lynn Armstrong	1:34:35
12. Joe Hilger	1:35:35
13. Phil Wisniewski	1:39:03
14. Bruce Cattell	1:55:12
15. Tim Twiss	1:59:12
16. Tim Sullivan	2:01:08
17. Michael Hendricks	2:14:27
18. Richard Beemer	2:09:44



45 to 49

1. Bernie Burgette	1:29:16
2. Charlie Backofen	1:32:49
3. Jim Cron	1:37:49
4. Larry Uelk	1:38:16
5. Barrie Peterson	1:38:52
6. Paul Hiser	1:39:19
7. Ed Beckner	1:39:27
8. Gary W. Oden	1:39:28
9. Larry Godair	1:39:42
10. Atef Iskander	1:41:41
11. Jim Martin	1:48:42



W H I T E  
R I V E R  
P A R K

STATE  
GAMES  
1 9 9 2

THIS  
COULD BE  
YOUR  
YEAR

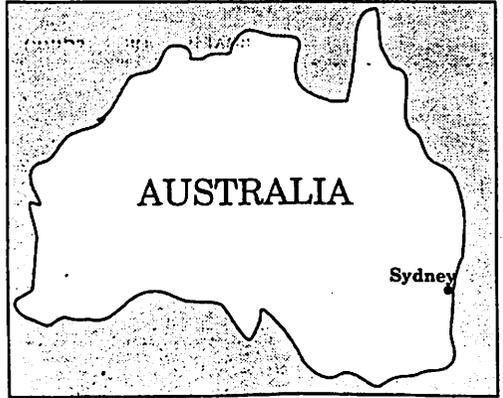
## Local runners going Coach, runners competing on American team

LIGONIER — Six West Noble cross country runners and their coach are making plans to go Down Under to run in Australia's biggest road race.

Brian Shepherd, coach of the West Noble cross country team, has been tabbed by International Sports Exchange to lead the Indiana contingent of the United States team on a trip to Australia Aug. 5-14. While there, the team will run in the 14K Sydney-to-Surf road race, the largest such race on the continent. Last year, 40,000 people participated in the event.

Joining Shepherd from West Noble will be runners Moises Trejo, Jim Furkis, Jason Fulford, Frank Pizana, Mike Flora and Rusty Emmert. During Christmas break, their teammates Chris Weaver and Morry Riddle competed in China with International Sports Exchange.

About 120 runners from several states will represent the United States in the race. Shepherd has invited several other area runners to join the team, including East Noble's Nathan Sherer, Jason Smith and Tony Mark; Prairie Heights' Josh Keiper; West-



### BOSTON MARATHON NEWS

Two Fort Wayne Track Club members (that I know about) ran the Boston Marathon on April 20, Barb Scroggum and Joan Gary. Barb's co-workers at Walmart raised \$500.00 to send Barb to Boston. Barb reports that the temperature had risen to 82 degrees by the time she reached Heartbreak Hill, which is very hot in April for a Hoosier. There were 10,000 registered runners.

Barb liked the large Expo and the delicious pasta dinner. Barb also comments that the people in Boston were SUPER! She and Joan also met some nice guys from Ireland, I understand. (Barb has pictures.) She says there were several small children handing out orange slices and wanting high-fives from runners. (Definitely cute)

Barb ran the first fifteen miles too fast and she got charley horses and ended with a slower time than she had hoped.



# to big Australia race



West Noble cross country coach Brian Shepherd and six of his runners plan to compete in Australia's biggest race this summer as part of International Sports Exchange. Pictured are Jim Furkis, Shepherd, Jason Fulford and Moises Trejo.

view's Ervin Schlaubaugh; Eastside's Gary Moughler; and DeKalb's Jeremy Shankster. Several girl runners have also been invited.

To get to go, each runner must raise \$2,400. The West Noble runners plan to have a hog roast, road race, bingo games, car washes and dances to help provide the funds.

Trejo is looking forward to the trip.

"It should be an exciting adventure to travel to a different country and to learn a new culture," he said. "It'll be nice to experience it at least once during high school."

The 8.7-mile course, extending from the city of Sydney to the Pacific Ocean, will be the longest race the West Noble run-

ners have run. They have no grand dreams of where they'll place in the race.

"I just want to finish," Trejo said.

But Shepherd, who will also compete, has a lofty goal — he wants to finish in the top 10.

