

# the inside track

October 1992 - November 1992



**FORT WAYNE  
TRACK CLUB**

NEWSLETTER OF THE FORT WAYNE TRACK CLUB



**COME RUN WITH US**

# 1992

## FORT WAYNE TRACK CLUB

### *Officers and Board Members*

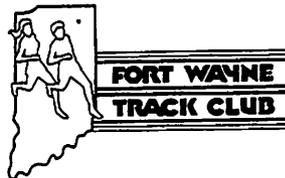
#### OFFICERS

President .....	Bob Hockensmith, 749-1237
Vice President .....	Ken Disler, 422-9894
Secretary .....	Vicki Jacobs, 747-1434
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, 493-2460
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



PRESIDENT'S COLUMN - - Bob Hockensmith

On Saturday, September 5, Joyce and I went to the ACD biathlon so that she could participate. Since I had not trained or even ridden my bicycle for the better part of two years, I decided to pass this opportunity. Instead, I had planned to run the 5K portion at the start of the biathlon, then when the others started the bicycling portion, run the course again. That day, I had scheduled 6 miles in my running program and this would accomplish that goal as well as passing the time while waiting for Joyce to finish the entire event.

During the run, the volunteers offered a cup of water, which I gratefully took, and later, while waiting for the awards ceremony to begin, I sampled a couple of cookies and a banana. All of this seemed perfectly normal because of past experience over the years of completing many races. Hours later, the dawn broke and it occurred to me that I had done something that I had mentally condemned others for doing; running as a "bandit". You see, on that day, although I had run as far as the others, since I did not intend to compete, I didn't register. Yet, after the event, with all the fatigue and perspiration, I was not consciously thinking that I was not really a participant.

Although never having publicly declared my opposition to "bandit" status, I have felt that it was akin to cheating to accept all the benefits provided by race officials without registering and paying my fair share of the cost.

Granted, the loss by the race director and sponsors of a few cups of water and a banana, is minuscule. Yet, what is overlooked is the effect on the particular race itself and the sport in general. Anyone who has helped stage a race can easily total the costs and demonstrate the need for sponsors to pay for all the attendant expense for numbers, cups, refreshments, awards, shirts and equipment purchase or rental, to name a few of the expenses. All these often cost more than the revenue generated by the registration fees. We should all be conscious of keeping costs down and that includes not having to pay the added cost created by those who do not pay their share. Shouldn't we have some kind of ethical standard that would require each of us to register or not run? Should the number of bandits increase significantly, it could threaten the continuation of an event due to the necessity to increase the registration fees to those who pay, beyond their ability to do so. That, in turn, may cause the demise of many smaller events, which are struggling to continue even under the best of conditions.

Having now reflected on how unknowingly a person can slip into a "bandit" status, I will be much more aware of that possibility in the future. It has renewed my commitment to participate in an event only when properly registered. For the good of the sport, I hope that we can all profit by my error and vow to either register or not run.

---

### VOLUNTEERS NEEDED

Volunteers are needed to take equipment to and from races. Rental of equipment is one of our few money making ventures. We are currently looking for 3 coordinators to take over in 1993, possibly dividing the responsibility as follows:

- 1) Jan., Apr., July, Oct.
- 2) Feb., May, Aug., Nov.
- 3) Mar., June, Sept., Dec.

Please contact Bob Hockensmith, 749-1237 if you are able to help the club in this way.



**FORT WAYNE  
TRACK CLUB**

MINUTES

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

18 present: Don Anderson, Jim Anderson, Don Ford & his friend Bonnie Ortman, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, John Jedinak, J.P. Jones, Don & Rosann & Mike Lindley, Barb Scrogam & daughter Kim Yates, and two fellows who were so busy playing basketball that they didn't sign the attendance roster!

This meeting was supposed to have been held in Pavilion #1 at Foster Park. However, the weather didn't cooperate, and the rainy, windy, overcast and generally dreary weather sent us all back to the dry warmth & comfort of the Activities Center! BUT, a few brave souls DID complete the prediction run in the park, and to them we say CONGRATULATIONS!

Once we got situated at the Activities Center, we began piling our plates high with the DELICIOUS food everyone provided (thank you, thank you!). We especially enjoyed the red beans & rice which the Hockensmith's trucked back from the south (if you haven't heard about this, be sure to ask them sometime!).

While we were eating Don Lindley managed to give a Treasurer's Report. July income was \$302.73, expenses were \$187, leaving us with a year-to-date balance of \$3,198.58.

Don Lindley said that 1) Randy Lavine has indicated he will not be able to continue as Membership Coordinator for the club, and 2) Wayne Davies has enthusiastically agreed to fill this important position.

Our club can rent the large Franke Park indoor pavilion for free (its usual rental cost is \$167). We discussed the fact that this would be a great location for a winter race (the Just Plain 10K, the Fanny Freezer, etc.) We could even use this pavilion for our annual winter potluck AND Fanny Freezer race. Please be thinking about this and bring your ideas to the September meeting.

The meeting was concluded with our fabulous doorprize drawing. Winners included J.P. Jones, Kim Yates, Vicki Jacobs, Jim Anderson, and one of the two fellows who didn't sign the attendance roster.

Next month's meeting will be on Wednesday, September 9, at 7 p.m. in the TUFW Activities Center (training run at 5:30 p.m. - meet in the TUFW AC parking lot). Agenda will include election of officers and celebration of the Fort Wayne Track Club's Sweet Sixteen birthday (secretary will send special invitations to past club presidents).

Respectfully submitted,

Vicki Jacobs  
Secretary

**COME RUN WITH US**

ABBREVIATED VERSION OF MINUTES  
Fort Wayne Track Club Monthly Meeting  
Wednesday, September 9, 1992, 7:00 p.m.

19 present. The meeting was called to order by President Bob Hockensmith who gave a special welcome to newcomers and also to those who haven't been able to attend the meetings in awhile.

Treasurer Don Lindley's report showed a year-to-date balance of \$2,910.29. Current membership total is 399.

Don Ford has agreed to serve as Race Schedule Chairman for 1992-93. Some upcoming events include 3rd annual B & J ALMOST BK, Saturday, Nov. 14, 8 a.m., Googlein's, breakfast (compliments of B & J) served afterward to all runners. Summit City 10K, Oct. 4, new name is Stride Out for Cancer (with American Cancer Society as sponsor of event). Sportsmed, Nov. 1. Turkey Trot, November 21.

Equipment Coordinator Paul Knott stepping down in February. Because of time commitments for position, Bob Hockensmith would ideally like to find 3 people to rotate responsibility month at a time; schedule use of equipment, take it to races & operate it. If interested, contact Bob Hockensmith.

Judy Tillapaugh is looking for nominations for RRCA national awards. Next issue of FOOTNOTES will have write up on categories of nominations one of which is Outstanding Volunteer of the Year. We can nominate up to 3 people. List with the following names was drawn up: Charlie Brandt, Gary Dexheimer, Jerry Diehl, Ann Jamison, Mike Robbins, Larry Lee. List was then passed around so that people could put check marks beside 3 names they'd nominate.

J.P. Jones gave report on idea of having training workshop for potential race directors. Matter came up whether to train race directors for smaller or larger races. Expanded discussion on racing situation in Ft. Wayne. Many thoughts expressed: Re-activate one large club-sponsored race rather than many smaller races; should dream about something major in '94 bicentennial of city; D. Lindley said we have agreement with committee or organizing bicentennial events to have race in Oct. '94; Need to find corporate sponsors for major race; One large race not a marathon but half marathon or ten mile; numbers for races in Ft. Wayne have dropped -- maybe because of many smaller races; if had big race, big backing, big names, would draw big field. Dues structure for the club; major income is dues; have \$15/yr membership with \$3 discount if renew by 1/1? \$12/yr in line with other clubs; if raise to \$15, what get in return? If put on major race could raise charge sponsors for FMTC expertise. Stay at \$12 & give \$2 discount if renew by 1/1? Charlie Brandt & Larry Lee volunteered to think about potential sponsors for big race.

Discussion re caroling run in Dec. in conjunction with Dec. mtg/potluck/gift exchange Wed. Dec. 9.

Nominating Committee slate of officers for 1992-93: Bob Hockensmith, Pres.; Wayne Unsell, VP; Don Lindley, Treas.; Vicki Jacobs, Sec. Motion passed that slate be accepted by acclamation.

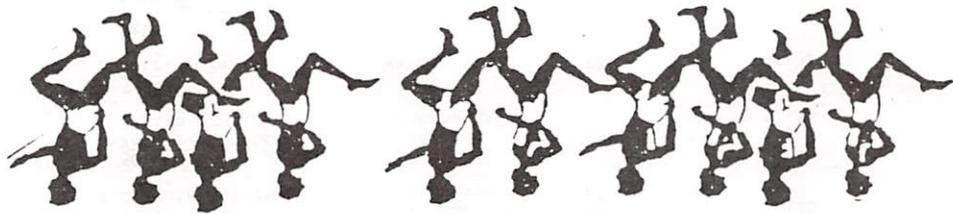
Special recognition to 4 past presidents present: Judy Tillapaugh, Larry Lee, Gary Dexheimer, Charlie Brandt. Next mtg Wed., Oct. 14, 7 p.m., Taylor Ft. Wayne Activities Center.

Respectfully submitted,  
Vicki Jacobs, Secretary



# CHERYL PASKO

Cheryl Pasko, born December 19, 1956, is the manager of the athletic facilities at IPFW. She is single, and has a twin sister, three brothers, nine nieces and nephews, and a couple of parents living in Huntington. Cheryl's hobbies include free lance painting, golf, which she claims is her #1 favorite sport, and traveling during which time she enjoys art museums and galleries. Cheryl also enjoys watching basketball. You will have to check the season before knowing where to catch Cheryl running. During the winter look about 4 PM, but during the summer, 8 PM. Cheryl prefers running out on country roads in fine gravel in her New Balance 560s. Cheryl likes running 10Ks and her favorite race is the Crescent City Classic in New Orleans. After the run just have if you took her to Cheddars or Casa 'd Angeles. Cheryl's inspiration comes from none other than Mike Kasst, who amazes her of gusto and ornerness. (having an irritable disposition, according to Webster) Cheryl's dream is to be a self-sufficient free-lance artist or pro golfer. Cheryl would like to see more involvement from FWTC members. She would also like to see the club encourage recreational joggers and walkers to join. She feels a name change would be appropriate along with a campaign to solicit this type of participation.



