

the inside track

August 1992 - September 1992



NEWSLETTER OF THE FORT WAYNE TRACK CLUB

PREDICTION RUN-POTLUCK IN THE PARK

LET'S ALL GET TOGETHER
AND FINISH A DAY OFF FIRST-RATE.
MEET AT FOSTER PARK PAVILION
WEDNESDAY, AUGUST 12 IS THE DATE.

WE'LL START WITH A RUN,
THE DISTANCE 5K,
FOLLOWED WITH A FEAST,
A GREAT ENDING TO THE DAY.



5:45 IN THE EVENING
THE PREDICTION RUN WILL BEGIN,
AND AT APPROXIMATELY 6:30
WILL BE THE TIME TO DIG IN.

BRING A PICNIC FOOD WITH YOU,
EVEN TWO IF YOU WISH.
WE'LL PROVIDE THE BEVERAGE.
YOU'LL NEED UTENSILS AND A DISH.

SO COME OUT AND JOIN US
EVEN IF YOU DON'T WANT TO RUN.
BRING YOUR SPOUSE AND YOUR KIDS,
AND HAVE AN EVENING OF FUN.

1992

FORT WAYNE TRACK CLUB

Officers and Board Members

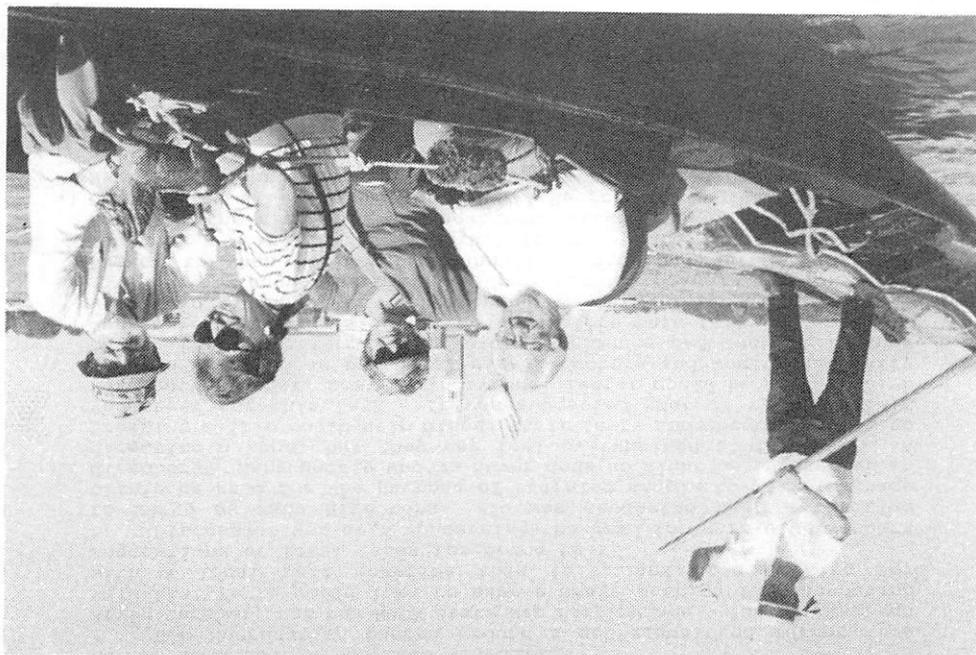
OFFICERS

President	Bob Hockensmith, 749-1237
Vice President	Ken Disler, 422-9894
Secretary	Vicki Jacobs, 456-1496
Treasurer	Don Lindley, 432-5998
Inside Track Newsletter	
Editor	Joyce Hockensmith, 749-1237
Asst. Editors	Jeanette & John Klein, 238-4313
Publicity Coordinator	Cheryl Pasko,
	Don Ford, 484-6321
Equipment Coordinator	Paul Knott, 485-1917
Advertising Coordinator	Rodger Puckett, 489-8868
Membership	Randy Lavine, 493-2420
Race Schedule Chairman	Wayne Unsell, 486-9430
Race Walking Coordinators	Bob Gensheimer, 447-9334
	Vicki Jacobs, 747-1434
RRCA Central Director	Judy Tillapaugh, 456-3277

BOARD MEMBERS

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

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



It has been said that there are two kinds of runners in the world: those who can run every day without getting injured or burned out (about 0.01 percent) and the rest of us. After several years of running and nursing numerous kinds of injuries, with the resulting decline in performance, I thought that perhaps cross-training would bolster my motivation as well as improve my results in races.

With that thought in mind, I turned to various available publications and learned that cross-training can take many forms. In addition to the traditional and familiar biking and swimming, a recent study from Cal-State Long Beach found that ballroom dancing is good aerobic exercise, burning up to 400 calories per hour, especially if dancing the waltz or cha-cha. Other forms of cross-training include lifting weights, doing calisthenics and playing catch with a medicine ball. After considering the relative merits of each of the known alternatives and after making an objective (how could I really be objective?) about my abilities, I thought there may be an acceptable, and fun, alternative to running that had not been fully explored. Therefore, I convinced Joyce to try my newest idea in the hope of adding to the growing wealth of knowledge about the benefits of other forms of physical exercise. We tried gondola riding.

Since we would not be able to run while on a bus tour of Europe, due to the early start each day, we focused on the gondola tour of Venice, Italy to keep us in top shape for the summer races. I can't speak for Joyce, but I'm not sure that it did the job, even though the tour from London to Rome and back was worth every step backwards in fitness. In the below photo, you can see us well into the heavy training (that's me on the right under the hat) that the gondola riding requires. The clock tower of Venice is in the background. Even if the cross-training method does nothing to improve performance, Joyce and I heartily recommend it as a great way to spend part of the summer.

PRESIDENT'S COLUMN -- Bob Hockensmith





Fort Wayne Track Club Monthly Meeting
 Wednesday, July 8, 1992, 7:00 p.m.

MINUTES

Present: Ken Dister, Don Ford, Jack Hinker, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, J.P. Jones, Don Lindley, Judy Tillapaugh, Sara Unsell.

The meeting was called to order promptly at 7:00 p.m. by President Bob Hockensmith. Don Lindley gave the Treasurers' Report. Year to date balance is \$3,082.85. June income was \$1,056.13; expenses were \$800.40. Don said that Paul Knott has been doing a great job with equipment rental which helps our income. On the other hand, we have gone over budget on expenses due to a number of unforeseen expenses and cost overruns. However, Don's forecast is that we will most likely finish the year solvent and may even have a little surplus. Congratulations were given to Don for the fine write-up on him in the Sunday paper recently. Joyce Hockensmith reminded everyone that newsletter material is due within the next couple of weeks. She still needs members to complete & return member profiles since she wants to include this feature in each newsletter. Joyce asked everyone who runs in local races to be sure and talk with the race directors and ask them to submit their results for publication in the newsletter. She said that she is still working on developing a permanent, four-color advert for the newsletter. Having four colors might encourage advertisers to place ads on the inside covers.

Speaking of advertising, everyone is asked to really be looking for someone in the club who could work on advertising sales & promotion. This has become one of the weakest areas of our club, and we really need someone who can help generate some revenue for the club through selling advertising. Sara Unsell distributed and reviewed the race schedule, and several additions/modifications were made. Remember, if you know can be included in the race schedule. Bob Hockensmith passed around a get-acquainted letter from Kevin Caraher, the new RRCA state rep for Indiana. Judy Tillapaugh said that Kevin would like to have a state meeting in conjunction with a local race sometime this fall, and he's looking for suggestions of local races for doing this. Discussions were held concerning the need for more club members to serve as race directors. It was suggested that a training clinic be held for the purpose of training people to serve as race directors. Many people who've never done so might be interested in training clinic could help dispel their fears and encourage them to volunteer for this task. It was suggested that if such a clinic were put together, that an individual letter could be sent to club members targeted as potential race directors and would personally invite them to attend the clinic. J.P. Jones and Judy Tillapaugh agreed to help form a committee to explore this further, and J.P. will bring a report at the September meeting.

For the August meeting, Bob Hockensmith reminded everyone that August is when we have our annual prediction run/potluck/short business meeting in Foster Park. It was agreed to put a pull-out flyer in the middle of the next newsletter promoting this event. Don Lindley contact the Parks & Recreation Office about using Pavilion #1, and Don will also coordinate the prediction run which will start at 5:45. The potluck will begin at 6:30 and will be followed by a short business meeting. The date is Wednesday, August 12. Everyone will be asked to bring a covered dish to share and their own table service; Don Lindley will provide the soft drinks for everyone.



Bob Hockensmith said that the August meeting is usually when elections are held. However, he presented an alternative: He suggested that the slate of nominees be presented at the August meeting and that the elections be held at the September meeting. He said that way, the slate of nominees could be run in the newsletter, and thus people would have it ahead of time. This suggestion received enthusiastic support. Bob then appointed a nominating committee to work on the slate of nominees.

It was suggested that the September meeting, on Wednesday, September 9th, also be the "birthday party" for the club. Longtime club members said that this will be the 16th year for the club, so it'll be a "Sweet 16" celebration. Joyce Hockensmith agreed to take care of ordering a sheet cake for the meeting, and members will be especially encouraged to come to this meeting to vote and to participate in the celebration.

In discussing attendance at our monthly meetings, it was noted that club members who are Board members, when they agree to serve on the Board, are making a commitment to attend the meetings, as much as they are able. We encourage all members, but especially the Board members, to attend our monthly meetings.

Joyce Hockensmith held the end-of-meeting door prize drawing, and the lucky winners were Don Ford, winning a new T-shirt, and Polly Jacobs, winning an issue of RUNNER'S WORLD. (Ken Disler expressed disappointment that it wasn't something edible that the winner could share with everyone. Polly Jacobs took pity on him and offered him another serving of her famous popcorn.)