Shepherd is confident his runners will do well, and thinks the experience will serve the Chargers well in the fall competition.

"International competition makes you run harder — you're more pumped up," he said.

In addition to the 14K, the group will also tour Sydney and the outback, go to a petting zoo where they can play with kangaroos and koala bears, and take lessons in throwing boomerangs.

WE ARE CURRENTLY  
RAISING FUNDS

ALL DONATIONS  
ARE WELCOMED

SEND DONATIONS TO:

Brian Shepherd  
501 S. Cavin  
Ligonier, IN 46767



## FORT WAYNE TRACK CLUB ONE MILE CHAMPIONSHIPS Poster Park



### MEN

Overall: 1. Brian Shepherd 4:17 2. Mark Furkis 4:21 3. Rick Vech 4:24

12-Younger: David Caswell 5:26 13-14 Jason Fulford 5:03 15-19 Frank Pizana 4:35 20-24 Mike Schoudele 4:52 25-29 Tim Rayle 4:56 30-34 Carl Risch 4:40 35-39 Steve Caswell 4:50 40-44 Phil Suelzer 4:59 45-49 Dave Boylen 5:34 50-54 Larry Taggart 5:13 54-59 John Sturtevant 6:25 60+ Don Anderson 6:42

### WOMEN

Overall: 1. Amy Bailey 5:51 2. Sara Unsell 6:12 3. Joan Gary 7:13

12-Younger: Jessica Ritchie 7:29 40-49 Vicki Jacobs 7:30

# Walk now a run at age 55

Once, at the very beginning, it was a simple matter of steps. Jog a few. Walk a few. Crawl before you walk. Walk before you run.

Why, two miles was a trip to the moon and back, in those long-ago days.

"At that time, where we lived had a two-mile block," recalls Joan Gary of Snow Lake, who is not like many 55-year-olds you have ever met. "I'd gradually jog a few feet at a time farther and farther, until I was doing the entire two miles.

"I just kept it up, a little at a time. It took several months, I think."

## BEN SMITH



Several months. And a little while after that, Joan Gary entered a two-mile race, and then assorted 5K fun runs, and then a 10K. And now it is 10 years later, and the road stretches out

before her, with no turning in sight.

At 55, she has qualified for the last four Boston Marathons and run in three of them. She has run the New York Marathon. In October she ran a marathon in the Finger Lakes region of New York, and then, in November, ran her first ultra-marathon, a 37.2-miler in Toledo, Ohio.

In Boston this year, she finished in 3 hours, 55 minutes, 43 seconds, good enough to qualify for next year. Four years ago, in her first crack at it, she finished 11th in her age group.

"Sometimes I say, 'I can't believe I'm doing this,'" says Gary, spare of word and not given to embellishing her accomplishments. "To run these big marathons... Boston is my hometown, and living there, the Boston marathon was always the big thing. But I never dreamed of doing it at the time."

No. First she would marry John Gary and raise two sons, and one of them, Ken, would run a little track and cross country at Fremont High School. But Joan was in her mid-40s before the road would draw her out, too.

"I was kind of sloppy, and I used to be heavy and kind of a mess," Gary recalls. "My first race was a two-miler, probably, oh, six or eight months after I started running. My son came home from college and told me I could do it, and after one race, that was it."

Later, she went to visit the same son in California, and was coaxed into trying a 10K. The distance appealed to her, so she came home and ran another, and on it went. All of a sudden it was four years ago, and she was lining up for the start in Columbus, Ohio, staring at her first marathon.

"It was a lot tougher," Gary recalls. "The recovery was terrible: aches and couldn't walk. It took two, three days to just get maneuvering again."

But she had also qualified for Boston. And one April morning, there she was, one tiny piece of a mammoth mosaic jostling for position in Hopkinton. Just ahead lay the most famous 26 miles, 385 yards in distance running.

"I hadn't really thought about it in that sense," she recalls. "Going back to Boston was just fun; I do get together with friends. And the respect for the marathoners, the way they treat you, is special. They know you're there to run their marathon."

Sure. No matter how often Gary runs Boston, what she will always take away in memory are the crowds, as so many do. This year it was the kids, more than she'd ever seen before, passing out water and orange slices, extending exuberant high fives.