## HARLAN DAYS 10K RACE RESULTS August 1, 1992

1.	Veach, Rick	33:57.3
2.	Moord, Dan	36:14.3
3.	Pearson, Ted	38:07.6
4.	Weisser, Greg	38:59.3
5.	Miller, Jim	39:09.1
6.	Wolfe, Dave	41:37.0
7.	Veach, Teresa	42:53.3
8.	Faith, Greg	43:02.2
9.	Clevenger, Kelly	43:10.6
10.	Gater, Ryan	43:13.1
11.	Furnish, Dick	43:21.6
12.	Stoffer, Molly	43:22.7
13.	Nelson, Betty	43:53.1
14.	Markle, Tom	43:57.5
15.	Ford, Donald	44:33.9
16.	Anderson, James	45:20.7
17.	Lindley, Don	45:28.9
18.	Raff, Jeff	45:31.5
19.	Fox, Lorraine	45:36.0
20.	Peterson, Bartle	46:41.3
21.	Beeching, Bob	47:03.4
22.	McElroy, Alicia	48:24.4
23.	Kuhn, Gary	48:27.9
24.	Yann, Michael	48:32.9
25.	Tegardin, Terry	48:56.4
26.	Gary, Joan	49:16.1
27.	Towlesy, Darcy	49:39.2
28.	Gordon, Norm	50:16.2
29.	Fuelling, Tom	51:17.3
30.	O'Neill, Barbara	51:31.7
31.	Douglas, Andy	53:47.4
32.	Wolfe, Brenda	54:03.5
33.	O'Neill, Jack	56:33.1
34.	Leeper, Robert	56:47.0
35.	Henderson, Jamie	56:48.0
36.	Murphy, John	58:31.8
37.	Rhoades, Don	59:27.3
38.	Douglas, Kathleen	59:35.7
39.	Piercey, Shirley	1:00:00.6
40.	Ash, Jill	1:00:20.9
41.	Klein knight, Sarah	1:03:01.5
42.	Miller, Clint	1:03:43.5
43.	Schaeffer, Aaron	1:07:01.8

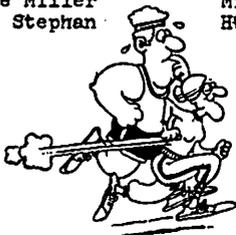
BIPPUS COUNTRY BLOCK BOP  
1992 4 MILE

FEMALE

	<u>CITY</u>	<u>AGE</u>	<u>FINISH</u>	<u>TIME</u>	
<u>14 - Under</u>					
1 Wendy Weyer	Jasper	13	33	27:04	
<u>20 - 24</u>					
1 Wendie Pressler	Huntington	20	53	29:24	
<u>25 - 29</u>					
1 Karlene Herrell	Peru	28	10	23:34	OVERALL
2 Karen Reist	Indianapolis	29	19	25:41	
3 Jo Ellen Earhart	Huntington	29	49	28:49	
4 Tammy Richardson	Anderson	25	52	29:14	
5 Kathy Miller	Milford	25	96	42:06	
<u>30 - 34</u>					
1 Judy Mickey	Anderson	33	22	25:52	
2 Roxane Osborn	Logansport	32	23	26:05	
<u>35 - 39</u>					
1 Cindy Purkis	Ligonier	35	79	33:12	
2 Jackie Ramsey	Fishers	38	97	46:36	
3 Jane Strobel	Huntington	39	98	46:38	
<u>40 - 44</u>					
1 Barb Loahner	North Manchester	41	70	32:35	
2 Mona Beckner	Huntington	41	91	38:03	
3 Deb Kindler	Roanoke	41	92	38:04	
<u>45 - 49</u>					
1 Betty Nelson	Columbia City	46	38	27:20	
2 Claudia Paterson	Huntington	47	NA	NA	
<u>50 - 54</u>					
1 Margaret Whitesel	Eluffton	54	87	35:50	
2 Phyllis Bruner	Huntington	53	100	1:12:10	
<u>55 - 59</u>					
1 Shirley Paul	Wabash	57	89	37:32	

MALE

	<u>CITY</u>	<u>AGE</u>	<u>FINISH</u>	<u>TIME</u>	
<u>14 - Under</u>					
1 J R Weyer	Jasper	14	13	24:05	
2 Tony Stoffel	Larwill	12	31	26:58	
3 Todd Jones	Warren	14	48	28:30	
4 Clint Hunt	South Whitley	13	69	32:29	
5 Kemy Hendricks	Huntertown	10	90	38:02	
<u>15 - 19</u>					
1 Bryon Swing	Fort Wayne	17	63	31:15	
<u>20 - 24</u>					
1 Mike Shepard	Marion	20	24	26:34	
2 Tim Bruner	Huntington	22	32	27:02	
3 Greg Mosier	North Manchester	21	56	29:36	
<u>25 - 29</u>					
1 Michael Herrell	Peru	28	2	20:49	
2 Dawid Dennison	Marion	27	6	22:44	
3 Keith Walter	Kendallville	25	14	24:24	
4 Greg Weisser	Milford	29	18	25:19	
5 John Wall	Columbia City	27	21	25:46	
6 Darrell Richardson	Anderson	29	27	26:41	
7 Ed Walter	Columbia City	25	34	27:06	
8 Chris Gamble	Warsaw	29	37	27:14	
9 Charlie Miller	Milford	28	74	32:45	
10 Ernest Stephan	Huntington	25	82	34:01	



30 - 34

1	Jerry Williams, Jr	Fort Wayne	32	3	21:17
2	Peter Reist	Indianapolis	31	8	23:11
3	Brent Munro	Fort Wayne	32	11	23:49
4	Gary Steele	Huntington	33	15	24:26
5	Daniel Fisher	Huntington	34	50	28:49
6	Michael Robert Herz	Des Plaines, IL	32	54	29:27
7	Pat Beuchel	Fort Wayne	33	62	31:10

35 - 39

1	Mark Purkis	Ligonier	36	1	19:52	OVERALL
2	Michael Amiss	Plainfield	35	5	22:35	
3	Marlin Howe	Niles, MI	37	7	22:48	
4	David Dorais	Wabash	37	9	23:19	
5	Kevin Lochner	North Manchester	36	16	24:36	
6	Rick Gilbert	Monroeville	35	17	24:47	
7	Brian Dawson	La Fontaine	38	25	26:37	
8	Richard Eddie	Huntington	35	26	26:39	
9	Greg Lawrence	Winona Lake	35	29	26:54	
10	Keith Paterson	Huntington	35	30	26:55	
11	Robert Taylor	Huntington	37	39	27:25	
12	Tom Benz	Huntington	37	44	28:16	
13	Joe Peters	Fort Wayne	37	45	28:19	
14	Erik Thorm	Roanoke	39	47	28:26	
15	Joe Hohe	Huntington	37	59	30:00	
16	Ken Brumbaugh	Huntington	35	60	30:10	
17	Bruce Olsem	Fort Wayne	36	61	31:00	
18	Bandy Auker	Fort Wayne	39	76	32:50	
19	Jeff Mercier	Walton	38	80	33:42	
20	Patrick Smith	Huntington	37	84	34:03	

40 - 44

1	Neil Tate	North Manchester	41	12	23:57
2	Dennis Conner	Huntington	40	20	25:44
3	Dave Winters	Huntington	42	28	26:50
4	Bruce Pressler	Huntington	43	35	27:07
5	Fred Stoffel	Larwill	41	40	27:43
6	Bob Fahk	Columbia City	44	46	28:23
7	Manfred Fremder	Wabash	44	55	29:28
8	Rick Beemer	Huntington	42	68	32:20
9	Reg Johnson	Warsaw	43	73	32:44
10	Grady Gunter	Huntington	44	77	32:57
11	Michael Hendricks	Fort Wayne	42	94	38:06

45 - 49

1	Gordon Pleus	Fort Wayne	45	4	22:27
2	Ed Beckner	Huntington	47	42	27:55
3	Bill Webb	Huntington	45	43	28:10
4	Gary Oden	Huntington	45	57	29:38
5	Carl Fields	Columbia City	47	67	32:16
6	Harry Shepard	Marion	48	72	32:42
7	Worth Weller	North Manchester	46	81	33:52
8	Wayne Randall	Huntington	49	83	34:02
9	Daniel Crane	Upland	45	88	36:13
10	Ken Hendricks	Huntertown	45	93	38:05

50 - 54

1	Tom Felger	Fort Wayne	52	36	27:11
2	John Phagan	Anderson	53	41	27:50
3	Luther Dore	Marion	53	51	29:09
4	Eldon Bruner	Huntington	50	65	31:23
5	David Butler	Bluffton	52	75	32:46
6	Alfonzo Lopez	Wabash	50	95	39:24

55 - 59

1	Dick Sive	Fort Wayne	57	64	31:16
2	Will G McLaughlin	Wabash	55	66	31:30
3	Richard Ives	Anderson	55	71	32:40
4	John Jedinak	Fort Wayne	59	85	34:29

60 - 64	65 - OLDER	RECORD HOLDERS
1 James Jones	1 Don Anderson	2 Kenneth Dieler
Fort Wayne	Fort Wayne	Fort Wayne
64	65	69
36	58	78
35:16	29:39	33:02

FEMALE

MALE

14 - under	Wendy Meyer	1992	27:04	J R Weyer	1992	24:05
15-19	Laurie Randall	1989	29:11	Matt Purstull	1988	24:55
20-24	Wendie Pressler	1992	29:24	Kerry Hippensteel	1989	22:47
25-29	Karlene Herrell	1992	23:34	Michael Herrell	1992	20:49
30-34	Judy Miskey	1992	25:52	Jerry Williams, Jr	1992	21:17
35-39	Lynn Farmer	1991	30:14	Mark Furkis	1992	19:52
40-44	Marcia Garrett	1989	28:14	Gordon Pleus	1990	23:17
45-49	Betty Nelson	1992	27:20	Gordon Pleus	1992	22:27
50-54	Margaret White	1992	35:50	Larry Targart	1991	22:45
55-59	Virginia Carrell	1988	35:13	Bernie Huesting	1988	26:40
60-64	Edna West	1991	35:32	Tim Rice	1991	31:31
65-Over				Don Anderson	1992	29:39

Congratulations Karlene Herrell and Mark Furkis, both are repeat winners.

6th annual Bippus Country Block Bob - Sat, September 4, 1993  
 If you move or don't get an entry form contact  
 Eldon Bruner 8514N-300W Huntington, IN 46750  
 Phone: Home 219-344-1478 Work 219-356-9595

**DESERT NEWS MARATHON**  
 By Darrell Douglas

I ran the Desert News Marathon in Salt Lake City, Utah on the 24th of July. My wife, Kathy, ran a 10K which started at the 20 mile mark of the marathon.

The marathon began at 5:15 a.m. (very dark) at about 6000 feet above sea level and went up and down some very steep grades rising to about 6400 feet at the 12 mile mark. The course then descended down into Salt Lake City and ended downtown at about 4500 feet (Lots of uphill running the first half and then all downhill the last half).  
 The last 3 miles are on the parade route of the "Days of 47" parade which is the 3rd largest parade in the U.S.. People camp out along the route for several days just to get a seat. It is quite a slight!

The views along the course were breathtaking and the weather was great. It was about 55 degrees at the start and about 80 degrees at the finish. The air was rare and the humidity was very low.

There were about 500 marathoners, and approximately 2000 ran, what the marathoners called, the 10 cake.

We had a great time and would recommend this race to anyone looking for somewhat different running conditions, great people, and great scenery.

MDA 8K RUN/WALK  
September 20, 1992

<u>Run</u> <u>Overall</u>	<u>Male</u>	1. Rick Veach	26:56
		2. Mark Herndon	27:24
		3. Jerry Gerig	28:29
	<u>Female</u>	1. Teresa Veach	31:33
		2. Carol Herndon	31:43
		3. Betsy Lange	35:25

<u>Age Division</u>	<u>Female</u>	<u>Male</u>
20-24		1. Dan Tennison 2. Jeffrey Buday
25-29	1. Katie Kingsbury	1. Terry Fonner 2. Todd Leyden 3. Joseph Ryan
30-34	1. Betty DeWalls	1. Dave Hoagland 2. Bret Brewer 3. Dean Whitman
35-39	1. Connie Coonan	1. Todd Seiman 2. Steve Summers 3. Dennis Coonan
40-44		1. Roger Delay 2. Tom Agness 3. Larry Piano
45-49		1. Tom Brygider 2. Bob Bruckner 3. Bernie Burgette
50-54	1. Sue Myers	
55-59		1. David Myers 2. Vaughn Roberts
<u>Walk</u> <u>Overall</u>	<u>Male</u> Jerry Lambert	<u>Female</u> Elaine Martin



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

To receive an informative brochure, please call 447-5686.  
Monthly parties are in the ballroom of the  
Holiday Inn Downtown at 8pm on:  
10-2, 11-6, 12-3, 1-1, 2-5, 3-5, and 4-2.