Remember, the meeting on Wednesday, August 12, will be held in Foster Park; prediction run at 5:45; potluck & short business meeting at 6:30. And the meeting on Wednesday, September 9, will include election of officers and celebration of Fort Wayne Track Club's Sweet 16th!

Respectfully submitted,



Vicki Jacobs, Secretary



ELECTION OF OFFICERS

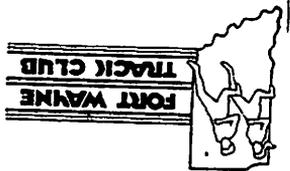
At the monthly meeting on September 9, 1992, an election will be held for the officers of the Fort Wayne Track Club for 1993.

A Nominating Committee was appointed by the President to nominate a slate of officers for that meeting. The Committee was chaired by Judy Tillapaugh, with Don Lindley, Don Ford and Jack Hilker as members. The Committee's nominations for 1993 will be:

President	Bob Hockensmith
Vice-President	Wayne Unsell
Secretary	Vicki Jacobs
Treasurer	Don Lindley

At the appropriate time in the September meeting, other nominations by any member for any of the above offices may be made prior to the vote by those assembled. Let's have a good turn out at this meeting!!!

TRACK CLUB MEMBER PROFILES



DON ANDERSON

Don Anderson, born June 20, 1927, retired from GE in 1991. His family includes his wife, Carol, daughters Cathy and Judy, and son Steven. Don is enjoying retirement and is kept busy maintaining his home, yard, and cars. In retirement Don should have more time to travel along with being able to watch more football. He and Judy can enjoy dining at Captain Alexander's, what, and he will have plenty of time to perfect a recipe for his favorite after run food, lasagna. You will probably find Don training in the morning on the roads and school tracks in his Nike's or Asics. Don prefers the 10K distance, although his favorite race in Indiana is the White River Park games at which he has been very successful in his age group.

- 1989 Silver Medal
- 1990 Gold Medal
- 1991 Gold Medal
- 1992 Bronze Medal

Don enjoys competition and has run in 27 states and Canada. His most memorable run was being caught in a tornado 3 miles from home. Don's inspiration has come from Olympic champion, Frank Shorter, whom he met in Ohio. Don's comment is "Super guy!" Don's dream is for God to allow him to run forever. (Editor's note: I guess you've considered the competition in Heaven.) Don would like to see the name of the FWTC changed to Fort Wayne Road Runners.

GARY BELKING

Gary Belking, born January 24, 1961, is a die worker. He is single and has a brother and a sister. His father is retired from IH and is currently a part time farmer, while his mother is a homemaker. Gary is active in Jaycees, plays golf and softball, enjoys working on old cars, and watching baseball. You'll find Gary running after work on the country roads near Preble in his New Balance shoes after which he is likely to quench his thirst with Gatorade. When eating out, Gary enjoys Ponderosa. Gary's running preference is 2 miles, (although there aren't many races at that distance) and his favorite race is the Berne Swiss Days. Gary's dream is to be financially secure enough to retire when he is 40. He would like to see the FWTC continue to support running in the area.

LARRY GODAIR

Larry Godair, born June 12, 1947 is a Production Manager at Pleasantwood Motor Homes. His family includes Franke, Todd, Jim, and of course Butty the Peekapoo (Daddy's little girl). One of Larry's hobbies is fishing with grandsons Robert and Brandon. Larry also enjoys traveling, reading, and Notre Dame football. Every Friday, I'm told, you'll find the Godairs at Pizza Hut. You're most likely to find Larry running in the morning in his New Balance on the Rivergreenway or in Foster Park. After a run, a treat would be eating bacon, eggs, biscuits, and hash browns at Bob Evans. Larry likes 10 miles, especially the Bobby Crim, although the Blueberry Stomp is another favorite. Larry's inspiration comes from older runners who are able to stay fit and keep running. Larry's dream is to win the lottery and move south and find a job he enjoys. Larry feels the FWTC should have something for the slower runners since there are a lot of runners who can't be at the front of the pack. (Larry, come to the prediction run at the picnic, there it is not how fast, but how accurate.)

JAMES (JR) JONES

J.P. Jones, born June 26, 1928, is a manufacturer, Representative for Steel Building Materials. J.P., single at the present time, has two daughters and three grandchildren, Patrick, Jake, and Brittain. J.P.'s hobbies include bookkeeping and mechanical musical devices (although he doesn't say what he does with them). He enjoys family get-togethers whatever the occasion, watching college basketball, especially that team that begins with a P. (I apologize, but my computer claims no data on that word). J.P. likes running in the early morning in either his Miles or Maxes in Foster Park or the Rivergreenway (all of it). After a run J.P. likes fruit juice or popcorn. J.P. prefers running 10K's, but his favorite races are the Parlor City Trot and the Bippus Bop. When not preparing a gourmet meal for himself at home, J.P. likes eating at Casa D' Angelo's south. J.P.'s inspiration has come from Don Lindley, a dedicated Christian, who's a great long distance runner always available to help others, and who has been a steadfast member of the F.M.C. J.P.'s dream is to keep running until he is as old as Ken Dister, and to run one marathon a year for the next 10 years. J.P. would like to see the F.M.C. continue to encourage new runners of all ages (especially young ones) and speeds.

Don Ford

Don Ford, born March 30, 1950, is a programmer/analyst for Expertor Corp. He has one son, Jeremy, who will be starting college this fall at that school. (I'm glad to see that Don will remain an IT fan.) Don's hobbies include traveling, photography, and hiking. He enjoys vacationing with Jeremy and they just returned from Colorado where he ran the garden of the gods 15K in Colorado Springs. Don enjoys watching NFL football and college basketball. You may find Don training in the morning, or just about anytime, in his Nike Air Spanns (that have been discontinued). One of his favorite runs is on the country roads near his Mom and Dad's home in Portland. Don's preferred distance is the half marathon, particularly the Parlor City Trot, but he also enjoys the Blueberry Stomp. Although Don has only been running for 6 1/2 years, he has run 13 marathons setting his PR in 1991 in Pittsburgh at 3:13:01. Don will be happy after a race if there are some bags around, but for those extra carbohydrates Don's choice is T.J. Pasta. Don hopes to remain healthy and keep running. (He's convinced it he stops he will immediately gain 50 pounds.) Don's dream is to run marathons in other countries and to qualify for the 100th Boston Marathon. Don would like to see one of the country's road races held in Fort Wayne. One of Don's best memories is going to the NYC Marathon with the Track Club. He would like to see more trips like that one. (How about the 100th Boston?)

Wayne Usherl

Wayne Usherl, born October 26, 1948, is chairman and associate professor of the Department of Architectural Engineering Technology at IPFW. He is also owner of Environmental Analysts, Inc. Wayne's family includes his wife, Sara, and 18 year old daughter, Jennifer. Wayne's hobbies are traveling, golf, backpacking, and reading. Running takes up a big part of the Usherl's spare time, but they also enjoy biking, camping, and the Civic Theater. Wayne's favorite spectator sport is college basketball. Wayne prefers the 5 mile distance and trains in his New Baldances at noon on weekdays or early in the morning on weekends in the IPFW parking garage or on the Rivergreenway. Wayne's favorite races are the Zoy run and the Indiana Dunes. After a run Wayne's preference is either pasta or chocolate chip cookies. Wayne's inspiration comes from runners who have picked up the sport relatively late in life, or have overcome physical handicaps and run for the enjoyment of it. Wayne's dream is to become better with age, or to finish a marathon this year. Wayne would like to see more participation in the F.M.C., particularly with the younger members.



ROAD RUNNERS CLUB OF AMERICA

1992 WHITE RIVER PARK STATE GAMES
REGIONAL FIVE MILE RUN
JUNE 27, 1992

Male 12 and under:

1. Matthew Pellmann	31:17
2. Coley McCanna	40:41

Male 13 to 15:

1. Andy Begley	27:13
2. James Furkis	27:33
3. Travis Holman	29:10
4. Phillip McCoy	29:39
5. Kent Merritt	30:28
6. Shannon McCanna	31:14
7. Dan Brier	32:08
8. Chris Kaufman	32:10
9. Brooks Carpenter	32:32
10. Ryan Bontrager	33:24
11. Ryan Lengerich	33:45
12. Matt Brier	33:49
13. Kyle Peterson	34:29
14. Ty Artherhults	34:51
15. Matt Ringger	34:57
16. Ben Springer	39:57

Male 16 to 18:

1. Jon Wilkins	28:34
2. Jeff Boyd	29:25
3. Tim Brown	29:48
4. Ryan Burke	30:20
5. Brad Burke	30:51
6. Michael Lindley	31:07
7. Daniel Delaney	32:21
8. Brian Milton	32:57
9. Chris Adang	35:19
10. Douglas Roller	35:37
11. George Springer	35:41
12. John Woenker	36:16

Male 19 to 24:

1. Robert Ochoa	33:57
2. Jason Yoder	35:57

Male 25 to 29:

1. Vince Fendel	33:41
2. Steve Waggoner	34:27

Male 30 to 34:

1. Greg Osborn	26:54
2. Jim Ellert	27:11
3. Terry Diller	27:51
4. Frank Kent	30:55
5. Steven Barkman	31:07
6. Kenneth Steiner	31:11
7. William Funk	31:52
8. James Thompson	35:49
9. Terry Laux	36:53

Male 35 to 39:

1. Mark Furkis (1st overall)	25:39
2. Bob Schendel	29:21
3. Rick Gilbert	30:57
4. Steve Summers	32:31
5. Jonathan Schlatter	34:16
6. Harry Quandt	38:01
7. Brian Miller	39:31

Male 40 to 44:

1. Phillip Suelzer	27:26
2. Gary Rickner	29:22
3. Jeffrey Raff	34:50
4. Russell Wolpert	39:20

Male 45 to 49:

1. Bob Milton	30:43
2. Bernie Burgette	32:43
3. John Klein	34:11
4. Don Lindley	34:59
5. John Brier	35:35

Male 50 to 54:

1. Jerry Perkins	30:01
2. Melvin Hockstetler	30:53
3. Ken Clark	35:48

Male 55 to 59:

1. John Jedinak	45:41
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Male 60 and over:

Judy Tillapaugh says that Atlanta is Peachy! She was one of the 45,000 running the Peachtree 10K on July 4. She offers her congratulations to the Atlanta Track Club for the well organized event. Next year she would like to see more FWTC members there. (Sounds like another trip opportunity) Applications come out in mid-March and the field fills in less than a week.