"It keeps you going," Gary says. "When you hit Newton, there's two big hills before Heartbreak (Hill). Those are tough ones. You really start dropping back there. The kids really keep you going."

Surely, something must. She is 55 years old, and 10 years ago it was jog a few steps, walk a few more, two miles looming like Everest. Now it's Boston, and New York — and, last fall, that wacky marathon-ultra double, a month apart.

"Well, actually, it was six weeks," Gary says, without a breath of irony in her voice. "The Toledo race was in November, so I figured I'd have all winter to rest."

Sure. Whatever. In any case, the road runs on and on for Joan Gary these days with very little turning. Next up is the Cleveland Marathon, which will be run in May, just a month after Boston. Gary almost has herself talked into signing up for it.

"I'm really considering it," she says.

If so, it is time to hit the road again. Gary runs about 30 miles a week, and, although she belongs to the Fort Wayne Track Club, she generally runs alone, watching the countryside burn orange in the fall and turn barren in winter, and bloom green again in spring.

"I enjoy it," she says. "It's my time to think. But I really don't run that much. I take at least day a week off, and sometimes two."

She pauses. A dry chuckle crackles softly over the phone line.

"I'm too old for seven days a week." Don't bet on it.

---

**Ben Smith** is a staff writer for The Journal-Gazette. His columns appear Sunday, Monday, Wednesday and Friday.

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COME RUN

WITH US

#### SOLE SURVIVORS

There are several good products on the market which are useful for extending the life of a running shoe. If you are forced to train on concrete, you've probably discovered that while your soles have worn through, your uppers are still comfortable and in good shape. These products are gooey synthetics which can be spread over a worn spot on the shoe, adding many miles of longevity to a well-broken in pair of training shoes. However, we recommend that you not run until the gooey patch has had sufficient time to harden.



ADVERTISERS NEEDED



# BIRTHDAYS



## June

1 Michael McManus  
1 Mary McGuire  
2 John D. Peterson  
4 George Park  
5 Sue Myers  
7 Robert R. Hockensmith  
8 Ross H. Moyer  
9 Stan Lipp  
9 Jeff Goris  
9 Ken Myers  
9 Peg North  
10 Paul Kucher  
12 Charlie Backofen  
13 Wayne Davies  
15 Bill Hunt  
15 Robert E. Wyatt  
19 Brenda J. Wolfe  
19 James W. Thompson  
20 Jack O'Neil  
20 Don Anderson  
21 Karlton Holle  
24 Bob Milton  
24 Donald E. Bashlor  
26 James P. Jones  
26 Tony Klee  
27 Dave Wolfe  
27 Steve Adkison  
27 Harry Quandt  
29 Chester Fleetwood  
29 Amy Miller  
30 Janice Kreuz

## July

3 Alfred Gumbert  
3 Lynn E. Armstrong  
3 Jim Furkis  
4 Rich Meyer  
5 Norm Gordon  
5 Tom Hayhurst  
5 Emily Osborn  
7 Dan Daniel  
10 Dick Sive  
10 Mark Poling  
12 Larry Godair  
13 Bernie Burgette  
14 Annetta King  
14 Mike Sprano  
15 DeWain Cobbs  
17 Brenda Liechty  
19 John G. Jedinak  
19 Sara Jo Unsell  
21 Ellen K. Schwartz  
22 Richard P. Dugan  
24 David V. Myers  
24 Robert Gensheimer  
25 Kelly D. Clevenger  
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30 Suzie Loshe  
31 Michael Yann  
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MERCHANDISE FOR SALE