Don Ford ran the Garden of the Gods 15K in Colorado Springs, Colorado on June 14. The clear blue sky brought out 1678 runners and Don ran a 1:14:48. Don's favorite parts were running through the park with all the different rock formations, the t-shirt, and seeing Pike's Peak and the mountain range that surrounded them. Don didn't like the hills, high altitude, or his time, but overall he felt it was a great race! The first male finished in 48:30, and the first female in 56:58. Garden of the Gods is one of Runner's World's top 50 races.



Barb Scrogam and Alan Bradley

Barb Scrogam and Alan Bradley teamed up in the Coors Light Duathlon in Chicago on a cool August 30. Approximately 2500 competed in the 5K 30K 5K event. It was quite a happening with fourteen wave starts (Barb & Alan were in wave 5).

FWTC member, Lynn Armstrong, also competed on the male-mixed team.

Congratulations to Barb and Alan who placed third in the 80 plus mixed division, thus qualifying for the Nationals held in Phoenix, Arizona on October 25.

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

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

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

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



WELCOME TO BOB EVANS.  
520 Coliseum Blvd.



## NEW MEMBERS AND RENEWALS

JACK M. ADE  
DURONDA CAMPBELL  
MICHAEL R. COMP  
MIKE DISS  
VINCE FENDAL  
JAY GILBERT  
LARRY L. GOODWIN  
JO HOUSHOLDER  
DOUG JOHNSON  
MARK LENEGAN  
KEN MCDONALD  
PAULA C. MCEACHERN  
C. SUSAN TAYLOR  
ROBERTA WIDMANN-FOUST  
MIKE YATES  
TIM ZUMBAUGH



# United Way Campaign Kickoff 1992

5K Run, Walk, Stroll, Roll  
September 13, 1992 - Foster Park  
Final Results

## Male

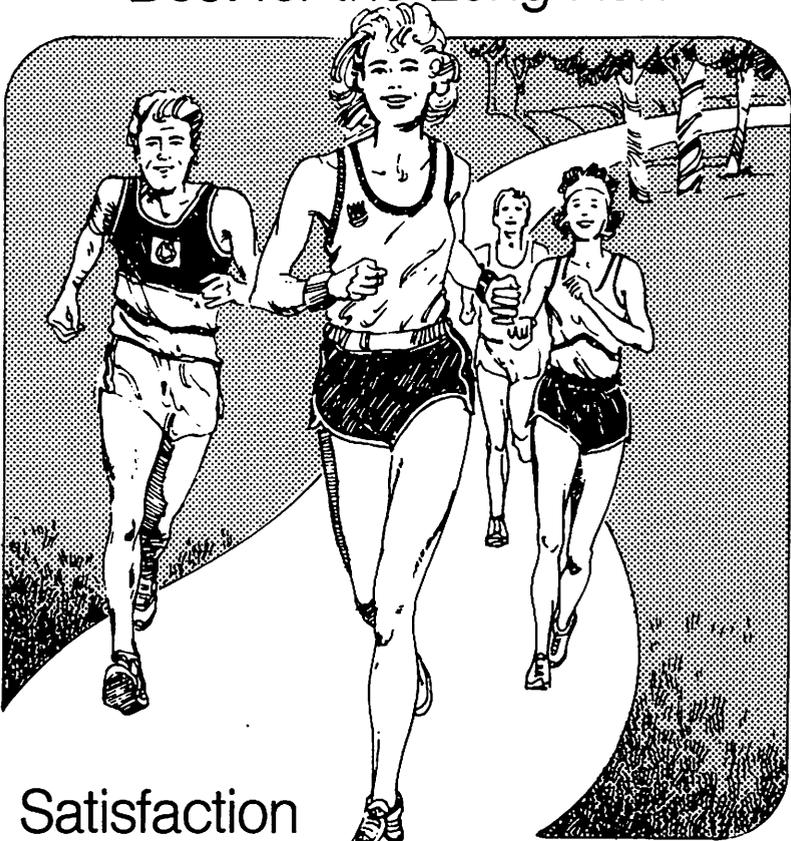
## Female

Division	Place	Name	Time	Division	Place	Name	Time
Overall	1	Greg Osborne	16:13	Overall	1	Kim Larson	21:16
Wheelchair	-----			Wheelchair	-----		
14 & under	1	Matthew Kowalski	19:28	14 & under	-----		
	2	Mark Kowalski	24:37				
	3	Jud' Hullinger	38:29				
	4	Brett Reichwage	41:06				
	5	Menon Shekhar	41:06				
15-19	-----			15-19	-----		
20-29	1	Paul Knott	17:53	20-29	1	Michell Bartkowiak	23:30
	2	Terry Fonner	20:43		2	Rose Troutner	27:14
	3	Scott Bollinger	20:58		3	Amy Lintz	30:02
	4	Patrick Fagerman	21:00		4	Sonya Schultz	38:46
	5	Rick Briars	21:09				
	6	Greg Perkins	22:07				
	7	Tom Timbrook	22:32				
	8	Jeff Colbert	22:38				
	9	Steve McMahon	22:47				
	10	Dennis Wang	22:56				
	11	Brian Binley	24:56				
	12	Mark Christian	29:50				
	13	Matthew Deckard	29:52				
30-39	1	Don Mord	16:39	30-39	1	Pnt Pantellow	22:45
	2	Cnrl Risch	16:45		2	Deb Gibson	25:39
	3	Ken Babcock	16:47		3	Pam Hullinger	28:27
	4	Randy Hisner	16:52		4	Dawn Wickening	51:42
	5	James Ferrier	18:36		5	Kelly Harris	51:43
	6	Steve Summers	19:21				
	7	Larry Lindholm	19:27				
	8	John Bigson	21:45				
	9	Phil Saucedo	22:16				
	10	Wayne Davies	23:30				
	11	Terry O'Neil	24:46				
	12	William Clark	27:31				
	14	Hiram Rivera	28:32				
	15	Andrew Swilhart	28:33				
40-49	1	John TreLeaven	17:59	40-49	1	Belinda Sharp	27:54
	2	Alan Bradley	22:41		2	Vicki Jacobs	28:05
	3	Stephen Kowalski	24:36		3	Velma Bradley	30:01
	4	Jerry Young	24:52		4	Cindy Reichwage	41:30
	5	Tom Lintz	24:54		5	Judy Tenney	41:42
	6	Jim Sack	24:55		6	Linda Moses	41:58
	7	Dean Sharp	26:07		7	Suzanne Gnlazka	46:04
	8	Kenneth Silkworth	26:27		8	Patricia Cowger	46:29
					9	Jean Gadonski	46:30
					10	Jan Landrum	65:00
50-59	1	Clifford Dietrich	27:11	50-59	1	Duronda Campbell	27:27
	2	Harry Cowger	41:57		2	Jean DeLoreto	48:54
60 & over	-----			60 & over	1	Polly Jacobs	33:47
					2	Doris Alter	65:00
				No age given		Shirley Cobb	48:52

TOTAL PARTICIPANTS: 69

# Carpet, Vinyl Ceramic and Hardwood Floors

"Best for the Long Run"



Satisfaction  
Guaranteed . . .



1111 W. Washington Center Rd., 489-4584

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

FORT WAYNE PARKS AND RECREATION  
 DASH-N-SPLASH 5 MILE RUN  
 AUGUST 9, 1992 - FOSTER PARK TO SWINNEY PARK  
 SUNDAY - FORT WAYNE, IN

OVERALL MALE: CHARLIE FOX 25:46  
 OVERALL FEMALE: LAURIE RANDALL 36:13

MEN 14 & Under	OV PL	TIME	MEN 15 - 24	OV PL	TIME
1. GEORGE GEBHART	26	37:45	1. MATT LISTER	3	29:47
2. RYAN YANN	55	50:24	2. JEREMY MOSES	6	30:56
			3. SCOTT SAUCEDO	8	31:59
<b>MEN 25 - 34</b>			4. MARK SCHOUDEL	12	33:16
1. RICK VEACH	2	28:42	5. JASON CLAGG	14	33:49
2. PAUL KNOIT	5	30:41	6. JASON CRANEAL	17	35:57
3. MICHAEL CLAY	7	31:07	7. JOEL KAMMEYER	18	35:18
4. JOHN PEA	11	33:13	8. CHRIS WEAVER	20	36:14
5. BRET BREWER	15	34:00	9. MORRY RIDDLE	21	36:15
6. DEAN WHITMAN	24	37:06			
7. TIM SWAIDNER	30	38:15	<b>MEN 35 - 44</b>		
8. JIM BRIDGES	36	38:55	1. JOHN TRELEAVEN	4	30:08
9. STEVE EYERS	39	41:11	2. PAUL AUSDERAN	9	32:25
10. TRACY EDGERTON	42	42:20	3. THOM DILL	10	32:57
11. NICK ADAMS	48	45:38	4. JERRY WITZKE	13	33:30
			5. PHIL SAUCEDO	22	36:39
<b>MEN 45 - 54</b>			6. DAVE DIERKS	23	37:01
1. BERNIE BURGETTE	16	34:06	7. HARRY QUANDT	32	38:21
2. BARRIE PETERSON	25	37:10	8. RON MUSILLI	35	38:34
3. LARRY GODAIR	31	38:18	9. MICHAEL YANN	37	39:18
4. HAROLD DITMER	44	42:54	10. MICHAEL VARIELL	38	39:32
5. THOMAS AGNESS	45	42:59	11. LARRY PIANO	46	43:41
6. ALFONSO LOPEZ	47	45:09	12. TONY RENZI	56	51:00
7. ED GEBHART	51	47:58			
8. WAYNE RANDAU	52	48:01	<b>MEN 65 &amp; OVER</b>		
9. WIN MOSES	57	54:24	1. DON ANDERSON	27	37:57
<b>MEN 55 - 64</b>			<b>WOMEN 25 - 34</b>		
1. JOHN STURTEVANT	33	38:31	1. KAREN EDGERTON	41	42:20
2. BOB LOOMIS	40	41:56	2. KATHY ZURBUCH	43	42:32
3. JOHN JEDINAK	50	46:13	3. PHYLLIS HAYES	49	45:47
4. JAMES P. JONES	53	48:06	4. ANGIE MILLER	54	49:22
<b>WOMEN 35 - 44</b>			<b>WOMEN 45 - 54</b>		
1. MADELYN TYSON	34	38:32	1. BARB SCROGHAM	28	38:00
			2. MARSHA SCHMIDT	29	38:01
<b>WHEELCHAIR</b>					
1. JOHN MANSKE	58	57:49			

MANY THANKS TO ALL OF THOSE THAT VOLUNTEERED: WAYNE DAVIES, JACK AND BARB O'NEIL, JOHN AND JEANNETTE KLEIN, BOB AND JOYCE HOCKENSMITH, TOM DEAL, AND MICHAEL LINDLEY. YOU WERE MOST APPRECIATED.