Male 60 and over:

- | | |
|--------------------|-------|
| 1. Donald Anderson | 36:36 |
| 2. Eugene Stiggle | 39:33 |

Female 12 and under:

- | | |
|-------------------|-------|
| 1. Rachael Miller | 44:58 |
|-------------------|-------|

Female 13 to 15:

- | | |
|-----------------------|-------|
| 1. Lisa Roller | 35:37 |
| 2. Sara Mason | 35:56 |
| 3. Katie Park | 37:06 |
| 4. Lucy Fisher | 37:16 |
| 5. Elizabeth Marquiss | 38:18 |
| 6. Katy McCanna | 43:25 |

Female 16 to 18:

- | | |
|---|-------|
| 1. Christine McKinnis
(1st female overall) | 32:42 |
| 2. Darlene Schoudel | 34:52 |
| 3. Alicia McElroy | 36:57 |

Female 19 to 24:

- | | |
|---------------------|-------|
| 1. Missy Mahnesmith | 34:19 |
| 2. Audrey Wigent | 35:20 |
| 3. Karma Geyer | 35:41 |

Female 35 to 39:

- | | |
|-----------------------|-------|
| 1. Christina McKinnis | 34:54 |
| 2. Sue Sipes | 41:19 |

Female 40 to 44:

- | | |
|-----------------|-------|
| 1. Vicki Jacobs | 48:38 |
|-----------------|-------|

Female 45 to 49:

- | | |
|-------------------|-------|
| 1. Marsha Schmidt | 38:13 |
| 2. Sirley Pieray | 49:28 |

Female 50 to 54:

- | | |
|---------------------|-------|
| 1. Jeanette Klein | 39:25 |
| 2. Duranda Campbell | 47:47 |

Female 60 and over:

- | | |
|-----------------|-------|
| 1. Polly Jacobs | 53:45 |
|-----------------|-------|



- | | |
|------------------|-------|
| 1. Chris Merritt | 37:00 |
| 2. S. Bruner | 41:44 |
| 3. C.S. Kerley | 61:04 |
| 4. Geanie Myers | 62:19 |
| 5. J. Myers | 62:19 |

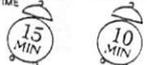
MAIN DISH



INGREDIENTS

- 3/4 cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- 1/2 cup sliced red or green bell pepper
- 5 to 6 ounces, shredded, low-fat mozzarella or Cheddar cheese

PREPARATION TIME BAKING TIME



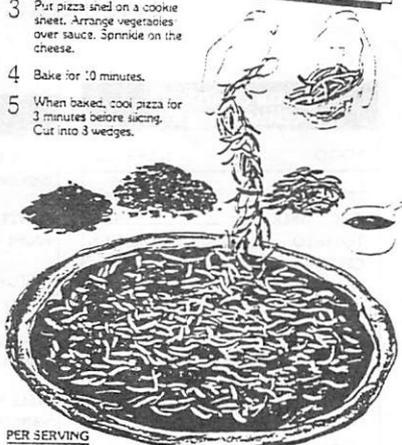
What can help you see in the dark? While going for your five-a-day mark? They're fun to eat because of their crunch. And you can have them with your lunch! **CARROTS!** Buy a bunch!

METHOD

1. Preheat the oven to 350 F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

UTENSILS

- Measuring cup
- Mixing bowl
- Mixing spoon
- Non-stick cookie sheet
- Oven mitts
- Pizza cutter
- Knife



PER SERVING

235 calories, 12 g protein, 1 1/2 fat, 12 g sat fat, 29 g carbohydrates, 568 mg sodium, 13 mg cholesterol

1992 WHITE RIVER PARK STATE GAMES
REGIONAL THREE MILE WALK
June 27, 1992





ROAD RUNNERS CLUB OF AMERICA

1992 WHITE RIVER PARK STATE GAMES FIVE MILE REGIONAL RUN VOLUNTEERS!!
Thank you for providing many HELPING HANDS! You were most appreciated.

- | | |
|---------------------------|-------------------|
| 1. Cathy Croxton | 12. Cheryl Pasko |
| 2. Ellen Osborn | 13. J.P. Jones |
| 3. Sue Myers | 14. Barb O'neil |
| 4. David Myers | 15. Jack O'Neil |
| 5. Mr. and Mrs. Hal Lewis | 16. Lynn Giant |
| 6. Rob Wyatt | 17. Joe Giant |
| 7. Paul Knott | 18. Dave Huffman |
| 8. Gary Selking | 19. Sandy Huffman |
| 9. Alton Fox | 20. Steve Huffman |
| 10. Ray Sibrel | 21. Don Ford |
| 11. Rob Gay | 22. Laura Bradley |
| | 23. Jerry Diehl |

Thank You Don Lindley for Re-measuring and marking the course!!

Be You Be Fit,

Judy Tillapaugh

Judy Tillapaugh

5 Mile Regional Run Coordinator

WATER

THE FORGOTTEN NUTRIENT

WATER CONTENT OF COMMON FOODS

FOOD	% WATER
LETTUCE	95
CUCUMBER	95
TOMATO	94
CELERY	94
WATERMELON	93
GREEN BEANS	92
BROCCOLI	91
MILK	87
ORANGE	86
APPLE	85
POTATO	80
CORN	76
BANANA	76
EGG	74
HAMBURGER	60
CHICKEN	60
WHITE BREAD	36
CHEESE	35
CAKE	20
BUTTER	16
COOKIE	5
CRACKER	4

GUIDE TO BOTTLED WATERS

CLUB SODA—Tap water that is filtered and artificially carbonated with carbon dioxide (bubbles). Contains added salt and minerals.

SELTZER—Same as above but has no added salts. May have juice and/or sugar added for flavor (adds calories, too).

NATURAL WATER—Not derived from municipal system and hasn't been modified by adding or deleting minerals.

SPARKLING WATER—Naturally flows out of the earth at a particular spot and is bottled at or near its source. Not altered by addition or deletion of minerals.

WELL WATER—Extracted from a manmade hole in the ground which taps the water of an aquifer.

STILL WATER—No bubbles and may or may not be processed. Comes from any source including municipal water supplies.

PURIFIED (DISTILLED) WATER—Completely demineralized by evaporation and recondensation processes. Flat-tasting. Often used for medicinal purposes.

MINERAL WATER—From either surface or ground water. Really any water containing minerals (not distilled). International Bottled Water Assn. requires mineral water to contain not less than 500 parts per million (1/8 tsp. per quart) of total dissolved solids. The more solids or minerals, the stronger the taste.



Wayne Unsell ran the 4 mile Trillium Trek at the Indiana Dunes. His comments were that it is a flat, fast course with minimum hills. The race is also well organized, fun, and has good after race refreshments.

Vicki and Polly Jacobs offer their congratulations to the Race Director of the White River Games 5 mile run. Super job, Judy!

Bob & Joyce Terry
 Don Judy
 Hockensmith Diller Lindley
 Jerry Diehl Judy Tillaugh Diehl

FWTC MEMBERS AT RCGA 8K IN MILWAUKEE



Overall	Place	Name	Division	Place	Time
28		Terry Diller		7	27:52
108		Jerry Diehl		18	31:26
325		Don Lindley		32	38:21
327		Joyce Hockensmith		7	38:21
412		Judy Tillaugh		23	42:03
457		Bob Hockensmith		8	47:41
Male Winner:					
		Dan Held			23:51
Female Winner:					
		Cassie McWilliam			27:27



RRCA 8K RACE RESULTS
 MILWAUKEE, WISCONSIN
 MAY 31, 1992



THREE RIVERS BIATHLON RESULTS
JULY 12, 1992



OVERALL WINNERS

MALE	Paul Furniss	1:28:46.8
FEMALE	Linda Ianiceilli	1:48:27.4

MASTERS WINNERS

MALE	Lynn Smith	1:38:47.0
FEMALE	Trudy Bodiker	2:04:58.6

INDIVIDUAL MALES

18-24	#1	Maenpas, Timo	1:37:43.7
	#2	Behrens, Karl	1:42:33.5
	#3	Hoover, Matt	1:46:22.1
25-29	#1	Pienkosz, Edmund	1:33:09.3
	#2	Dussias, Peter	1:35:27.3
	#3	Allaoui, Ahmed	1:36:45.1
30-34	#1	Chandler, Geoffrey	1:30:42.4
	#2	Mattox, Kurt	1:34:29.6
	#3	Boger, John	1:40:47.1
35-39	#1	Moord, Daniel	1:33:34.1
	#2	Boggs, Dwayne	1:39:49.0
	#3	Steinhoff, Jerry	1:41:25.1
40-44	#1	Vorick, Richard	1:39:20.5
	#2	Fineran, Dan	1:41:08.1
	#3	Hullens, Jim	1:43:06.5
45-49	#1	Reichwage, Dave	1:44:03.4
	#2	Cron, James	1:47:49.2
	#3	Bergener, John	1:48:15.2
50-59	#1	Caldwell, John	1:46:34.5
	#2	Wilson, David	1:55:25.4
	#3	Clark, Ken	1:59:03.9
60 up	#1	Jones, James P	

INDIVIDUAL FEMALES

30-34	#1	Colby, Kimberly	2:03:21.6
	#2	Longstreth, Kim	2:07:15.7
	#3	Wilkins, Judy	2:13:06.5
35-39	#1	Voight, Kristin	2:03:45.6
	#2	Fremion, Anne	2:13:50.9
	#3	Sims, Susan	2:16:37.0

Barb Scrogam offers her congratulations to Phil Selzer on the nice job of carving the Three Rivers Biathlon plaques.