T-SHIRT \$7

SWEATSHIRT \$13

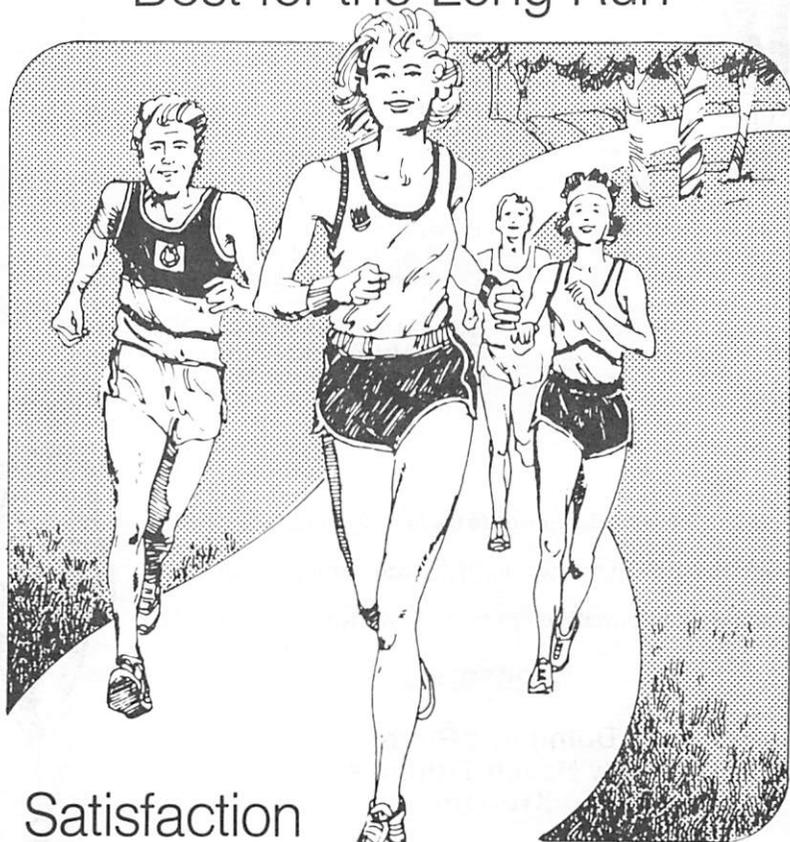
CONTACT: BRIAN SHEPHERD

894-4638



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# NEW HAVEN 5K and 1 mile Fun Run



**When:** Saturday, August 1

**Time:** 1 mile run 8:30 A.M.  
5K 9:00 A.M.

**Where:** New Haven High School

**Divisions:** 1 mile fun run - all ages  
5K - Male and Female

11 - under  
12 - 14  
15 - 18  
19 - 24  
25 - 35  
36 - 49  
50 - up

**Cost:** 1 mile fun run \$3.00  
5K 18 and under \$5.00  
19 and over \$8.00

**Prizes:** Ribbons for 1 mile fun run participants  
Trophies for First place all divisions of 5K  
Ribbons for 2nd through 5th

T-shirts will be given to the first 50 entries

All entries will be on the morning of the race starting at 7:30 A.M.

For additional information contact: Scott Kilmer at 485-3133

## Sponsors:

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New Haven Trophies  
Krogers**



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**ARE YOU TIRED OF READING ABOUT THE SAME PEOPLE?**

**Let us know what races you have run. Also take a few minutes and complete a profile form.**

Left to right: Phil Suelzer (10th overall), Joan Gary (1st Div.), Steve Caswell (4th Div.), Brian Shepherd (Overall winner 20:08)

**FWTC MEMBERS**  
at Beer Bottle Open 4 Mile  
in Columbus Grove, Ohio



**3-RIVERS BIATHLON**  
Sunday, July 12, at 9:00 A.M.  
Homestead-Woodside Schools  
Registration-Check-in 7:15-8:30  
Entry forms available from Women's Bureau  
424-7977



20 Km Results (continued)

50 to 54

1. Brad Yoder	1:21:55
2. Bob Crawford	1:23:32
3. Ken Clark	1:35:57
4. Tom Felger	1:37:07
5. Mel Hockstetter	1:41:04

55 to 59

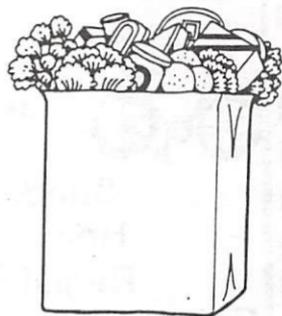
1. John Sturtevant	1:41:10
2. Ian Rolland	1:44:06
3. Bob Loomis	1:48:23
4. Dave Myers	2:06:04

60 and over

1. Eugene Striggle	1:47:13
--------------------	---------

one mile run- 10 runners  
 two mile walk- 10 walkers  
 five mile run- 66 runners  
 20 Km run- 100 runners  
 total participants- 186.