RACE ADVISOR: DON LINDLEY



BERNE SWISS DAYS RACE  
RACE RESULTS  
1992

1 MILE - Boys 8 & Under

Overall Place	Division Place	Name	Time
6	1	Ryan Hisner	6:48
7	2	Kasey Blake	6:50
14	3	Timmy Conrad	7:33
16	4	Alex Subler	7:51
20	5	Chip Habegger	8:16
21	6	Jimmy Wagner	8:17
25	7	Karl Zellars	8:23
26	8	Israel Cox	8:45
27	9	Joshua Sipe	8:54

1 MILE - Boys 9 to 11

1	1	Jody McFarren	5:50
2	2	Kevin Hotopp	6:07
3	3	Nathan Grogg	6:10
4	4	Jason Fosnaugh	6:35
5	5	Andy Fosnaugh	6:37
8	6	Daniel Love	6:56
12	7	Matthew Huser	7:25
15	8	Nick Bauman	7:48
18	9	Ryan Parr	7:54
19	10	Grant Minnich	8:05
24	11	Eric Hisner	8:22
28	12	Jared Shorter	9:02
29	13	Michael Liechty, Jr.	9:11

1 MILE - Girls 11 & Under

9	1	Stephanie Welch	7:07
10	2	Amber Loshe	7:16
11	3	Brooke Welch	7:21
13	4	Christy Conrad	7:26
17	5	Sharla Seidner	7:54
22	6	Heidi Culp	8:19
23	7	Katie Zellars	8:20
30	8	Robyn Habegger	9:17
31	9	Natalie Lautzenheiser	9:18

5,000 METER - Boys 14 & Under

Overall Place	Division Place	Name	Time
38	1	David Caswell	20:05
41	2	Keith Beer	20:25
54	3	Ryan Gibson	21:46
66	4	Brian Fox	22:53
77	5	Kit Minnich	23:54
79	6	Rob McFarren	24:13
89	7	Bret Shorter	25:02
104	8	Naseem Khayyata	29:30
110	9	Michael Alexander	32:09



Local running

SUNDAY  
OLANDER PARK 24-HOUR RUN  
At Sylvania, Ohio

Top male: Robin Fry, Columbus, Ohio, 139.2 miles. Top female: Deborah Moore, Cincinnati, 112.2 miles. Don Lindley of Fort Wayne, 15th overall of 116 competitors, 87.5 miles.



# Swiss Days Cont.

## 5,000 METER - Boys 15 to 19

4	1	Michael Hollar	17:14
7	2	Zach Raber	17:26
9	3	Tim Shoaf	17:32
10	4	Bryan Lafollette	17:36
11	5	Ryan Burke	17:48
12	6	Travis Striggle	17:59
13	7	Kent Merritt	18:07
14	8	Winter Troxel	18:14
16	9	Joel Creek	18:16
21	10	Jason Zuber	19:04
26	11	Doug Gerber	19:35
29	12	Michael Grogg	19:42
30	13	George Springer	19:44
34	14	Brian Milton	19:57
35	15	Matt Ringger	20:02
37	16	Aaron DeMerritt	20:04
39	17	Ryan Lengerich	20:06
47	18	Jade Reynolds	20:40
58	19	Ben Springer	22:27
65	20	Dustin Kaehr	22:51
69	21	Chris Gerber	23:04

## 5,000 METER - Men 20 to 24

3	1	Ray Ball	17:12
20	2	Tom Lindsey	18:56
51	3	Reid Moser	21:09
53	4	Matt Wiseman	21:45
60	5	Steve Schumaker	22:38
81	6	Chip Wall	24:19

## 5,000 METER - Men 25 to 29

1 - 1st in Men's		Jerry Gerig	16:32
25	1	Brian Amstutz	19:27
28	2	Michael Nagel Jr.	19:42
52	3	Skip Stinson	21:10

## 5,000 METER - Men 30 to 34

Overall Place	Division Place	Name	Time
2	1	Gary Williams	16:48
6	2	Carl Risch	17:18
8	3	Randy Hisner	17:31
18	4	Kent Frank	18:37
24	5	John Lehman	19:24
44	6	John Schumaker	20:33
50	7	Mark Gilpin	21:07
70	8	Sam Harbin	23:09

## 5,000 METER - Men 35 to 39

5	1	Steve Caswell	17:16
31	2	Randy James	19:46
45	3	Jerald Dickey	20:38
46	4	Daniel Minnich	20:39
56	5	Randy Vetter	22:06
59	6	Ned Van Emon	22:28

## 5,000 METER - Women 20 to 29

17 - 1st in Women's		Debbi Ramseyer	18:26
99	1	Michelle Braden	27:44

Swiss Days Cont.

5,000 METER - Men 40 to 49

15	1	Bob Milton	18:15
19	2	Doug Bauman	18:48
22	3	Stephen Smith	19:12
23	4	Mark Shorter	19:14
27	5	Ken Zellars	19:40
32	6	Bill Kaczmarczyk	19:52
33	7	Gary McFarren	19:55
36	8	Donald Ford	20:03
43	9	Keith DeMerritt	20:33
49	10	Barry Humble	21:06
76	11	Terry Goodspeed	23:50
85	12	Edwin Knouse	24:24
86	13	Joe Van Winkle	24:27
107	14	David Ramsey	29:46

5,000 METER - Men 50 & Over

40	1	Myron Meyer	20:13
42	2	Billy Stanton	20:26
67	3	Mike Nagel	22:57
72	4	Pete Liechty	23:21
74	5	Jack Letarte	23:39
75	6	Eugene Striggle	23:44
90	7	Howard Bash	25:03
95	8	Jack Bickel	27:25
96	9	James Jones	27:27
97	10	Dave Myers	27:39
112	11	Chet Fleetwood	32:32

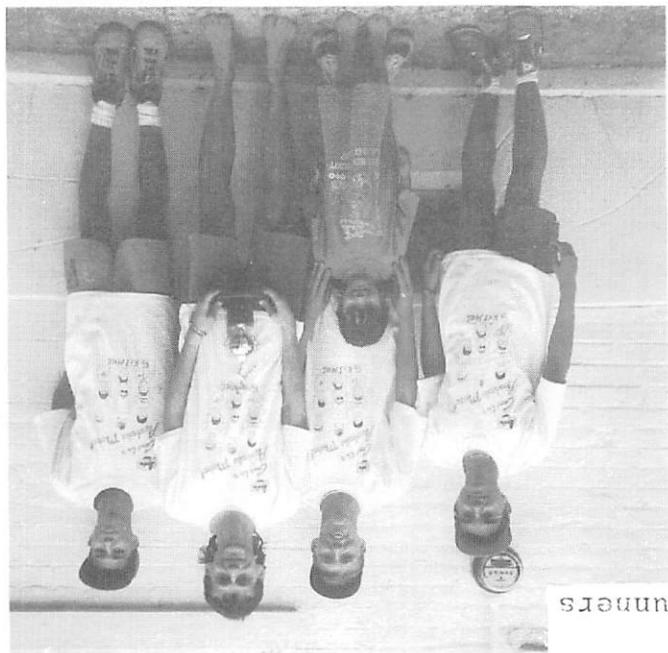
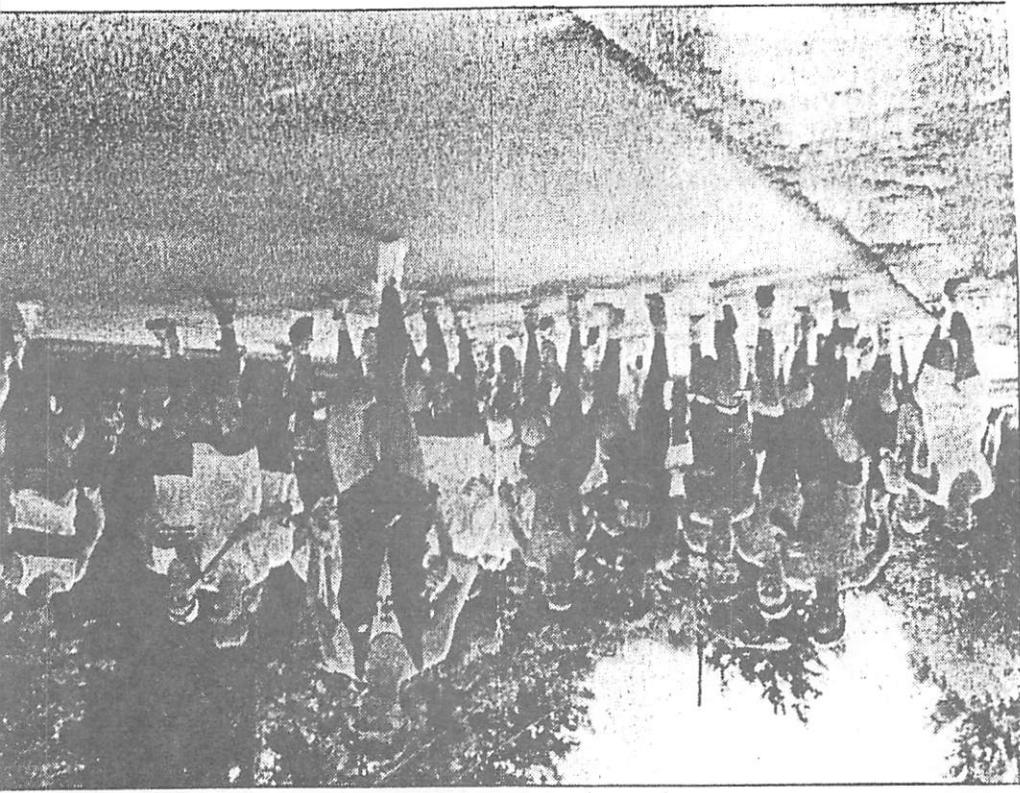
5,000 METER - Girls 19 & Under

Overall Place	Division Place	Name	Time
48	1	Lisa Roller	20:49
55	2	Katie Park	21:47
57	3	Sarah Carter	22:23
61	4	Elizabeth Marquiss	22:39
63	5	Michelle Biberstine	22:44
68	6	Julie Goodspeed	22:59
73	7	Amy Fenstermaker	23:26
78	8	Shawnda Baughman	23:56
80	9	Tara Rich	24:16
82	10	Kelley Kleinknight	24:20
83	11	Patty Engle	24:22
84	12	Sierra Jennings	24:23
87	13	Lisa Bowers	24:48
88	14	Krista Schaefer	24:58
91	15	Kendel Ripley	25:55
92	16	Erin Abdon	26:05
93	17	Kristi Collier	26:14
94	18	Sally Getz	27:20
105	19	Diana Allmon	29:35
106	20	Tara Leistner	29:41

5,000 METER - Woman 30 & Over

62	1	Suzie Loshe	22:43
64	2	Dixie Hook	22:47
71	3	Nancy Gawyrs	23:14
98	4	Ellen Schwartz	27:40
100	5	Barb Tsch	27:48
101	6	Sara Smith	28:50
102	7	Vicki Jacobs	29:04
103	8	Brenda Davis	29:18
108	9	Angie Hirschy	29:50
109	10	Polly Jacobs	31:08
111	11	Sue Myers	32:10

Runner take off at the start of the Get Us To Australia 5K race in Ligonier Saturday. T



West Noble  
Cross Country Runners  
Moises Trejo  
Jason Fulford  
Coach Shepherd  
Rusty Emmert  
Not Pictured  
Frank Pizano  
Mike Flora  
Jim Furkis



## Benefit raises \$1,461 to send runners to Australia

LIGONIER — Several area runners took a step closer to going to Australia in August with a successful fundraiser Saturday.

The day included a one-mile and a 5K run with 77 runners, a hog roast, games and health screening by McCray Memorial Hospital. The event raised \$1,461. McCray, The Awards Factory, Family Fare, Sanders Super Valu, Val Discount, Vinnee's, Pizza Hut, Emmert Farm and McDonald's sponsored the event.