J.P. Jones says that if you like running in lots of mud and watching your steps around tree roots, then the Shoe Sucker Seven in Huntington is the race for you. Just don't count on your shoes ever looking the same again.



3-RIVERS BIATHLON

TEAM RESULTS

All Female	#1	Hammer, Lila/Grandstaff, Penny	1:41:15.5
	#2	Geckle, Julie/Hunn, Jane	1:46:27.8
	#3	Elliott, Carolyn/Staton, Susan	2:00:45.4
All Female Masters	#1	Gary, Joan/Gary, Betty	.12.2
All Male	#1	Nelson, Ken/Norwalk, Rob	1:22:42.3
	#2	Schendel, Bob/Rizzo, Phil	1:28:09.4
	#3	Dax, Christopher/Kramer, Michael	1:33:52.5
All Male Masters	#1	Crowley, William/Brown, Dale	1:39:46.2
	#2	Abbott, James/Robbins, Mike	1:41:29.6
	#3	Campbell, Bob/Motycka, Ron	1:43:29.2
Mixed	#1	Coonan, Terry/Tutwiler, Robin	1:32:28.6
	#2	Williams, Darren/Battell, Beth	1:40:40.8
	#3	Vorderman, Steve/Dickson, Diane	1:42:18.1
Mixed Masters	#1	Bradley, Alan/Scrogam, Barb	1:41:59.8
	#2	Trigg, Victoria/Pieper, Dan	1:57:56.1
	#3	Duch, Michael/Reike, Nancy	2:14:03.1



ROAD RUNNERS CLUB OF AMERICA

June 19, 1992

1992 NE INDIANA WELLNESS COUNCIL'S CORPORATE CHALLENGE 3 MILE WALK?RUN VOLUNTEERS!! Thank you for helping to make this event a success.

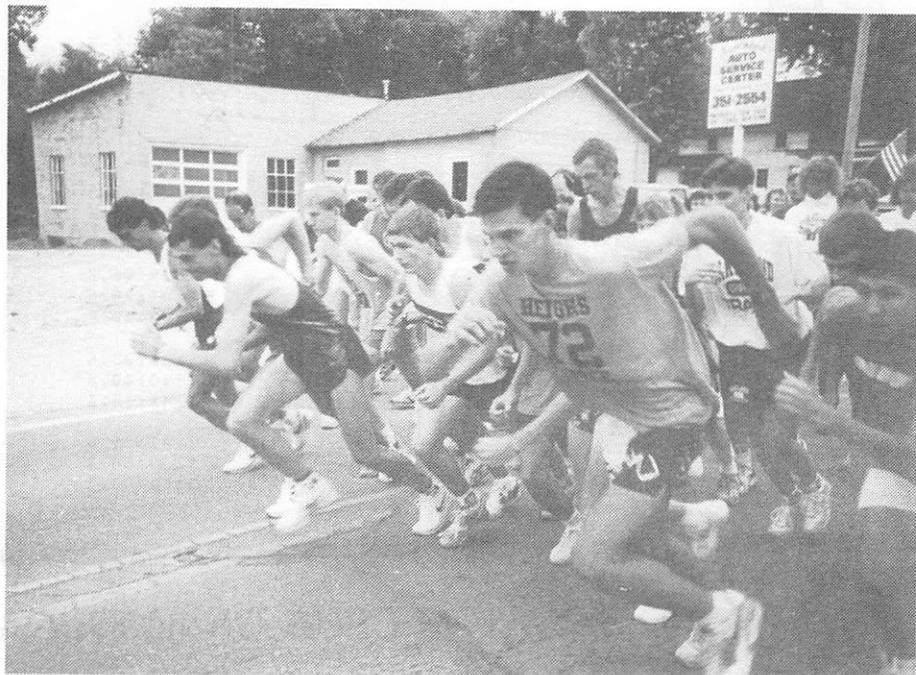
1. Peg North and her son
2. Matt Rae
3. Jim Martin
4. Paul Sabrack
5. Cynthia Sabrack
6. Sue Sipes
7. Greg Duncan
8. Sara Unsel
9. Wayne Unsel
10. Betty Nelson
11. Tom Wagner
12. Glem Getty
13. Margaret Sullivan
14. Linda Hatfield
15. Mike Culligan
16. Linda Pepple
17. Sara Black
18. Jill Dewitt
19. Liz Stults
20. J.P. Jones
21. Gary Selking
22. Brian West
23. Ken Nelson
24. Don Rhoades
25. Joanne Johnston
26. John Jedinak
27. Chris Welling
28. Perry Jaergens
29. Jerry Diehl

I especially want to thank Don Lindley and Mike Kast for their expert skills at designing, measuring, and marking the 3 mile walk/run course at IPFW University. Cheryl Pasko of IPFW also gave much time and energy towards this fine fitness event.

We had 850 participants!!

Be You Be Fit,

Judy Tillapaugh
Annette Thornston
3 Mile Walk/Run Event Coordinators



Lions Roar 5K Run held

As part of the South Milford Day celebration, the first annual Lions Roar 5K Run was raced.

There were 48 runner involved in the race and 21 walkers in the two-mile Fun Walk. The race was won by Brian Shepher in the mens' division with a time of 14:48. The mens' Masters Division was won by Terry Coonan in a time of 16:56. The overall womens' winner was Sherry Peterson with a time of 18:15 and the womens' Masters Division was won by Joan Gary in a time of 23:25.

The sponsors for the race were: Williams Airmotive, Jo Mory, Inc., Roger's Friendly Market, Campbell & Fetter Bank, South Milford Veterinary Clinic, South Milford Lions, LaGrange Carquest Auto Parts and Jeffrey James, attorney-at-law.

Results from the Lions Roar 5K Race:

Women (runner, division, time)

Sherry Peterson (over all) 18:15; Joan Gary (masters) , 23:25; Jenny Stone (14 & under), 32:00; 1. Abigail Ramer (15-19), 19:16, 2. Monica Hostetter, 3. Shelly Kennedy; 1. Connie Everage (20-29), 20:49, 2. Barb McCool; 1. Julie Manger (30-39), 21:57, 2. Terri Gross, 3. Christine Stutzman; 1. Debbie Byers (40-44), 24:52, 2. Kathy Douglas.

Men (runner, division, time)

Brian Shephard (over all), 14:48; Terry Coonan (masters), 16:56; 1. Jasen Fulford (14 & under), 2. Kheill Leitch, 3. Josh Rowe; 1. Frank Pizana (15-19) 16:07, 2. Josh Keipper, 3. Mory Riddle; 1. Brian Richmond (20-24) 21:33; 1. Rick Veach (25-29) 15:40, 2. Jeff Peterson, 3. Dennis Yoder; 1. Chuck Schlemmer (30-34) 16:25, 2. David Gelger, 3. Ron Reece; 1. David Clowse (35-39) 20:46, 2. Mike McKenzie, 3. Sam Cook; 1. Jed Pearson (40-44) 17:38, 2. Lewie Stone, 3. Norm Rowe; 1. Jim Berndt (45-59) 28:16; 1. Jerry Perkins (50-54) 18:08; 1. Bob Weltz (60 & over) 22:05, 2. J.P. Jones.

1992 RUN FOR THE KIDS
JUNE 16, 1992



5K RUN

1	Brian Shepherd	15:27	
2	Mark Furkis	15:28	
3	Rick Veach	16:02	
4	Chuck Schlemmer	16:58	(30-34 Division Winner)
5	Hal Pearson	17:06	(35-39 Division Winner)
6	Travis Holman	17:12	(15-19 Division Winner)
7	Jim Furkis	17:54	(13-14 Division Winner)
8	Moises Trejo	19:02	
9	Mike Flora	19:02	
10	Jason Fulford	19:02	
11	Frank Pizana	19:02	
12	Morry Riddle	19:02	
13	Chris Weaver	19:02	
14		19:12	
15	Khelli Leitch	19:52	(11-12 Division Winner)
16	Justin Green	20:31	
17	Jason Hagerman	20:43	
18	David Clouse	20:46	
19	Cort Eyer	20:48	
20	Kevin Brown	20:49	
21	Ben Showalter	20:54	
22	Gene Lightner	20:59	(50-54 Division Winner)
23	Steve Scott	21:32	(40-44 Division Winner)
24	Keith Witter	21:32	(20-24 Division Winner)
25	Zane Donaldson	21:50	
26	Teresa Veach (F)	21:54	
27	Don Anderson	22:00	(60-64 Division Winner)
28	Kerri Byers (F)	22:36	
29	Deb Byers (F)	25:23	
30	Alton Myers	25:42	(55-59 Division Winner)
31	Cindy Furkis (F)	25:53	(35-39 Division Winner)
32	Ken Disler	26:10	(65 & over Division Winner)
33	Nathan Caudill	26:23	
34	Jenny Furkis (F)	26:32	(11-12 Division Winner)

ONE MILE RUN

1	Brent Herald	6:26
2	Israel Varela	6:30
3	Stacey Byers (F)	7:00
4	Pock Bounshai	8:04
5	Allisin Kavanaugh (F)	9:29
6	Pack Bounshai	10:08
7	Travis Franis	11:46
8	Kristin Steed (F)	11:47
9	Joshua Iden	14:03
10	Jeff Iden	14:04

LIGONIER — It was no surprise when Brian Shepherd and Mark Furkis crossed the finish line in the first two spots of the annual Run for the Kids 5K race June 16.