Prepared By, Judy Tillapaugh, Event Coordinator



MICHIGAN TRAIL MARATHON  
 ANN ARBOR, MICHIGAN  
 PINCKNEY STATE RECREATION  
 MAY 3, 1992

You would like to run this trail on a very good day and choose the 13.1 mile course for your first attempt because this run is not for the wimps. The marathon of 200 plus runners started at 8:00 am, while the 500 plus half-marathoners started at 8:30 am and since there were so many, they had to start two waves with the second one starting at 8:45 am.

With the temperature in the high 40's, you would enjoy the scenery if you ran slow enough. If you were counting the number of lakes you past, you might count thirteen. At least that is what the entry form said. I didn't actually count the number of lakes or wooden bridges that you had to cross. If wish you go with me next year I will take you on a guided tour. Be sure to train on some hills before going. Ask Wayne or Sara about sore legs and knees.

The night before there was an optional pre-race dinner at the campsite and afterwards a campfire meeting. It was a great time to meet other trail runners, and swap stories.

Valerie had a PR on this course this year and she got second place in her age division. Mel did an excellent job and broke the 2 hour barrier and finished fourth in his age division.

List below are some of the FWTC members that finished.

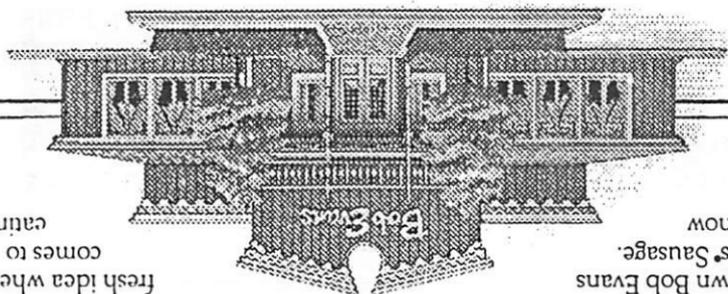
Overall	Name	Age Div	Time
P1		P1	
156	Mel Hochstetler	4	1:59:25
167	Rodger Puckett	17	2:00:37
188	Don Lindley	19	2:02:34
195	Sara Unsell	23	2:04:55
196	Wayne Unsell	30	2:04:57
207	John Sturtevant	10	2:13:30
248	Valerie Puckett	2	2:17:26

(contributed by Don Lindley)

Joyce & Barb at Sam Costa Half Marathon  
 Joyce (2nd Div.), Barb (2nd Masters)



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 fresh idea when it  
 comes to

cating out.

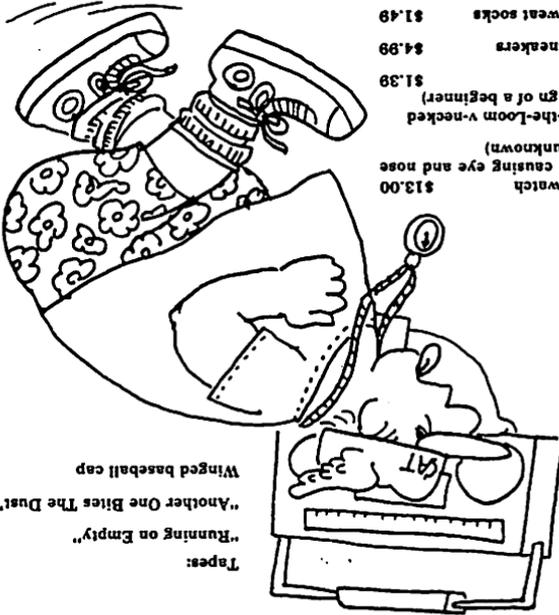
# HOW TO AVOID LOOKING LIKE A BEGINNER



You're taking up running, and it's important for you to look like you know what you're doing. There are two mistakes you can make.

ONE: YOU CAN USE YOUR OWN JUDGEMENT AND NOT SEEK ANY ADVICE

Tapes:  
 "Running on Empty" \$8.99  
 "Another One Bites The Dust" \$8.99  
 Winged baseball cap \$6.95



Flapping stopwatch \$13.00  
 (Flaps around, causing eye and nose injuries, cost unknown)  
 Plain Fruit-of-the-Loom v-necked t-shirt (sure sign of a beginner) \$1.39  
 Hi-top black sneakers \$4.99  
 Mismatched sweat socks \$1.49  
 Flowered bermuda shorts \$8.99  
 with zippered fly

Total \$54.79



OR TWO: YOU CAN GO TO THE BEST STORE AND FIND THE MOST KNOWLEDGABLE SALEPERSON.