The money will go towards sending West Noble cross country runners Moises Trejo, Jason Fulford, Frank Pizana, Mike Flora, Rusty Emmert and Jim Furkis to Australia for a week of running. Charger coach Brian Shepherd will coach the Indiana delegation to Australia.

At Saturday's Get Us To Australia 5K, Shepherd was the overall men's winner and Darlene Shaudel was the overall female winner.

### Get Us To Australia 5K Men's

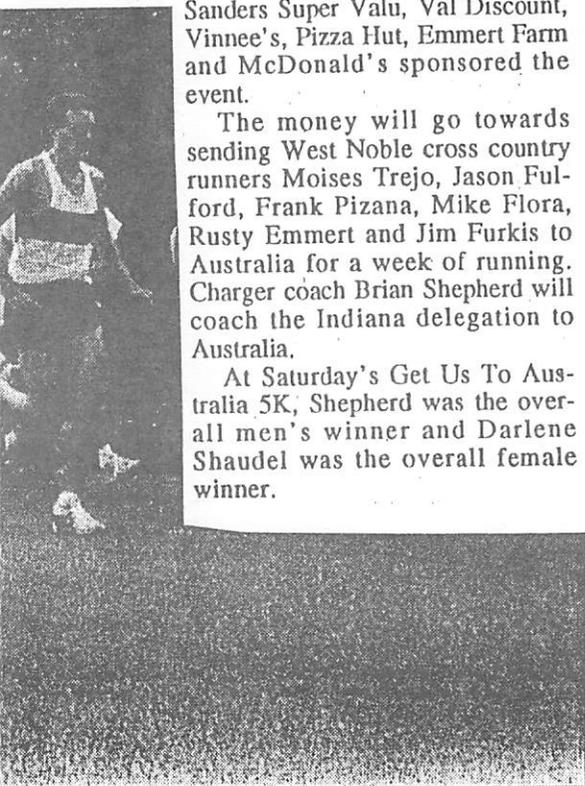
Overall — 1. Brian Shepherd, 15:53; 2. Rick Veach, 16:31; 3. Phil Selzer, 16:38. 14-under — Jared Reed, 18:47. 15-19 — Rusty Gross, 16:47. 20-24 — Mike Kolesiak, 19:41. 25-29 — Tim Rayle, 17:09. 30-34 — Chuck Schlemmer, 17:07. 35-39 — Hal Pearson, 17:12. 40-44 — George Kariger, 20:41. 45-49 — Art Ovregon, 19:58. 50-54 — Larry Targgart, 17:29. 55-59 — John Sturtevant, 22:35. 60-64 — Eugene Striggle, 23:56. 65-over — Don Anderson, 23:00.

### Women's

Overall — 1. Darlene Shaudel, 20:41; 2. Monica Hostetter, 21:17; 3. Teresa Furniss, 21:59. 14-under — Tiffany Obergon, 32:25. 15-19 — Laura Koepke, 22:54. 30-39 — Cindy Furkis, 25:46. 50-over — Janette Klein, 24:24.

### One mile

10-under — John Parson, 6:00. 11-12 — Mike Karigon, 5:29. 13-over — Nellie Shepherd, 10:18.



event raised more than \$1,400 for the runners.



YMCA OF DEKALB COUNTY, INC.  
 4TH ANNUAL  
 ACD DUATHLON  
 SEPTEMBER 5, 1992

SPONSORS:

Ambassador Steel  
 Dana  
 Guardian Industries  
 Kruse  
 Rieke Corporation

RACE PARTICIPANTS:

Individuals - 37  
 Teams - 18  
 Total - 73

OVERALL WINNERS

Male		Female
Dave Fishel		Trudy Bodiker
1:30:11 (40-44 Division)		2:01:08 (45-49 Division)

19 & Under

MALE	OVERALL	TIME	FEMALE	OVERALL	TIME
Aaron Ruse	28	1:45:08			
Robert Clarke	40	1:57:54			

20 - 24

Karl Behrens	22	1:39:57
Mark Myers	24	1:49:56

25 - 29

Paul Kucher	27	1:43:34	Deb Stark	47	2:02:27
-------------	----	---------	-----------	----	---------

30 - 34

Kurt Mattox	8	1:30:27
Kevin Rainear	16	1:36:06
Rick Reagan	17	1:36:27
Bryan Gaddis	18	1:37:19
Don Branstetter	20	1:38:20
Craig Ball	39	1:54:23

35 - 39

MALE	OVERALL	TIME	FEMALE	OVERALL	TIME
Dan Moord	7	1:30:17	Teri Van Sickle	49	2:06:00
Don Baker	10	1:31:43			
Jack Vrana	11	1:33:33			
Jerry Steinhoff	26	1:43:14			
Mark Lenegar	33	1:49:05			
Terry Osborn	35	1:50:07			
Barry VandeZande	37	1:51:38			
John Lantz	43	2:00:41			

40 - 44

Rick Whicker	25	1:40:32
Lloyd Suever	29	1:45:26
*Dave Fishel	6	1:30:11

45 - 49

Rodger Puckett	31	1:46:45	Joyce Hockensmith	46	2:02:06
Richard Roth	38	1:52:49	Valerie Puckett	50	2:06:52
			*Trudy Bodiker	44	2:01:08

50 - 59

Dick Katte	32	1:47:24	Barbara O'Neil	51(tie)	2:10:29
David Wilson	36	1:51:19	Julia Wilson	55	2:24:47
Melvin Hochatetler	41	1:58:33			
Ray Gilbert	48	2:02:31			
Don Rhoades	54	2:17:53			

60 - Over

Jack O'Neil	51(tie)	2:10:29			
-------------	---------	---------	--	--	--

ACD Male Team

Nelson/Norwalk	1	1:20:22			
Middleton/Hoffelder	2	1:24:48			
Rizzo/Schendel	3	1:27:25			
Ellert/Womack	4	1:27:58			
Rarick/Serstad	9	1:30:43			
Collins/Ortiz	13	1:34:55			
Warren/Lanculli	14	1:35:17			
Crowley/Averback	15	1:35:45			
Campbell/Motycka	22	1:40:35			
Gallagher/Allison	30	1:46:19			

ACD Mixed Team

Tutwiler/Coonan	5	1:29:48			
Dill/Ianvcills	12	1:34:46			
Schrogham/Bradley	19	1:38:06			
Boomer/Hansen	23(tie)	1:41:37			
Miller/Heidrick	23(tie)	1:41:37			
Donaldson/Jennings	42	2:00:29			
Peterson/Peterson	45	2:01:13			
Myers/Myers	53	2:11:14			

ROANOKE FALL FESTIVAL FIVE  
1992 Race Results

Overall Winners

Male	Jerry Williams, Jr.	26:54
Female	Kim Larsen	34:42

Individual Males

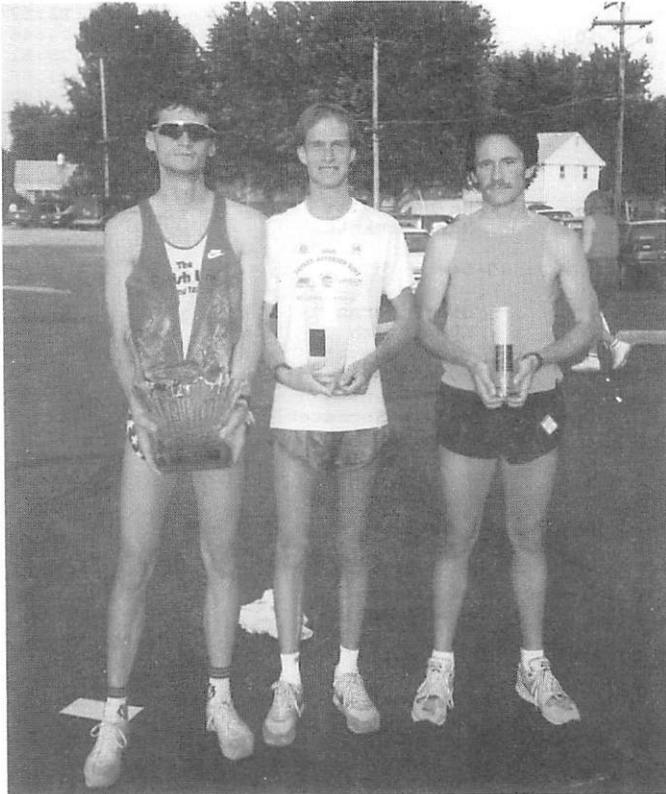
19 & Under:			40-44 (con't.):		
	Jarrold Witzke	37:33		Rick Beemer	41:48
	Nathan Clay	53:06		Mike Hendricks	46:00
25-29:			45-49:		
	Rick Veach	27:30		Bill Bennett	33:33
	Ken Nelson	28:04		Jim Heymann & sons	42:10
30-34:			50-54:		
	Gary Williams	28:33		Larry Averback	32:58
	Mike Clay	29:11		Tom Felger	33:42
	Ken Steiner	30:29			
	Nick Hodgman	31:04	55-59:		
	Bob Burnsworth (wheeler)	34:43		Ray Sibrel	34:51
	Pat Beuchel	36:04		Bob Trout	39:06
	Tim Eschliman	37:44		Alton J. Myers	42:23
35-39:				Terry Gautsch	45:21
	Jay Prichard	28:45		John Jedinak	45:51
	Rick Gilbert	30:49		Don Peaks	48:31
	Ron Gay	31:47	60-64:		
	Jerry Witzke	32:29		Gene Striggle	40:44
	Rick Eddie	32:52		J.P.Jones	45:18
	Joe Peters	35:07		Bob Hockensmith	47:18
	Erick Thorn	35:13	65 & Over:		
	Dan Fisher	35:50		Ken Disler	43:13
	Bruce Olsen	37:22			
	Mike Variell	37:46	<u>Individual Females</u>		
	Joe Hohe	38:47	30-39:		
	Rick Sealscott	40:34		Lorraine Fox	35:54
	Don Peaks, Jr.	48:32		Linda Clay	51:03
40-44:			40-49:		
	Terry Coonan	28:37		Barb Scrogam	36:15
	Mike Robbins	31:34		Joyce Hockensmith	37:09
	Dennis Conner	32:26		Ann Mize	42:22
	Ed Beckner	35:11		Sarah Kleinknight	48:46
	Larry Holzinger	36:11	50-59:		
	Roger D. Delay	36:40		Jeanette Klein	39:03



**MAZOCKS 16th ANNUAL  
THANKSGIVING MORNING FUN RUN  
(about 6 miles)**

**No Awards - No splits  
Old coffee & stale doughnuts**

**8AM  
2828 Emerald Lake Drive  
(2 miles past I 69 on Covington  
Turn left at Emerald Lake Addition)**



Old Settlers' Days 4 Mile  
Top 3

Brian Shepherd, Jerry Williams Jr.  
Mark Sanderson

**"FALL INTO FITNESS" BIATHLON**  
**September 20, 1992**  
**Indiana Purdue Fort Wayne**

<u>Overall Place</u>	<u>Division Place</u>	<u>Name</u>	<u>Time</u>
<b>Individual Male: 18-25</b>			
9	1	Paul Kucharski	1:16:03
10	2	Tim Wehnert	1:16:04
13	3	Chris Dove	1:16:52
19	4	Mark Myers	1:19:57
20	5	Jeff Anness	1:20:04
21	6	Paul Richardson	1:20:15
22	7	Dan Tennison	1:20:40
42	8	Jeff Thurston	1:29:46