The race, sponsored by the Ligonier Track Club, helps the track club kids pay for a trip to Chicago to see a baseball game.

Shepherd crossed the finish line first in 15:27, while Furkis was second in 15:28.

Barb Scrogam ran one of her better times of 1:40:49 at the Great Race Half Marathon on May 25 and placed first in her age group. She says it was the best weather ever !



Big feat for some tired feet

He is used to this by now, he will tell you. The stiff-legged, morning-after hobble. The throbbing blisters. The ache and creak of long, merciless miles.

Yessir. Don Lindley knows all the body language, every nuance and nod.

"The worst thing that hurt, this time, were the blisters," he was saying this week, a couple of days after finishing the Mohican 100, a nice little 29-hour stretch of the legs. "I have two blisters that hurt so much. In fact, they still hurt today."

There was surprise in his mild voice, as if he could not believe his feet could betray him so. After all, it had been an entire 48 hours since he had clambered over, around and through 100 miles of Ohio woodland. His body should have quit screaming at him long ago.

BEN SMITH



At least, that's the way you think if you're Don Lindley.

He is not like the rest of us, in case you haven't guessed. At the age of 48, he has been running steadily since 1976,

piling up mile after hard mile. He has enough souvenir shirts to clothe a small country, and a resume that is wearing just to read: ultramarathons, triathlons, and dozens upon dozens of marathons.

The Mohican 100 was his third 100-miler, and no one in Indiana, to his knowledge, has done more. He ran his first, the Old Dominion 100 in Virginia, in 1987. He finished in 29 hours, 45 minutes, 15 minutes before the 30-hour cutoff for the race, and then said: "Once is definitely enough."

Well. Not quite.

In 1990, Lindley did it again. This time it was the Vermont 100, a bucolic little loop through New England that rose 24,000 feet along its route. Lindley ran on an ankle he had sprained, fairly severely, in a 50-miler just a month before. But he finished, in 26:36:09.

"The Old Dominion was the hardest, the roughest," Lindley says. "Vermont was easier, because it was 75 percent roads and 25 percent trails. The Mohican was about 75 percent trails and 25 percent roads.

"It was beautiful, fabulous, worth the run. But there was a lot more climbing than they said."

Apparently. One four-mile loop contained an 80-foot vertical and a 60-foot vertical. And the weather, in this strange and contrary June, was cold enough to invite hypothermia.

One guy dropped out at 90 miles because of the chill. A woman from Spencer dropped out at 60 because she didn't bring enough warm clothes. Of the 70 starters, only 49 finished in the allotted 30 hours.

And Lindley, not surprisingly, was among them. He is a veteran of these things, even if he admittedly doesn't train the way he should. Conventional wisdom says you train six to nine months for a 100-miler, running 60 to 80 miles a week, biking 100 miles and swimming a couple of miles.

"But," Lindley says, with a soft chuckle, "what we're supposed to do, we don't do."

Nah. Lindley usually winds up swimming once a month, biking every other week and running 25 to 35 miles a week. The last five days he doesn't do anything, preferring to taper and load up on the carbohydrates.

And worry, of course.

"It's funny, what scares you," Lindley says. "What scares me is that they could pull me out of the race with a twisted ankle. What scares Roger (Puckett, Lindley's running companion) is not consuming enough calories to make the weight. You're not allowed to lose more than 7 percent of your body weight."

And yet... sometimes the experience makes up for everything else. Last weekend Lindley anticipated the cold, showing up well-swaddled in a long-sleeved shirt, two jackets, and a cap and gloves. There were no twisted ankles, and the weight was no problem.

Congratulations to Gordon Denny for Two PR's at the MINI
Run & R N Way To Go Studley !



"I weighed 146, so I couldn't lose more than 10 pounds," he says. "Last Sunday I lost two pounds over the first 23 miles, and then I actually gained a pound over the next 23. I ate good, I felt good and the weather was cool enough that you didn't dehydrate much."

Nope. The only problem, it turned out, was a slight miscalculation in distance. At 91 miles, Lindley and running partner Roger Puckett were told they had nine miles to go, with an aid station four miles up the road. They ran and ran. At 7½ miles, the aid station finally came into view.

The finish was still five miles away.

"We were getting worried we wouldn't finish in time," Lindley says.

But they did. Puckett came in at 29:21, Lindley at 29:23, and they're still not sure if they ran 100 miles or 103. Puckett finished 47th, and Lindley was the 49th and last runner to beat the time limit.

"I got an award for that," Lindley says, with another faint chuckle. "A turtle with wheels on it."

Something else to go up there with the stacks and stacks of shirts, and the stacks and stacks of miles.

Ben Smith is a staff writer for The Journal Gazette. His column appears Sunday, Monday, Wednesday and Friday.

Water requirement: The current Recommended Dietary Allowance (RDA) for water is 1-1.5 ml/kcal of energy expended. That's about 8-12 cups daily. Requirements vary with climate, metabolic rate, body size, type of diet, exercise, and other conditions like pregnancy and lactation when more water is needed.

It's almost impossible to drink too much water since the body eliminates excess.

- In hot weather, drink more than you are thirsty for. Cold water is quickly absorbed and helps cool you off faster.
- Drinking a sports drink during such an event may improve stamina. In general, water is the best sports drink to replace sweat losses in most people.



HOLLAND MICHIGAN 5K

Cindy	Mark	Larry	Brian	Jim
Furkis	Furkis	Taggart	Shepherd	Furkis
	14:55	17:05	15:12	16:55
	1st Div	Masters	1st Div	2nd Div
		Champ		

BIRTHDAYS



BIRTHDAY

September

1	Jim E. Bridges
2	Lawrence Lee
2	Giles M. Tomlinson
4	Bruce Pressler
5	Edwin Knouse
7	Ken Clark
8	Teresa L. Furniss
8	Joe Pickens
9	Roger Phillips
9	Terri Gross
10	Gregory A. Fahl
10	James L. Miller
10	Vicki Jacobs
11	Dave Dierks
12	Teri Dawson
12	Bill Dibble
13	Joseph Baranowski
14	David E. Boylan
15	Jeffrey E. McCann
15	Tim Rayle
16	Philip Luttmann
16	Howard Klinger
16	Tom Blauvelt
17	David L. Clouse
21	Chuck Mynett
21	Marsha K. Schmidt
22	Barb Scroggum
26	Becky Bushee
29	Steve Onan
29	Tim Bolin
30	Craig S. Hartman
30	Brian Shepherd

BIRTHDAYS

August

4	Michael Gilland
5	Rex L. Reed
5	Scott Wagner
6	Kevin Warren
7	Jeffrey G. Raff
7	Dixie Hook
8	Khelli Leitch
9	Ken Miller
9	Leland Sibrel
9	Gary Dexheimer
11	Barrie Peterson
14	Tom Fuelling
16	Gary P. Kuhn
20	Jeff Radkey
21	James C. Cron
22	Ivan Painter
24	Jessica Walker
25	Kathleen Douglas
26	Bill Patterson
26	Perry Knox
27	Ken Nelson
27	Al Welch
27	Alan Gilbert
28	Valerie Puckett
29	Steve Goldthwaite
30	David Montgomery
30	Art McCoy
31	Michelle Lassus

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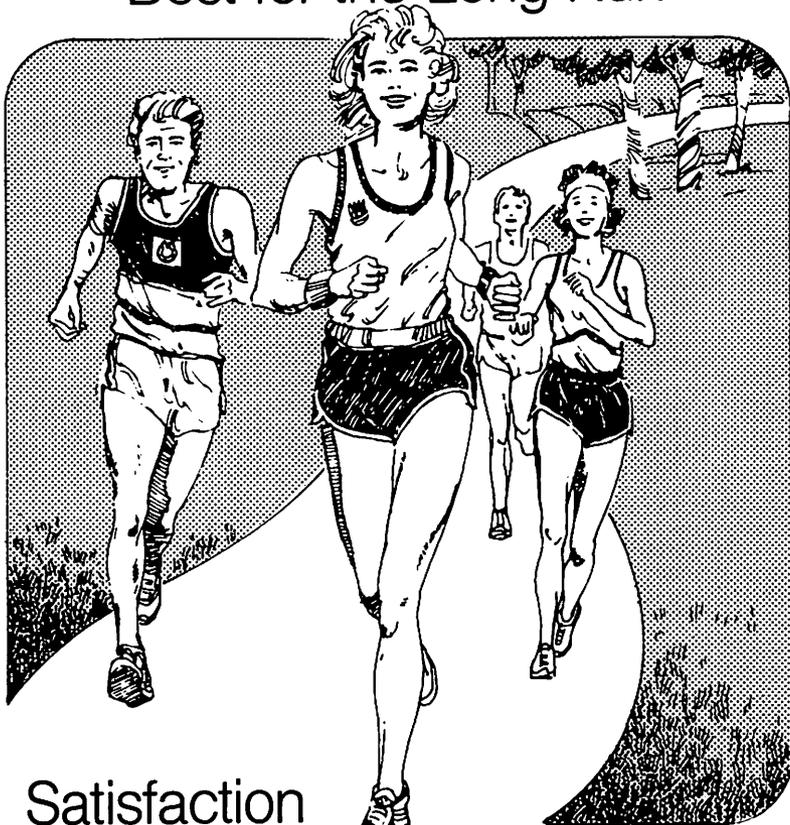
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"RUN WILD!" RACE RESULTS
July 4, 1992



It was people, not animals, that ran wild through Franke Park in the 2nd annual Run Wild! 4-mile race sponsored by the Fort Wayne Children's Zoo.