1. PO2 Altitude Trainer	\$219.00	23. Ankle weights	16.95
2. Designer ventilated tank top	17.95	24. Stretch laces	2.69
3. Designer running shorts	16.95	25. Key billfold	3.65
4. Reflective vest for night running	17.95	26. Short socks (3 pair)	6.50
5. Headband	1.95	27. Training shoes (custom-made)	150.00
6. Nosecote	1.19	28. Racing flats	64.95
7. Sony Walkman	99.95	29. Track spikes	59.95
8. Cassette tape <i>Rocky I</i>	8.99	30. Orthotics (prescribed)	250.00
9. Cassette tape <i>Chariots of Fire</i>	8.99	31. Innersoles	12.95
10. Chapstik	1.19	32. Shoe-Goo	3.95
11. Pulse wand	99.00	Dietary aids:	
12. Wristbands	1.85	33. Bee pollen	10.95
13. Runner's I.D. dogtags	6.95	34. Dextrose tablets	4.99
14. Rape whistle	6.50	35. Running gum	.45
15. Computerized digital gold wrist watch	399.00	36. Multi-vitamins (30 day supply)	16.00
16. Weighted gloves	16.95	37. Powdered ERG	.85
17. Hand weights	19.95	38. Equipment bag	15.95
18. Compass	18.95	Not Illustrated:	
19. Mace	9.95	39. Indoor treadmill	699.00
20. Liquid Pak	32.95	40. Jogging trampoline	99.95
21. Gore-tex running suit (2 pair of pants)	215.00	41. Anti-gravity boots and bar	81.90
22. Pedometer	14.95	42. Home gym	1,125.00
		<b>Total</b>	<b>\$3,862.74</b>



1992 ICE AGE TRAIL 50 MILE RUN  
LA GRANGE, WIS.  
KETTLE MORAIN STATE FOREST  
MAY 16, 1992

Somewhere around mile 24 I started thinking about how to begin this article. An appropriate start would be: "The Weather Gods Assert Themselves Again at Ice Age." The massacre of 1990 (cold, wind, rain, 62% completion) in which Rodger Puckett finished in nine and one half hours and I finished in eleven and one half hours. But this year's Ice Age did not bring ideal running conditions. At 6 am, during the start it was 59 and by 1 pm it was 84. As I hit the half way point in four and a half hours, it was another day of survival. The heat and many steep little climbs and descents caused many runners to drop out.

I tried to convince Rodger in walking the last 26 miles with me and the both of us could finish within the 12 hour time limit. But to no avail, he told me to go on and he would follow. He had to drop out at 30.1 mile along with many other runners. I continued on making all of the cutoff times at each aid station. Last year two runners were banned from this race forever, despite warnings, they continued running through the last aid stations after the cutoff times. It is heartbreaking to see people pulled with only a few miles remaining, but each race has its own rules, and they should be enforced fairly and uniformly, as they were here.

The Ice Age Trail 50 has turned into the second largest ultramarathon event in the country. This year included three runners who would be bidding to complete a string of 10 consecutive Ice Age Trail runs. I like the belt buckles logo on the sleeves of our shirts. They put the logo of each year you finished, and also on the racing number the number of 100 mile runs and Ice Age runs were color coded were attached. But the belt buckle this year was earned. My time of eleven hours and seventeen minutes was a PR for this course. I was told better than 40% were DNF's. It was easy to understand why.

I want to thank all of the volunteers from the Badgerland Striders, RRCA, for all of their help. Again, they did a super job. Also, when you go on a long training run be sure to take Rodger with you. He may provide you with some ice cream.

I will have to wait until the results come out before I can give you my place and the percentage of the runners that did not finish.

Don Lindley

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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.

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)

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

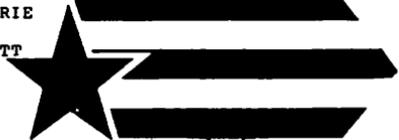
Complete and return to Joyce Hockensmith this evening or mail  
to: Joyce Hockensmith  
3732 Thyme Court  
New Haven, IN 46774



**NEW MEMBERS & RENEWALS**

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MOTYCKA  
MYERS  
ODEN  
PAINTER  
PEA  
PEALE  
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STROUP  
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WAGNER

KAREN  
MARTIN  
MAUREEN  
PATTY  
KEITH  
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BUD  
LAURIE  
TIM  
SCOTT



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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!**

Dear Fort Wayne Track Club,

5-12-92

Hello! I hope this letter finds you well as another IPFW Lady Don Basketball season and academic school year are completed. We experienced a very successful year with a 22-7 record and a bid to the N.C.A.A. Tournament. Our success would not have been possible without your support.