**Individual Male: 26-39**

1	1	Ken Babcock	1:11:32
2	2	Chuck Harrison	1:12:22
3	3	Jack Urana	1:13:44
5	4	Ahmed Allagoui	1:14:14
6	5	Tom Loucks	1:14:50
7	6	Kevin Rainear	1:15:13
17	7	Kurt Mattox	1:19:27
25	8	Mike Moles	1:21:41
26	9	Paul Kucher	1:22:57
29	10	Dan Fisher	1:24:46
30	11	Patrick Moylan	1:25:51
37	12	Dick Fonzem	1:27:55
38	13	Donald Frankel	1:28:47
40	14	David Moore	1:28:57
47	15	Scott Krieg	1:35:10
48	16	John Lante	1:36:00
51	17	Ken Snyder	1:38:45
54	18	Wayne Davies	1:39:34
56	19	Mark Semkott	1:40:47

**Individual Male: 40-54**

8	1	Dan Fineran	1:15:35
11	2	Lynn Smith	1:16:20
23	3	Lloyd Soever	1:21:22
33	4	Ed Beckner	1:26:53
34	5	Gary Oden	1:26:54
35	6	Melvin Hockstetler	1:27:35
36	7	Mike Donlan	1:27:53
61	8	William Klemme	1:45:40
63	9	Gary Brown	1:46:51

**Individual Male: 55 & Over**

32	1	David Wilson	1:26:15
67	2	Don Rhoades	1:53:00
70	3	Wendell Adams	1:53:44

**Individual Female: 18-25**

55	1	Erica Dekko	1:39:47
----	---	-------------	---------

**Individual Female: 26-39**

28	1	Kim Larsen	1:24:19
52	2	Judy Wilkins	1:38:47
54	3	Lorie Dehaven	1:39:34
58	4	Jeanine Murphy	1:42:38
60	5	Eileen Kleinfelter	1:43:31
66	6	Pamela Riecke	1:52:19

**Individual Female: 40-54**

64	1	Julia Wilson	1:47:16
----	---	--------------	---------

Team - All Female

50	1	Anne Fremion	
		Margaret North	1:38:02
71	2	Denise Hollenbeck	
		Heather Hoffman	2:00:37

Team - All Male

14	1	Scott Schumann	
		Jay Gilbert	1:17:19
15	2	Matthew Kowalski	
		Stephen Kowalski	1:18:26
24	3	Danny McLemore	
		Don Stump	1:21:29
44	4	Bob Campbell	
		Josh Campbell	1:32:29
69	5	Rick Evinger	
		Julio Marquez	1:53:42
72	6	Michael Bedwell	
		Erik Everhart	2:02:54

Team - Mixed

16	1	Lisa Kratzert	
		Matthew Lewis	1:18:34
18	2	Matt Lewis	
		Belinda Lewis	1:19:48
38	3	Bob Hake	
		Kim Hake	1:28:19
41	4	Wayne Unsell	
		Sara Unsell	1:29:09
43	5	Scott Lewis	
		Dottie Walker	1:31:58
53	6	Jill Ash	
		Jeff Ash	1:39:32
59	7	Keith Madsen	
		Angela Myers	1:43:22
62	8	Andy Brown	
		Sherri Harrison	1:46:51
68	9	Terry Fonner	
		Gale Evinger	1:55:51

Team - All Female Masters

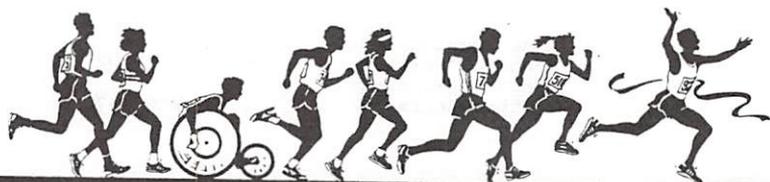
49	1	Joan Gary	
		Betty Gary	1:36:07

Team - All Male Masters

4	1	David Elliott	
		Stephen Elliott	1:14:00

Team - Mixed Masters

12	1	Alan Bradley	
		Barb Scrogam	1:16:37
27	2	Julia Manger	
		Jim Goodwin	1:23:18
31	3	Paul Strouts	
		Renee Strouts	1:25:54
45	4	Bill Sanders	
		Delores Girard	1:33:51
46	5	Elaine Peterson	
		George Peterson	1:34:58
65	6	Gloria Myers	
		Marty Myers	1:48:58



**OLD SETTLERS' DAYS 4 MILE RUN RESULTS**  
**COLUMBIA CITY, INDIANA**  
**July 17, 1992**

1. Brian Shepherd	20:30	49. Kevin Brown	27:44
2. Jerry Williams, Jr.	20:34	50. Darlene Schoudel (F)	27:48
3. Mark Sanderson	20:58	51. Joe Sharp	27:49
4. Rowland Perez	21:25	52. Steve Beghtel	28:09
5. Frank Pizana	21:35	53. James Thompson	28:10
6. Josh Kiepper	21:40	54. Cort Eyer	28:22
7. Chuck Schlemmer	21:45	55. Chad Ralston	28:30
8. Dan Kaufman	21:50	56. Sara Unsell (F)	28:38
9. Tim O'Connell	21:58	57. Wayne Unsell	28:39
10. Mike Mazier	22:09	58. Gary Oden	28:45
11. Kenny Williams	22:19	59. Chris Leitch	29:05
12. Rusty Grose	22:33	60. John Sturtevant	29:08
13. Robert Waterson	22:37	61. Ed Walter	29:22
14. Tim Miller	22:44	62. Curt Anderson	29:27
15. Terry Connan	22:49	63. Marcia Yoder (F)	29:29
16. Hal Pearson	23:01	64. James Peppler	29:33
17. Gordon Pleus	23:06	65. Bob Fahl	29:55
18. Mike Flora	23:10	66. Jack Goble	30:03
19. Ryan Swihart	23:31	67. Andy Douglas	30:32
20. Jed Pearson	23:49	68. Ed Lee	30:49
21. Chris Weaver	23:53	69. Bill Ryan	30:57
22. Moises Trejo	23:54	70. Adam Luttmann	31:07
23. Mike Clay	24:18	71. Ben Showalter	31:09
24. Rick Gilbert	24:28	72. Steve Eyers	31:12
25. Jim Kinch	25:11	73. Holly Hart (F)	31:24
26. Gary Steele	25:13	74. Norm Gordon	31:27
27. Amy Yoder (F)	25:14	75. Zane Donaldson	31:33
28. Robert Waterson	25:18	76. Joan Gary (F)	31:34
29. Jason Glass	25:23	77. Peg North (F)	31:34
30. Bret Brewer	25:28	78. Terri Gross (F)	32:02
31. Brenda Liechty (F)	25:30	79. Ron Reese	32:46
32. Greg Lambert	26:02	80. Larry Palmer	33:03
33. Bruce Pressler	26:03	81. Carl Fields	33:04
34. Bernie Burgette	26:05	82. Barb McCool (F)	33:07
35. Lewie Slone	26:11	83. Molly McKennedy (F)	33:37
36. David Bovian	26:13	84. Lanny Fisher	33:38
37. Richard Eddie	26:17	85. Deb Byers (F)	34:06
38. Jennifer Titus (F)	26:29	86. Robert Bailey	34:15
39. Don Ford	26:32	87. Kathy Douglas (F)	34:29
40. John Wall	26:43	88. Mike Gayle	35:32
41. Greg Fahl	26:55	89. Ken Disler	36:08
42. Adam Sherer	27:15	90. John Jedinak	36:17
43. David Geiger	27:18	91. Christy Swihart (F)	37:26
44. Don Lindley	27:19	92. Tammy Gilbert (F)	38:07
45. Molly Sloffer (F)	27:20	93. Sarah Johnson (F)	39:51
46. Verton Troyer	27:21	94. Don Rhoades	40:24
47. Phil Luttmann	27:25	95. Rita Cano (F)	40:38
48. Betty Nelson (F)	27:31		

JACK HIKER	01
KEVIN LOCHNER	01
DONALD JANTZ	03
MIKE ROBBINS	03
JOHN RASMUSSEN	03
KING SULLIVAN	04
MOLLY SLOFFER	04
BELINDA SLOFFER	04
RICHARD HARNLY	05
MARY MC MANUS	07
MICHAEL HENDRICKS	08
WILLIAM LUDWIG	09
ALAN BRADLEY	09
DOUG JOHNSON	10
JERRY O'KEEFE	10
JOHN BUHLER	11
TERRY DILLER	12
LARRY TARGART	12
TRAVIS HOLMAN	14
CINDY FURKIS	14
RICHARD WATERFIELD	15
BERNIE HUESING	17
PATLY BUTLER	18
TODD SEIMAN	18
JOSEPH HILGER	19
DAN KAUFMAN	20
DANIEL FAYLOR	22
JON RAE	22
DAVID WINTERS	23
PAUL KNOTT	23
CURT ANDERSON	24
KEITH CAUDILL	24
ROBERT GEBBERT	25
MARK DOEFNER	25
BENJAMIN COX	26
JOHN STURTEVANT	27
JOE SUEZTER	28
C. SUSAN TAYLOR	28
CHUCK SCHLEMMER	29
KENNETH KING	30

November

JASON WALKER	01
JIM BERGHOF	01
RUSTY GROSE	01
KATHY HARMON	04
FRED MEHRWEIN	05
STEVEN HOEPFNER	05
JULIA WILSON	06
LANE ANDERSON	06
STANTON FLOREA	07
HAL PEARSON	08
DAVID RUETSCHILLING	08
THOMAS LAIRD	09
MICHAEL BELTZ	10
SUSAN PETERSON	12
MARK FURKIS	12
RANDY ROBERTS	12
DON BRANSTETTER	13
TIM ZUMBAUGH	13
STEVE BEGHTEL	15
TOM FELGER	16
JIM SEILER	17
KENT LOOMIS	18
FRANNIE GODAIR	19
JOEL WISE	19
RONALD HABEGGER	20
HOWARD BASH	21
NORMAN WHISLER	21
JOYCE FUZY	23
RICHARD VORICK	24
DAVID LALLOM	25
WILLIAM CLARK	25
C. WAYNE UNSETT	26
JAMES KLINE	31
GARY KING	31
BARRY BAUMBAUGH	31

October



# Vegetarian Vitality

## Striking the Right Balance

Just a few years ago people who followed a vegetarian diet were often called "a little fruity and nutty." But more recently we've discovered that a well-balanced vegetarian style of eating may help prevent many chronic diseases.<sup>1</sup> And if you're active in sports, a vegetarian diet can aid your physical performance. The trick is to make sure when you cut out certain foods you're not skimping on any nutrients.

As more Americans turn to a vegetarian or semivegetarian diet plan,<sup>1</sup> we need to learn more about how to make this type of diet a healthy choice for active adults. The term *vegetarian* can refer to people with a range of eating habits:

- Semivegetarians avoid only red meat but eat poultry and fish;
- Lacto-ovo vegetarians eat dairy products and eggs but no flesh foods; and

- Total vegetarians, or vegans, avoid all animal products in their diets.