The challenging 4-mile course included a run up the steep Soap Box Derby hill and a loop through the zoo past the animals.

The male winner of the race as Mike McManus, 29, of Indianapolis, with a time of 22:13.1 and the top female finisher was Tammy Baker, 21, of Indianapolis, with a time of 27:25.6.

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Age</u>
1	Mike McManus	22:13.1	29
2	Phil Suelzer	22:59.7	40
3	Mark Herndon	23:03.3	29
4	Vince Garcia	23:19.9	38
5	Terry Coonan	23:46.5	41
6	Rusty Grose	23:49.8	16
7	Dick Hack	23:51.7	39
8	Brad Thomas	24:33.6	17
9	Michael Lindley	24:36.0	17
10	John Treleaven	24:48.9	40
11	Mike Baker	24:52.1	17
12	Karl Behrers	25:06.8	22
13	Matt Hilsmler	25:17.9	18
14	Gordon Denny	25:41.0	39
15	Dean Reynolds	25:42.7	24
16	Greg Baker	25:43.8	16
17	David E. Lallow	25:46.2	37
18	Rick Gilbert	25:53.9	35
19	Nick Sloffer	26:03.4	14
20	Dan Brier	26:04.6	15
21	Jeremiah Hudson	26:05.4	16
22	Bob Bruckner	26:12.2	46
23	Kurt Mattox	26:15.4	33
24	John Pea	26:33.0	30
25	John D. McPherson	26:36.3	39
26	Joel Schartz	26:37.8	45
27	Dave Boylan	26:40.7	49
28	Matt Brier	27:16.7	14
29	James Trace	27:17.3	34
30	Chris Adams	27:18.6	
31	Bernie Burgette	27:19.4	48
32	Jerry Serefn	27:24.1	12
33	Tammy Baker	27:25.6	21
34	Dennis Conner	27:32.3	40
35	Lynn Armstrong	27:35.8	45
36	Jonathan Schlatter	27:41.8	36
37	Bruce Pressler	27:49.9	42
38	Kevin May	28:12.3	32
39	Joe Nycum	28:13.6	37
40	Neil Swartz	28:23.3	31
41	Tom Felger	28:24.9	52
42	Chris Henderson	28:25.9	14
43	Don Lindley	28:27.4	48
44	John Brier	28:38.5	47
45	Bill Dibble	28:42.5	39
46	Molly Sloffer	28:53.6	16
47	Ed Beckner	29:04.0	47
48	Gary Oden	29:05.9	45
49	Gary L. King	29:08.9	38
50	Michael Canz	29:09.3	
51	Melvin Hochstetler	29:09.8	52
52	Sara Unsell	29:10.3	24
53	Steve Beghtel	29:14.7	41
54	Len Piropato	29:15.7	37
55	Keith Caudill	29:19.5	35

"RUN WILD" RACE RESULTS CONT.

56	James N. Thompson	29:24.1	33
57	Wayne Unsell	29:34.1	43
58	Tim Morriral	29:35.5	33
59	Tom Morriral	29:36.0	
60	Dan Roherty	29:38.3	35
61	Adam Smith	29:54.9	16
62	Steve Goldthswaite	29:55.8	43
63	Tim Sloffer	30:05.7	13
64	Jim Bridges	30:06.7	33
65	Dean Whitman	30:12.7	34
66	Ed Walter	30:13.1	25
67	John Wall	30:13.7	26
68	Don Anderson	30:24.8	65
69	Brad Biggs	30:26.3	14
70	Harry Quandt	30:29.9	39
71	James Beeson	30:47.9	36
72	Rico Ebetino	30:50.6	13
73	Jim McGowin	30:54.1	49
74	Don Ashton	31:00.0	51
75	George Kirby	31:15.1	43
76	Ken Roehrs	31:15.8	47
77	Madelyn Tyson	31:18.0	37
78	Mike Blyon	31:18.4	38
79	Marsha K. Schmidt	31:21.0	46
80	Jerry Hakes	31:24.6	41
81	Brian K. Whelan	31:28.2	32
82	Dale Stamwit	31:32.0	46
83	Chris James	31:35.0	14
84	Barb Scrogham	31:35.6	45
85	Joy Willig	31:36.2	16
86	Mike Duch	31:36.9	45
87	Janelle Herber	31:46.2	19
88	Phil Lippert	31:51.0	36
89	Robert Gebhard	31:56.6	38
90	Mike Avila	31:57.0	
91	Jim Watson	31:59.1	38
92	Steve Sherburne	31:59.8	41
93	Tim Swaidner	32:01.1	28
94	Anne Karr	32:08.0	37
95	Bill Biggs	32:09.6	35
96	Greg Bickhart	32:11.5	34
97	Philip G. Kennerk	32:19.5	41
98	Deborah Manzo	32:22.8	26
99	Chris Edington	32:23.4	29
100	David Montgomery	32:25.5	42
101	Larry Godair	32:30.7	
102	Terri Gross	32:34.7	36
103	Tanya Black	32:42.7	20
104	Mark Stuerzenberger	32:51.2	33
105	Charlie Knepple	32:53.7	44
106	Anna Hudson	32:54.4	12
107	Terry Teegardin	33:00.5	29
108	Steve Bogenschutz	33:03.2	38
109	Jennifer Bellis	33:20.9	17
110	Dan Bragg	33:37.3	33
111	Lanny Fisher	33:58.5	48
112	Larry Palmer	34:00.4	52
113	Stan Williams	34:01.4	61
114	Dean Sharp	34:02.0	44
115	Ted Rolf	34:02.6	45
116	Tom Christman	34:04.7	34
117	Victoria Trigg	34:05.8	35
118	Joe Stafford	34:06.5	14
119	Jack Hilker	34:07.0	63
120	Vince B. Garcia	34:07.8	12
121	Howard Bash	34:20.6	59
122	Doug Johnson	34:21.5	39
123	Tom Agness	34:41.4	46
124	Paul McEachern	34:46.3	31

"RUN WILD" RACE RESULTS CONT.

125	Phyllis Hayes	35:21.3	26
126	Hiram Rivera	35:47.2	31
127	Michelle Bartkowitz	35:47.8	28
128	Larry Piano	35:48.5	44
129	P. Fergus	35:52.8	25
130	Ron Menze	36:12.3	36
131	Cheryl McGowan	36:27.7	28
132	Belinda Sharp	36:45.2	41
133	Michael Callahan	37:15.2	34
134	Sandy Hartman	37:16.2	28
135	Gerald Patterson	37:38.2	51
136	Belinda Patterson	37:49.3	24
137	Allison Liechty	38:00.0	15
138	J.P. Jones	38:09.2	64
139	Duronda Campbell	38:42.0	55
140	Betty Dewelts	39:30.8	31
141	Marjorie Crago	39:53.4	52
142	Nancy Wellman	40:04.9	26
143	Michelle Scheele	40:34.7	26
144	Sarah Miller	40:42.1	31
145	Tony Renzi	40:48.3	43
146	Mary Henderson	41:11.0	41
147	Nicole M. Christman	41:42.3	29
148	Wade Holbrook	41:42.7	36
149	Jim Noonan	43:35.0	32
150	Rodney A. Miller	44:06.0	45
151	Phyllis Stuerzenberger	44:14.0	33

FORT WAYNE TRACK CLUB 10K RELAY
NORTH SIDE HIGH SCHOOL
JULY 21, 1992

Place	Team	Time	Place	Team	Time
1	Veach, Shepherd	27:52	11	Quinn, Pellmann	34:35
2	Garcia, Coonan	30:01	12	Leich, Riddle	35:00
3	Kaufman, Suelzer	30:00	13	McKinnis, McKinnis	35:38
4	Brown, Brown	31:11	14	Leitch, Brown	35:48
5	Nelson, Rizzo	31:26	15	Reichard, Suelzer	35:55
6	Fulford, Schlemmer	32:42	16	Furkis, Furkis	36:06
7	O'Connell, Briggs	33:07	17	Ebetino, Loessler	36:40
8	Mo, Weave	33:08	18	Donaldson, Ever	37:30
9	Flora, Emmert	33:08	19	Tutwiler, Myers	37:45
10	Branstetter, Painter	34:12	20	Lindley, Lindley	37:31

J.P. Jones says of the Zoo Run on July 4, "Good event, quite a challenging course."

Sara Unsell says of the Run Wild 4 Mile Franke Park Zoo Run on July 4, "Very nice early run and challenging with the hills."



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Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total Mileage
1	Off	4	4	4	4	3	6	25
2	Off	4	5	4	4	3	8	28
3	Off	4	5	4	5	2	10	30
4	Off	4	6	4	5	4	10	33
5	Off	4	6	5	6	4	12	37
6	Off	4	6	4	5	4	14	37
7	Off	4	6	4	6	4	16	40
8	Off	4	10	4	6	4	12	40
9	Off	4	8	4	4	2	18	40
10	Off	6	8	4	6	4	14	42
11	Off	4	8	4	6	3	20	45
12	Off	4	10	4	8	5	14	45
13	Off	4	10	4	6	3	18	45
14	Off	4	6	6	6	4	14	40
15	Off	4	8	5	4	10	4	35
16 (Race Week)	Off	4	6	4	Off	2	Race Day Marathon	16 + Race

Note: When you race you may need to adjust your daily and weekly mileage downward. Do not attempt to combine long runs and races on the same day or weekend.