This summer Lisa and I are in need of your support once again. We have been recently selected to compete and coach with Athletes in Action, a sports ministry for Campus Crusade for Christ. We will travel to South America June 17-July 19, visiting the countries of Ecuador and Chile. During that time, we will compete against 20-24 top club teams, conduct clinics, and minister with various organizations. Since basketball has been a major part of both of our lives, we are thrilled to have the opportunity to participate, but more importantly, we are pleased to have the opportunity to use basketball as a platform to share our faith.

This trip is made possible by friends and acquaintances such as yourself who are willing to assist us in raising our own support of \$3,800 each to cover our expenses. Because of the challenges we will face during our mission, it is just as important that you support our team with your prayers. We would appreciate your consideration to make a one-time investment of \$200, \$100, \$50, or \$30 to help us reach our financial goal by June 3rd.

In closing, we want you to know how excited we are to have this opportunity to serve the Lord this summer in South America. It will certainly be a life-changing experience for us. Please keep us in your thoughts and prayers as God uses us to reach many people with the truth of the gospel in Ecuador and Chile. Thank you for your consideration.



In His Love,

*Eileen Kleinfelter*  
Eileen Kleinfelter

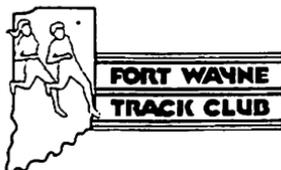
*Lisa Miller*  
Lisa Miller



P.S. It is very important for tax deduction purposes that your checks be made payable to Athletes in Action or Campus Crusade for Christ.







## 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<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) _____                   |   |

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.

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, University of Notre Dame, (219) 674-0900 6:00am, 7:00am
- 6 Sat WHITE RIVER 15K RUN, Anderson, In
- 6 Sat \* MOSCOW INTERNATIONAL PEACE MARATHON & 10K, Lenin Stadium, Moscow
- 6 Sat \* Run-to-Win, Fort Benjamin Harrison, Indianapolis 8:00am
- 7 Sun THE COLUMBUS 10K, P.O. Box 21264, Columbus, Oh 43221
- 9 Tue 1 NEW HAVEN TRACK SERIES, New Haven High School, Pat Monaghan, 749-0709 HM or 493-3761 WK 6:30pm
- 13 Sat CHAIN-O'LAKES 5K, Albion, In, Steve Caswell, 429-6719 wk, 636-7308 home, 8:00am
- 13 Sat \* HOAGLAND DAYS 10K, Hoagland, IN, Rick Gilbert, (219) 623-3469 6:30pm
- 13 Sat MIDWEST MEET OF CHAMPIONS
- 13 Sat \* DICK LUGAR RUN & WALK/5K/10K, Butler University, Indianapolis, IN 7:40am
- 13 Sat \* JOHN NORRIS 5M, Greentown, In, The Knight Striders, 9 Jack St, Gas City, In 46933, (317) 674-3841
- 16 Tue 2 NEW HAVEN TRACK SERIES
- 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 \* DEER CREEK FAIR 5K RUN/WALK, Deer Creek Music Center, Noblesville, IN (317) 776-DEER 9:00am
- 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 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
- 23 Tue 3 NEW HAVEN TRACK SERIES
- 24 Wed \* CONVERSE FAIR 5K RUN, Converse, IN, John Norris  
(317) 395-7761 or (317) 395-7730 8:15pm
- 25 Thu RUN FOR THE KIDS 5K, Ligonier, In, Brian Shepherd  
(219) 894-4638
- 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 5:00 am  
(916) 638-1161
- 28 Sun \* 14th Annual Monument City Classic, Angola Commons Park,  
U.S. 20 East, Angola, IN 8:00am
- 30 Tue 4 NEW HAVEN TRACK SERIES
- 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)
- 7 Tue 5 NEW HAVEN TRACK SERIES
- 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
- 12 Sun Three Rivers Festival Biathlon 9:00 am
- 14 Tue 6 NEW HAVEN TRACK SERIES
- 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 \* ELEPHANT WALK 4 MILE ROAD RACE, Peru, IN, Lance Gallahan  
P.O. Box 183, Peru, In 46970 8:00 am
- 18 Sat WHITE RIVER STATE GAMES FINAL, IUPUI, Indianapolis
- 19 Sun \* VOYAGER MARATHON & 1/2 MARATHON, Massey, Ontario, Canada  
(705) 865-2671 6:00 am
- 24 Fri COUNTRY CLASSIC 5K, Cromwell, In, Steve Caswell,  
429-6719wk, 636-7308home 7:00 pm
- AUGUST**
- 1 Sat JOHN NORRIS 5K, Converse, In, The Knight Striders, 9 Jack  
St., Gas City, In 46933 (317) 674-3841 (after 5)
- 1 Sat NEW HAVEN 5K & 1MI FUN RUN, New Haven High School  
Scott Kilmer 485-3133 1MI 8:30am 5K 9:00am
- 8 Sat IPFW SCHOLARSHIP 5K, Ft. Wayne, In 481-6643
- 9 Sun \* DASH-N-SPLASH 5MI, Rivergreenway/Foster Park to Swinney  
Park, Ft. Wayne Parks & Rec. Dept. 483-0057 7:00 pm