### The Good News

A vegetarian-style diet is high in plant foods like fruits, vegetables,

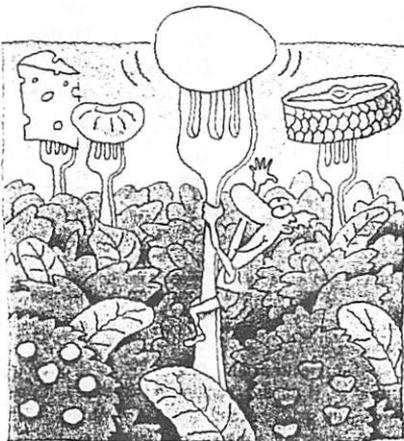


Illustration © 1992 Jack Demme

legumes, and whole grain cereals—all foods associated with a lower occurrence of coronary heart disease and cancers of the lung, colon, esophagus, and stomach.<sup>1</sup> That a vegetarian diet is usually low in saturated fatty acid and cholesterol is a likely explanation for its association with a lower incidence and even the reversal of coronary heart disease.<sup>2</sup> Total fat, which is directly associated with the risk of certain cancers, can also be much lower in a vegetarian diet than in the typical American diet. And there is now increasing evidence that high intakes of starches

and fiber from complex carbohydrates combined with certain vitamins, minerals, and trace elements, confer protection against certain cancers as well as coronary heart disease.<sup>1</sup>

Furthermore, a vegetarian diet that is high in carbohydrate and low in fat is perfect for athletes. With 60% to 70% of the diet coming from carbohydrate-rich grains, beans, fruits, and vegetables, an athlete will have the extra energy stores to push performance to the limit.<sup>3</sup>

### What's Missing?

But if you are thinking of starting a vegetarian diet, you'll need to make sure that it provides all the nutrients that your body needs to stay healthy and fit. (For more information on recommended dietary allowances, see "Food Groups Pyramid Replaces Pie," page 23.) If you eat fish or poultry, there is little to be concerned about. But if you have completely removed flesh foods from your diet, some additional planning is necessary.

If you are a lacto-ovo vegetarian, it is still fairly easy to get all of your essential nutrients. But one of the pitfalls of this diet is that, unless you choose low-fat foods, dependence on milk, cheese, and eggs as your main protein sources can lead to a relatively high-fat diet. Instead, you should follow standard guidelines for keeping fat to a minimum and use plant sources as protein, choose low-fat or skim milk and cheeses, and limit egg yolks to a maximum of three per week.

*continued*

Dr Kleiner is an adjunct professor in the Department of Nutrition at Case Western Reserve University School of Medicine in Cleveland and a private nutrition consultant to the Cleveland Browns and the Cleveland Cavaliers. She is a member of the American College of Sports Medicine, the American Dietetic Association, and its practice group, Sports and Cardiovascular Nutritionists (SCAN).

©1992, McGraw-Hill, Inc. Permission to photocopy is granted for educational purposes.



A total vegetarian must take extra time to plan menus that will provide needed nutrients (see "How to Meet Nutrient Needs the Vegetarian Way," at right). You may need to take supplements. Plant protein sources do not contain the complete array of amino acids, or building blocks of protein, that you need each day. To balance your daily protein needs, you should combine different types of plant foods. This way the variety of amino acids in the foods can complement one another and create complete proteins.

Dairy products are our primary sources of calcium. Calcium is essential to health, the formation of bones and teeth, and the lifelong maintenance of bones to prevent osteoporosis. If you eliminate dairy products from your diet, include alternative dietary sources of calcium. If you find it difficult to get enough calcium from vegetable sources, you may need a calcium supplement.

The iron that comes from vegetables is not as easily absorbed by our bodies as the iron that comes from animal foods. Therefore, non-meat eaters, especially menstruating women and all active people, must pay special attention to their dietary iron needs.

Vitamin B<sub>12</sub> is available only from animal products. Although we need only minute amounts, it is absolutely essential to our health. Eating fermented foods, such as the soybean products miso and tempeh, supplies some vitamin B<sub>12</sub> from the bacterial culture that causes fermentation, but generally not enough. Vegans should make sure to use vitamin B<sub>12</sub>-fortified foods or supplements

## How to Meet Nutrient Needs the Vegetarian Way\*

Nutrient	Sources
Protein	Legumes combined with grains or seeds. Any plant food combined with eggs or dairy products.
Calcium	Dairy products, dark leafy greens, fortified soy milk, legumes, peanuts, almonds, and seeds.
Iron	Legumes, dark leafy greens, torula yeast, dried fruits, whole and enriched grains, cooking in cast-iron pots. Consuming food that contains vitamin C (citrus fruits, peppers, tomatoes) with any iron-rich food will improve absorption.
Vitamin B <sub>12</sub>	Dairy products, eggs, nutritional yeast, foods fortified with B <sub>12</sub> , fermented soy products, and supplements.
Riboflavin	Dairy products, eggs, whole and enriched grains (if eaten in large quantities), brewer's yeast, dark leafy greens, and legumes.
Vitamin D	Fortified milk, fortified soy milk, and exposure of skin to sunshine.

\* For more information about the food groups and recommended dietary allowances, see "Food Groups Pyramid Replaces Pie," page 23.

to ensure a healthy diet.

If you are changing to a vegetarian style of eating, you may want to seek out a registered dietitian to make sure that your diet is healthy and well balanced. Call your local dietetic association or hospital for referrals. Or for referrals as well as up-to-date answers to your nutrition questions, call the National

Center for Nutrition and Dietetics Consumer Nutrition Hot Line at (800) 366-1655. **FEW**

*Remember: You, your physician, and your nutritionist need to work together to discuss nutrition concerns. The above information is not intended as a substitute for appropriate medical treatment.*

### References

1. National Research Council Committee on Diet and Health: Implications for Reducing Chronic Disease Risk. National Academy Press, 1989
2. Ornish D, Brown SE, Scherwitz LW, et al: Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart
3. Coleman E: Carbohydrates: the master fuel. In Berning JR, Steen SN (eds): Sports Nutrition for the 90s: The Health Professional's Handbook. Gaithersburg, MD, Aspen Publishers, 1991

## MEMBERSHIP RENEWAL TIME

Don't forget to renew your Fort Wayne Track Club membership prior to January 1. Due to increasing costs of publication, insurance and other benefits, it became necessary to slightly increase the dues starting in 1993. You will note that you may beat the increase by renewing for two or even three years. The following will be the new rates:

### ANNUAL MEMBERSHIP DUES:

One year:	\$15.00
Two years:	28.00 (reduced rate of \$14.00 per year)
Three years:	36.00 (a bargain at \$12.00 per year)

### NEW MEMBERS:

One year: \$12.00 (first year only)

### MEMBERS UNDER 21:

One year: \$12.00 (each year until 21)

### MEMBERSHIP FEE AFTER JUNE 1: \$9.00 (for remainder of year)

FAMILY RATES: \$6.00 for each additional family member (\$12.00 maximum additional charge)

**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.



FORT WAYNE TRACK CLUB CALENDAR OF RACES AND EVENTS

CALL THE RACE DIRECTOR FOR CONFIRMATIONS, POSTPONEMENTS, OR CANCELLATIONS. FOR APPLICATIONS, ALWAYS SEND A SELF-ADDRESSED STAMPED ENVELOPE.

FWTC HOTLINE AND ANSWERING SERVICE: (219) 432-5998

\* ENTRY FORMS AVAILABLE AT FORT WAYNE TRACK CLUB MEETINGS OR SEND S.A.S.E TO DON FORD 2633 BELLEVUE DR. FORT WAYNE IN 46825

>>> NOTE: DAYLIGHT SAVING TIME ENDS ON OCTOBER 25 TH <<<

----- O C T O B E R -----

- 03 SAT HARVEST HOMECOMING NEW ALBANY, IND. 5K RUN/WALK 9 A.M.  
CONTACT: CHUCK CROWLEY (812) 944-9208(EVENINGS)
- 03 SAT OCTOBERFEST WHITEHALL, MICHIGAN 15K/5K/1M  
WHITE LAKE AREA FOOTRACING ASSC. (616) 894-8052
- 03 SAT \* WILDCAT CHALLENGE MARION, IND. 5K 9:30 A.M.  
CLIF KNIGHT 9 JACK STREET, GAS CITY IN 46933  
(317) 677-2110 OR (317) 674-3841(AFTER 5)
- 03 SAT \* FLOWER HOSPITAL RUN SYLVANIA, OHIO  
5K AT 10AM/1MRF AT 9:30 TERESA LEGG (419) 824-1918
- 03 SAT BEAT THE STREETS BENEFIT RUN WASHINGTON, MICHIGAN  
10K/5K/1M 10 A.M. AMERICAN CANCER SOCIETY (313)790-8805
- 03 SAT MARDI GRAS '92 RUN WINCHESTER, IND. 5K AND 15K  
YMCA BOX 50A WINCHESTER IN 47394 (317) 584-9622
- 03 SAT \* AMERICAN HEART WALK 10K WALK 9 A.M. FORT WAYNE, IND  
START SWINNEY PARK ON RIVER GREENWAY  
AMERICAN HEART ASSC. (219) 745-0661
- 04 SUN OKTOBERFEST CLASSIC MINSTER, OHIO 10K 9:30 A.M.  
STEVE BURNS 146 S. HANOVER ST. MINSTER OH 45865 (419) 628-3507
- 04 SUN SUMMIT CITY - STRIDES AGAINST CANCER FORT WAYNE, IND.  
10K/5K 2 P.M. AMERICAN CANCER SOCIETY (219) 422-3911  
SCOTTS'S FOOD STORES, 4118 N. CLINTON ST, FT WAYNE 46805
- 04 SUN \* TUXEDO BROTHERS DUATHLON INDIANAPOLIS, IND. EAGLE CREEK PARK  
5K-33K-5K 8:30 A.M. TUXEDO BROTHERS (317) 824-0109
- 04 SUN BLOOMINGTON BREAK-AWAY BLOOMINGTON, IND.  
10K AT 1:40 PM 5K AT 1 PM 5 MILE WALK AT NOON  
JERRY RUFF (812) 334-8349 OR (812) 339-2870(WKND5)
- 08 THU SEMINAR - EXERCISING FOR THE HEALTH & LONGEVITY OF IT  
KENNETH COOPER, M.D., M.P.H. 7:30 P.M. COST \$5.00  
FRANCISCAN LIFE CENTER 6832 CONVENT BLVD, SYLVANIA, OHIO  
FOR MORE INFORMATION CALL: (419)824-1644
- 10 SAT FALL FITNESS FESTIVAL COLUMBUS, INDIANA 5K/10K 9 AM  
TATIANA KILOVOU 2400 E 17TH ST. COLUMBUS IN 47201  
(812) 376-5808 OR STEVE OLSON (812) 376-2680
- 10 SAT \* AUTUMN SHORELINE CLASSIC DECATUR, ILLINOIS 15K/5K 8 AM  
JOE CAPUTO 2740 BURGNER DR. DECATUR IL 62521 (217) 423-8042
- 10 SAT DINOSAUR DASH EAST LANSING, MICHIGAN 5K AND MINI-DASH  
MICHIGAN STATE UNIV. MUSEUM (517) 353-1889
- 10 SAT COLUMBUS PHP 10K COLUMBUS, OHIO 10K & 5K AT 3 P.M.  
ULTRA FIT/USA BOX 06358 COLUMBUS OH 43206 (614)444-3832
- 11 SUN \* COLUMBUS MARATHON(13TH) COLUMBUS, OHIO 8 A.M.  
JOAN RIEGEL BOX 26806 COLUMBUS OH 43226 (614) 433-0395

11 SUN FOX CITIES MARATHON(2ND) APPLETON, WISCONSIN  
 GLORIA WEST 316 N. APPLETON ST. APPLETON, WI 54911  
 (800) 452-9526

11 SUN LAKEFRONT MARATHON MILWAUKEE, WISCONSIN  
 RUNNING ON PROSPECT 2103 N. PROSPECT AV MILWAUKEE WI 53202  
 (414) 272-7867