RUNNING WITH RHYTHM

by Terry Gautsch

It all began during the 1987 Parlor City Half Marathon - a favorite race for many Fort Wayne area runners. Annually held in Bluffton in mid-September, the weather is predictably sunny and bright but not too warm - perfect for a half marathon. After the start in downtown Bluffton in the middle of the street fair, the course quickly leaves the city and travels through farm country east of town before winding through Quabache State Park and then follows the Wabash River for the final two miles back into the city.

But....what about running with rhythm?

I was nearing the 4 mile marker of the 1987 race, running at an easy 8:00 pace. Unexpectedly, a quick sensation of a stomach spasm followed by slight nausea hit me. My running became slightly labored. After 2-3 more uncomfortable minutes, I decided the flu bug had me so dropped off and turned back. I jogged and walked back to the start, slipped into my car hoping no one would see my early return, and headed back to Ft Wayne.

The next day I tried to duplicate the incident with a hard 10k training run but all systems normal. I concluded that the previous day was a one time experience and promptly forgot about it.

Clearly I didn't anticipate the five year chain of events that was just beginning.

The same sensation occurred a month later during a daily run and then again and again. Always brief but clearly a frustrating problem for a runner. My family physician referred me to a cardiologist but all tests including a 24 hour Holter Monitor and a treadmill stress test were normal.

The "breakthrough" occurred 6-7 months later during a repeat treadmill stress test. After twenty minutes of 7:45 pace on the treadmill without incident but during cool down the stomach spasm sensation recurred. With all the treadmill wiring still in place, the cardiologist quickly identified the event as SVT (supra ventricular tachycardia) - duration 3-4 seconds.

During SVT, the heartbeat increases spontaneously to 170-190 for brief periods. The sensation to me was a stomach spasm. SVT is a somewhat common phenomena and is benign providing the trigger for the rapid acceleration is atrial.

QUESTION: Are you a Fort Wayne Track Club Member?
a. Of course b. I think so c. Huh?



QUESTION: How many monthly FWTC meetings have you attended in 1992?
a. All of them b. Most of them c. What meetings?

QUESTION: Why should you attend FWTC meetings?
a. They're fun b. They're informative c. Don't know

FWTC meetings are usually held on the 2nd Wed. of each month, so there are approximately 12 a year.

FWTC meetings are held in the Activities Center of Taylor Univ. (formerly Summit Christian College) You'll find it next door to the WBCL studios (south side of Rudisell). There will be a sign of the door saying, "FWTC MEMBERS ENTER HERE"

SEPT. 9 ELECTION OF OFFICERS
NEXT MEETING: AUG. 12 PICNIC FOSTER PARK

There is a door prize drawing at the end of each meeting.

Delicious popcorn is available for everyone during the meeting.

There is a training run beginning at 5:30 in the parking lot of the Taylor U. Activities Center. Showers are available after the run. Meetings start promptly at 7:00 p.m. and adjourn between 8:00 & 8:15. A social time at Casa, D Angelo's follows for anyone interested. Joyce & Bob always go.

My longer range goal is to find the fix to the rhythm problems and get back on a more normal running trail again - look for me soon at the Parlor City Trot!

It would be glad to share experiences or compare notes in more detail - call 672-9506. I continue but obviously careful and thorough cardiologist involvement is imperative. I that may have similar arrhythmia problems. Despite the frustration, running can My interest in sharing this story is to hopefully give encouragement to other runners

What next? It is now the summer of 1992 and nearly five years since the first mild incident during the Parlor City Trot. Good medical options remain to be tried - options that could correct and control the arrhythmia and still permit running and a fitness lifestyle. Fortunately I am working with a cardiologist that is attuned to a runner's mentality and tries carefully to balance treatment options with impact on lifestyle. I'm optimistic there is a solution....a correct balance of medical variables that provides the answer.

Nothing can match the tall tales of two runners comparing running injuries and running injuries before a race but since atrial fibrillation, I have the story stopped!

I was in and out of atrial fibrillation unpredictably and none of the usual rhythm control medications seemed to have any effect. Running was still possible although the term running is too exuberant to describe my slower and slower pace. Training runs became 9:30 - 10:00 minutes per mile and top race speed was 8:45 - 9:00. However, I found that the fun and enjoyment of running is still present - it simply takes longer to get from start to finish!

In early 1991, a further arrhythmia problem developed termed atrial fibrillation. The upper chambers of the heart are at 240-260 beats while the ventricles pump at 60-70 beats. This is tolerable for everyday routine activities but the heart is 10-15% less efficient than normal as is quickly apparent when running. In addition there is a general feeling of being uncomfortable.

Normally this arrhythmia can be managed with medication but that was not my good fortune. Over the next two years the frequency and characteristics of my irregularly unrelated to running but the bad news was that the growing frequency and severity affected not only running but everyday life.

FORT WAYNE TRACK CLUB
 ONE MILE CHAMPIONSHIPS
 FOSTER PARK
 MAY 9, 1992

23	Dave Boylan	4:17
24	Steve Peale	4:21
25	Amy Bailey (F)	4:24
26	Don Lindley	4:35
27	Ryan Gibson	4:40
28	Sara Unsell (F)	4:45
29	Wayne Unsell	4:46
30	Joe Reichard	4:47
31	John Sturtevant	4:50
32	Don Anderson	4:52
33	Joey Mahlan	4:54
34	Alton Myers	4:55
35	unknown	4:56
36	Joan Gary (F)	4:57
37	Joe Suelzer	5:03
38	Aaron Ausderan	5:13
39	Jessica Ritchie (F)	5:21
40	Vicki Jacobs (F)	5:22
41	Mellisa Howard (F)	5:24
42	Jessica Martinez (F)	5:26
43	Katrina Roach (F)	5:27
44	Chad Scott	5:31
1	Brian Shepherd	4:17
2	Mark Furrks	4:21
3	Rick Veach	4:24
4	Frank Pizana	4:35
5	Carl Risch	4:40
6	Chuck Schlemmer	4:45
7	Tim Rayle	4:46
8	Phil Suelzer	4:47
9	Steve Caswell	4:50
10	Mike Schoude	4:52
11	Ken Nelson	4:54
12	Paul Ausderan	4:55
13	Jed Pearson	4:56
14	Hal Pearson	4:57
15	Jason Fullford	5:03
16	Larry Farggart	5:13
17	Allaoui Ahmed	5:21
18	Ken Steiner	5:22
19	Mark Schoude	5:24
20	David Caswell	5:26
21	Jerry Suelzer	5:27
22	Don Ford	5:31



John G. Rednak had pre-registered to run the Spring Fever 5 in
 Huntington on May 30. It was raining and cold so he picked up his
 packet and went home. Says John, "I may be a stupid pollock, but
 I ain't dumb."



WHITE RIVER PARK STATE GAMES
 5 MILE RUN
 INDIANAPOLIS, INDIANA
 JULY 18, 1992

Place	Time	12 & Under	Over. Pl.	MEN
2	32:27	PELLMAN, MATTHEW		
1	26:42	BEGLEY, ANDY	7	
25	31:41	KAUFMAN, CHRIS	113	
28	29:57	LINDLEY, MICHAEL	67	
30	30:12	BRANDT, JASON	72	
36	31:06	BOYD, JEFF	99	
49	33:36	DELANEY, DAN	155	
62	37:47	MOENKER, JOHN	218	
6	33:59	FENDEL, VINCE	164	
1	25:00	FURKIS, MARK	1	
4	29:15	SCHENDEL, BOB	48	
1	26:58	SUETZER, PHIL	10	
1	30:56	MILTON, BOB	93	
4	33:51	KLEIN, JOHN	160	
6	34:16	LINDLEY, DON	173	
1	30:22	PERKINS, JERRY	75	
3	37:08	ANDERSON, DON	119	
2	33:02	MCKINNIS, CHRISTINE	9	16-18 WOMEN
2	35:28	MCKINNIS, CHRISTINA	19	35-39
6	42:34	SIPES, SUE	70	
1	37:41	SCHMIDT, MARSHA	46	45-49
1	39:53	KLEIN, JEANETTE	52	50-54

Don Lindley and Roger Puckett were the last of the Mohicans at the Mohican Trail 100, but at least they stayed out of the DNF column. Roger's time was 29:21, and Don's was 29:23. Don comments that it was the second only in difficulty to the Old Dominion 100. He offers his THANKS to Jack and Barb O'Neil and Delbert and Sue Lindley for being their handlers and pacers. They did a tremendous job and also were aid station volunteers.

TRACK CLUB MEMBER PROFILE

Name: _____

Birthdate: _____

Occupation: _____

Family: _____

Pets: _____

Hobbies: _____

What you, or you and your family enjoy doing: _____

Favorite Spectator Sport: _____

Favorite Area Restaurant: _____

Favorite Distance to Run : _____

Favorite Race/s: _____

Favorite After Run 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 direction/s would you like to see the FWTC take in the future? _____

Include any additional information of interest.

Please send to: Joyce E.Hockensmith
3732 Thyme Court
New Haven, IN 46774



Barb Scroggiam ran a Boston qualifying time at the South Bend Marathon on June 6, 1992. Her time also gave her a 3rd place finish in her age division. She liked the cool weather, which is not always the case at South Bend.



arm muscles. Hold at a low level for 10 seconds, and then suffer them some more. Concentrate on how your arms feel, so that you learn to recognize all the signs of tight muscles. Now slowly relax your arms, and learn how the stiffness decreases.