- 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
- SEPTEMBER
- 5 Sat MDA 8K Run/Walk, Canterbury Green, Ft. Wayne, IN  
486-9430 8:30 am
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**DEADLINE FOR NEXT NEWSLETTER - JULY 15**

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(just received)

**JULY**

- 19 Sun VOYAGEUR MARATHON & HALF-MARATHON, Massey, Ontario,  
Canada. "Where do you run a Marathon in July? In the  
cool shade along northern Ontario's Spanish River."  
Shelda and Norm Patenaude, Lee Valley Road, R.R.#2,  
Massey, Ontario, Canada POP 1PO. (705) 865-2736
- 

**RUNNER'S WORLD MAGAZINE TO SPONSOR HISTORIC  
CROSS COUNTRY MARATHON FOOTRACE**

On May 14, 1992, Runner's World magazine announced plans to sponsor an historic, 3000 mile, 64 day cross country race competition challenging the endurance, skill and performance of twenty-five International ultra-marathon runners.

THE RUNNER'S WORLD TRANS AMERICA FOOTRACE, scheduled to begin in Huntington Beach, California on June 20, will take participants through 14 states over a 64 day period, with athletes covering a grueling 30 to 60 miles per day. Similar to the world-renowned Tour de France bicycle race, THE RUNNER'S WORLD TRANS AMERICA FOOTRACE will be held in stages, with competitors being awarded a yellow singlet at a special ceremony for winning a stage of the race. The race will end with a glorious finish line event in New York City's famed Central Park on August 22nd.

(Editor's note: The daily stage starting points include August 7 at Indianapolis and August 8 at Cambridge City. For further information about joining as volunteers, spectators or participants on individual stages, write to Bart Yasso, Race Services Manager, at Runner's World, or call him at (215) 967-8276.)

COMPETITION  
 STRIDE  
 VASELINE  
 PACE  
 RUN  
 SINGLET

ENDURANCE  
 STRETCHING  
 ELITE  
 RECOVERY  
 POLYPROPYLENE  
 ORTHOTICS  
 FLEXIBILITY

INTERVALS  
 MARATHON  
 TRAINING  
 BLISTERS  
 CARBOHYDRATES  
 FLUIDS  
 RACE

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 WORDS

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 B L I S T E R S E G G E H V J E N D U R A N C E M  
 Y C G Z G Q R P O E G N Q D L D I G Q F Y G F T W  
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 L N Q V T J J T H G V A S E L I N E D A I Z Z B Z

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 RUNNER'S JARGON WORDSEARCH



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...

**WHITE RIVER PARK GAMES, 5 Mile Run**  
Saturday, June 27, 8:00 A.M.  
Foster Park

**SPLASH & DASH, 5 Mile**  
Sunday, August 9, 7:00 P.M.  
Foster Park

**FWTC MEETINGS**  
June 3, 1992 & July 8, 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.  
INSIDE TRACK publishes 500 issues bi-monthly.



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

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