Rest in a relaxed state for a minute or two. Repeat a few times. Use the same method to master relaxing your leg, stomach, chest, and facial muscles.

To run relaxed, slacken your jaw and loosen your facial and neck muscles. Keep your trunk upright, pull your shoulders back and push your buttocks forward a little. Carry your arms low. Your hands should be lightly cupped, as if you were holding something fragile. Stride smoothly to avoid wasting energy. If you have trouble learning to relax by yourself, instruction in a number of helpful techniques, including transcendental meditation, biofeedback, self-hypnosis, flotation tank therapy, zen, and yoga, may help you.

Even though your progress may be slow at first, spending some time learning to relax will pay dividends in enjoyment and performance. You can't achieve your true potential if you train only your body.

(The Total Runner, by Jerry Lynch, Ed.D., Prentice Hall, Englewood Cliffs, NJ, 1987, 234 pp., \$9.95)

RELAX FOR BEST PERFORMANCE

"The most widely ignored aspect of training programs in sports happens also to be the most crucial for performance at any level, elite and recreational. I am talking about relaxation," writes sports psychologist Jerry Lynch, Ed.D., in Santa Cruz, California.

Lynch says there is no right way to relax; instead, you have to find out what works for you. Here are his suggestions for ways to try. Use them as starting points, and modify or add to them to suit yourself.

Deep breathing is easy to learn and works well for many athletes. Close your eyes, put your hands just below your navel, and breath through your nose. Breathe in slowly. Push your stomach out as you expand your chest, and raise your shoulders until your lungs are full. Hold your breath for three to five seconds. Slowly breathe out through your nose, as you draw in your stomach and empty your lungs. Practice at least five minutes each day.

To learn muscle relaxation, lie down comfortably, arms by your sides, and close your eyes. Without moving or clenching your fists, slowly suffer your

THEN THE ANOTHER ONE ON! -- SNEAKERS, THAT IS! AND HELP THE AMERICAN HEART ASSOCIATION FIGHT CARDIOVASCULAR DISEASES DURING THE AMERICAN HEART WALK. IT'S SATURDAY, OCTOBER 3, 1992 AT 9:00 A.M. AT SWEENEY PARK. JOIN MILLIONS OF OTHERS IN FORT WAYNE AND FIGHT OUR NUMBER ONE KILLER. JOIN THE WALK, OR SUPPORT AN AMERICAN HEART WALKER. LET'S HELP THE AMERICAN HEART ASSOCIATION WALK ALL OVER CARDIOVASCULAR DISEASES AND STROKE! SIGN UP TODAY. CALL 1-800-878-0661 OR 745-0661 FOR MORE INFORMATION.

American Heart Association

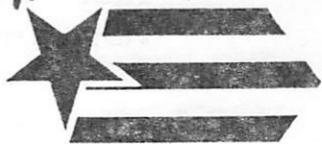
AMERICAN HEART WALK





NEW MEMBERS & RENEWALS

Tom Blauvelt
Jim E. Bridges
Linda Brooks
Grendel Burrell
John Ennis
Travis Holman
Michael Loughery
William Ludwig
Alane Phelps
Heidi L. Rae
Gary Sylvester
Fred Wehrwein



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!

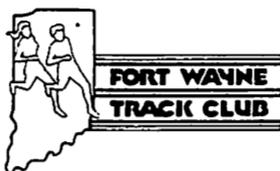


Water needs for exercise: To avoid dehydration and heat stroke, drink water before, during, and after exercise. Dehydration can occur before thirst is triggered.

The simplest way to tell if you're drinking enough water is to check the color and amount of urine excreted. If urine is clear, normal water balance has returned. But, if urine is dark and scanty, drink more water.

- Soft drinks and commercial sports drinks are usually not advised.

These provide calories from sugar but little nutritional value and may cause cramps. The exception is during a high intensity endurance event lasting longer than 90 minutes.



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 PORT WAYNE TRACK CLUB CALENDAR OF RACES & EVENTS

Check THE INDIANA RUNNER for other races. Call the race director for configurations, postponements, or cancellations. For applications, always send a self-addressed stamped envelope. FWTC applications available through FWTC, Box 11703, Fort Wayne, Indiana 46860 or Wayne & Sara Unsell (219) 493-2460.

FWTC POINTS RACES are in bold print.

- AUGUST**
- 1 Sat * HARLAN DAYS 10K, Harlan Community Center, Thomas Banner, (219) 657-5197
 - 1 Sat JOHN NORRIS 5K, Converse, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5) 8:00 am
 - 1 Sat NEW HAVEN 5K & 1MI FUN RUN, New Haven High School Scott Kilmer 485-3133 1MI 8:30am 5K 9:00am
 - 4 Tue FWTC Track Workout Series, Northside High School Track, Dan Kaufman, 485-5241 6:00 pm
 - 8 Sat IPPW SCHOLARSHIP 5K, IPPW Athletic Center, Ft. Wayne, In Dave Nealey 456-5386
 - 8 Sat QUAD CITY SERIES 5K & 1MI, Rome City, In, Rich Hamlin (219) 347-4833 8:30 am
 - 9 Sun * DASH-N-SPLASH 5MI, Rivergreenway/Foster Park to Swinney Park, Ft. Wayne Parks & Rec. Dept. 483-0057 7:00 pm
 - 11 Tue FWTC Track Workout Series, Northside High School Track, 5K Run, Dan Kaufman, 485-5241 6:00 pm
 - 15 Sat KERNEL CLASSIC 5K, Van Buren, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5) 9:00 am
 - 15 Sat * AUL GOVERNOR'S CUP, Pokagon State Park Toll-Free Race Hotline 1-800-622-4931 9:00 am
 - 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 CRIM 10 MILE ROAD RACE 10 MI, 8K, & 5K, Flint, MI Lots Craig, 352 South Saginaw St. Suite 804, Flint, MI 48502 (313) 235-3396
 - 22 Sat JOHN NORRIS 5M, Bunker Hill, In, The Knight Striders, 9 Jack St., Gas City, In 46933 (317) 674-3841 (after 5) 7:30 am
 - 29 Sat BEARS OF BLUE RIVER FESTIVAL RUN 5K & 10K, Shelbyville, In (317) 392-5128

ATTENTION RACE DIRECTORS

Send your race results to Inside Track Editor

Joyce Hockensmith
3732 Thyme Court
New Haven, IN 36773



SEPTEMBER
5 Sat * NDA 8K RUN/WALK, Indiana-Purdue University Athletic Center
ft. Wayne, IN, Wayne Unsell 486-9430
8:30 am

5 Sat LIGONIER DAYS 5K, Ligonier, In, Brian Shepherd
(219) 894-4638
7:00 pm

5 Sat STROH DOUBLE DIP 5K, Stroh, In, Jerry Perkins
(219) 351-2426
8:30 am

5 Sat FOUR MILE BLOCK RUN, KIL-SO-GUAM, Bippus, In
BLUEBERRY STOMP 15K ROAD RACE & 1 MILE FUN RUN, Plymouth,
In (219) 936-8858, (219) 936-7829, or (219) 546-4094
9:30 am

7 Mon CMI LABOR DAY 5K, Oakhill Camp, I-69, Exit 154, Angola, In
Larry Goodin, 219-665-6977
8:30 am

12 Sat AUL GOVERNOR'S CUP, Potato Creek State Park
Toll-Free Race Hotline 1-800-622-4931
9:00 am

13 Sun ALMOST 5K, Nancy Bubb

13 Sun PUMKINVILLE PIKE FUN RUN, 24M, Kokomo to Marion,
The Knight Striders, 9 Jack St., Gas City, In 46933
(317) 674-3481

20 Sun "FALL INTO FITNESS" BIATHLON, 5K Run/20 Mile Bike,
IPFW/GTE, IPFW Athletic Center, Cheryl Pasko, 481-6021
9:00 am

26 Sat PARLOR CITY TROT, 13.1 miles and 10K, Bluffton, IN
Jeni Hirtschy, 219-824-3808
8:30 am

26 Sat JAMES DEAN 10K, Fairmount, In, The Knight Striders,
(317) 674-3481

27 Sun WILD WILD WILDERNESS 7.6 MILE RUN, Kickapoo State Park,
Danville, Illinois (217) 431-4243, (217) 733-2403, or
(317) 793-4654
11:00 am

OCTOBER
11 Sun * COLUMBUS MARATHON, Columbus, Ohio (614) 433-0395

18 Sun ANDERSON/MUNCIE MARATHON, ARRC, PO Box 282, Anderson,
IN 46015

NOVEMBER
1 Sun NEW YORK CITY MARATHON, (212) 860-4455

8 Sun RUN THE MOUNDS, 5M, Anderson, In, ARRC, PO Box 282,
Anderson, In 46015

21 Sat * TURKEY TROT & MILE RUN, Foster Park, Fort Wayne Parks &
Recreation 483-0057
11:00 am

DECEMBER
5 Sat J. P. JONES 10K, Foster Park, Fort Wayne, In

12 Sat JINGLE BELL 5K, Foster Park, Ft. Wayne, In



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: _____

The Inside Track is looking for articles of interest written by its members. Send them to Joyce Hockensmith.

Coming Events...

SPLASH & DASH, 5 Mile

Sunday, August 9, 7:00 P.M.

Foster Park

5K RUN-WALK-ROLL-STROLL & KIDDIE TROT

Sunday, September 13, 2:00 P.M.

Foster Park

FWTC MEETINGS

August 12, Prediction Run, 5:45 P.M.

Potluck, 6:30 P.M.

Foster Park

September 9, 7:00 P.M., Taylor University

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.

RRCA
ROAD RUNNERS CLUB OF AMERICA



**FORT WAYNE
TRACK CLUB**

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

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