11 SUN INTERNATIONAL BOX RACE YOUNGSTOWN OHIO  
 JACK CESSNA BOX 1320 YOUNGSTOWN, OH 44501 (216) 871-7933

11 SUN \* HOWL AT THE MOON DANVILLE, ILLINOIS 8 HOUR RUN/WALK  
 9 A.M. ONE MILE GRASS LOOP KICKAPOO STATE PARK  
 KENNEKUK ROAD RUNNERS (217) 431-4243

11 SUN \* BAGEL RUN SYLVANIA, OHIO 10K/5K AT 9AM 1MFR AT 8:30  
 ALAN ALBERT (419) 521-7187(EVENINGS)

11 SUN \* PRAIRIE STATE 10 MILER NEW LENOX, ILLINOIS 8 A.M.  
 KEITH THEISEN (815) 485-2477 OR 485-6677  
 FINAL TUNE-UP RUN FOR CHICAGO MARATHON

17 SAT \* SIZZLER WHITE RIVER RUN ANDERSON IND.  
 5K AND 15K 9 A.M. ANDERSON YMCA  
 ANDERSON ROAD RUNNERS BOX 282 ANDERSON IN 46015-0282  
 BOB WILLIAMS 378-5410 OR STEVE HAGENSEIKER 378-7771

17 SAT WOOD CAPITAL 5K JASPER, IND. (812) 482-0526  
 KAREN FARRIS MEMORIAL HOSP 800 W 9TH ST. JASPER IN 47546

17 SAT UNIV. OF DAYTON HOMECOMING 5K RUN DAYTON, OHIO  
 BARBARA BERRY (513) 229-3299

17 SAT PROPHET'S PANIC BATTLE GROUND, IND(NEAR LAFAYETTE)  
 5 MILES 8 A.M. MEL HENRY (317) 564-2070  
 8229 E. 950 N DELPHI IN 46923

18 SUN ANDERSON-TO-MUNCIE MARATHON ANDERSON, IND.  
 ARRC BOX 282 ANDERSON IN 46015 (317) 644-7796

18 SUN DETROIT INTERNATIONAL MARATHON DETROIT, MICHIGAN  
 BARBARA BENNINGS 321 W. LAFAYETTE DETROIT IN 48226  
 (313) 222-6676 ALSO ED KOZLOFF (313) 544-9099

18 SUN \* DO RUN THE ZOO RUN BROOKFIELD, ILLINOIS  
 5K MALE AT 8 A.M. 5K FEMALE AT 8:20 A.M.  
 BROOKFIELD ZOO RACE HOTLINE (708) 485-0263 EXT. 379

18 SUN \* GREAT PUMPKIN RACE OREGON, OHIO 10K 1 P.M.  
 ST CHARLES HOSPITAL (419) 259-1526

24 SAT RUN THRU APPLE COUNTRY GRAND RAPIDS, MICHIGAN  
 10K/20K AT 9 A.M. 5K AT 10 A.M. (616) 458-4386  
 YMCA BOB KAHLE 33 LIBRARY NE GRAND RAPIDS MI 49503

25 SUN \* CALITHUMPAN CENTER DECATUR, IND. BELLMONT H.S.  
 5K AT 2 PM/FUN RUN AT 1:30 CARL RISCH (219) 744-6983  
 DECATUR CHAMBER OF COMMERCE 125 E MONROE ST DECATUR 46733

25 SUN TAMDEM RIVER CORRIDOR CLASSIC DAYTON, OHIO  
 1/2 MARATHON AT 9 A.M. 5K AT 9:10 A.M. (513) 885-4821  
 RAY DOLKY WRIGHT BROTHERS BOX 9154 DAYTON OH 45409

25 SUN \* CHICAGO MARATHON AND ROGAINE 5K CHICAGO, ILLINOIS  
 214 W. ERIE CHICAGO IL 60610 (800) 621-8317

25 SUN MARINE CORPS MARATHON(17TH) WASHINGTON D.C.  
 BOX 188 QUANTICO VA 22134 (703) 640-2225

31 SAT IRVINGTON PLEASANT RUN INDIANAPOLIS, IND.  
 5 MILE RUN/ 3 MILE WALK (317) 736-9500  
 GARY PETERSEN BOX 1781 INDIANAPOLIS IN 46206

31 SAT TULSA RUN 15K TULSA, OKLAHOMA  
STAN AUSTIN (918) 588-2850  
ONE WILLIAMS CTR, BOX 2400, TULSA OK 74102

----- N O V E M B E R -----

01 SUN FT. MEIGS 10 MILE RUN  
PERRYSBURG, OHIO 11 A.M.  
KEVIN KEMEN 1895 TREMAINSVILLE RD, TOLEDO OH 43613  
(419) 471-9029

01 SUN SPORTSMED 10K SOUTH BEND, IND. 10K/5K/4K/IMFR 1 P.M.  
NANCY DRESSEN 320 ST JOSEPH ST, SOUTH BEND IN 46601  
(219) 232-3034

01 SUN NOVEMBER RUNS  
WILLIAMSTON, MICHIGAN  
1/2 MARATHON & 5K AT 2 P.M. DICK PASTULA (517)655-1530

01 SUN NEW YORK CITY MARATHON(23RD)  
NEW YORK CITY, NY  
(212) 860-4455

01 SUN WOLFPACK FALL CLASSIC  
COLUMBUS, OHIO  
5K AND 6 HOUR RUN AT 8 A.M. (616) 459-2947  
JOHN WHITE 4865 ARTHUR PLACE COLUMBUS OH 43220

08 SUN \* FALL RACING CLASSIC  
LIMA, OHIO  
1/2 MARATHON & 5K AT 10 A.M. IMFR AT 9:30  
JEFF BROWN 3855 BEELER RD, LIMA OH 45806 (419) 999-3885

08 SUN RUN THE MOUNDS 5 MILE  
ANDERSON IND.  
ARRC BOX 282 ANDERSON IN 46015

08 SUN BIG BIRD RUN  
ROSEVILLE, MICHIGAN  
10K/4K/IMFR 10 A.M. KEVIN WALEWSKI (313) 445-9480

14 SAT B & J'S ANNIVERSARY RUN  
FORT WAYNE, IND.  
ALMOST 8K 8 A.M. AT GOEGLEIN'S 7311 MAVSVILLE RD  
JOYCE HOCKENSMITH (219) 749-1237

15 SUN \* MIDWEST CROSS-COUNTRY CHALLENGE CINCINNATI, OHIO  
10:30AM WOMEN 5K/11:00AM OPEN MEN 8K/11:45 MASTERS 8K  
SCOTT BROOKER (513) 860-2253

21 SAT \* TURKEY TROT 4 MILE RUN 11 A.M. FORT WAYNE  
LAURA JASPER OR TONY ACOSTA 427-1270 FOSTER PARK

22 SUN ST. LOUIS MARATHON(21ST) ST LOUIS, MISSOURI  
ST LOUIS TRACK CLUB 2385 HAMPTON AVE, ST LOUIS MO 63139  
(314) 781-3926

26 THU MAZOCK'S 16TH ANNUAL THANKSGIVING FUN RUN FORT WAYNE IND  
APPROX 6 MILES STARTING AT 8 AM - 2828 EMERALD LAKE DRIVE  
NO AWARDS/NO SPLITS/OLD COFFEE AND STALE DONUTS  
JERRY MAZOCK (219) 432-4755

26 THU THE THANKSGIVING DAY RACE  
4.4 MILES MARION, IND.  
THE KNIGHT STRIDERS 9 JACKS STREET, GAS CITY IN 46933  
(317) 674-3841(AFTER 5)

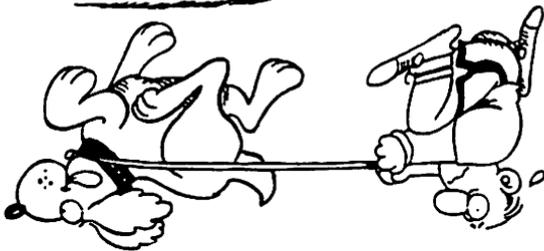
26 THU ATLANTA MARATHON(30TH) ATLANTA, GEORGIA  
3097 E. SHADDOLAWN AVE N.E. ATLANTA GA 30305 (404)231-9064

----- D E C E M B E R -----

05 SAT JUST PLAIN 10K FORT WAYNE, IND. FOSTER PARK 2 P.M.  
J.P. JONES (219)749-7339 ENTRY FEE IS GIFT-WRAPPED T-SHIRT

06 SUN RUDOLPH'S RED NOSE 5K NASHVILLE, TENN. (615)734-1754  
RITA ROSKINS 665 MAINSTREAM DR., NASHVILLE TN 37228

06 SUN MEMPHIS MARATHON(5TH) MEMPHIS, TENN. 8 AM  
KIM CHERRY BOX 84 MEMPHIS TN 38101 (800)489-4040 EXT 4726



\*\*\*\*\*  
 \*  
 \* SPECIAL REMINDER FOR THOSE RUNNERS WHO WOULD LIKE TO RUN  
 \* THE INDY MINI-MARATHON NEXT YEAR. SEND A S.A.S.E TO!  
 \* 500 FESTIVAL ASSOCIATES  
 \* P.O. BOX 817  
 \* INDIANAPOLIS IN 46206  
 \*  
 \*\*\*\*\*

07 SUN LOS ANGELES MARATHON(8TH) (510) 444-5544  
 11110 W. OHIO AV #100, LOS ANGELES CA 90025-3329

----- M A R C H 1 9 3 -----

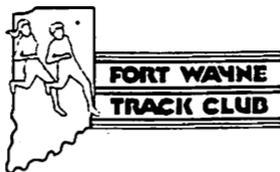
27 SAT BLUE ANGEL MARATHON(10TH)  
 BLDG 632, NAS, PENSACOLA FL 32508-5000 (904)452-2159  
 PENNSACOLA FLORIDA  
 13 SAT GRAND BAHAMA 5000  
 MARATHON TOURS (800)783-0024  
 TRACK SHACK(407)896-1160 1322 N MILLS AV ORLANDO FL 32803  
 JEFF GALLOMAY VACATIONS (404)255-1033  
 06 SAT \* LAS VAGAS MARATHON(27TH)  
 LAS VAGAS, NEVADA  
 AL BOKA BOX 81262, LAS VAGAS NV 89180 (702)876-3870

----- F E B R U A R Y 1 9 3 -----

24 SUN HOUSTON-TENNECO MARATHON  
 BOX 2911 HOUSTON TX 77252-2511 (713) 757-2700  
 HOUSTON, TEXAS  
 17 SUN MIAMI MARATHON ALSO 1/2 MARATHON AND 5K (800)940-4RUN  
 MIAMI RUNNERS CLUB 7920 SW 40 ST, MIAMI FL 33155  
 16 SAT BERMUDA MARATHON ALSO 1/2 MARATHON AND 10K  
 MARATHON TOURS (800) 783-0024  
 09 SAT CHARLOTTE OBSERVER MARATHON(16TH) CHARLOTTE, NC  
 (704)358-KICK MARATHON BOX 30294 CHARLOTTE NC 28230

----- J A N U A R Y 1 9 3 -----

13 SUN HONOLULU MARATHON (20TH) (808) 734-7200  
 TRAVEL PACKAGE: LET'S TRAVEL SERVICE 800-458-7471  
 12 SAT ROCKET CITY MARATHON(16TH) HUNTSVILLE, AL  
 HAROLD TINSLEY 8811 EDGEHILL DR, HUNTSVILLE AL 35802  
 (205) 881-9077  
 12 SAT JINGLE BELL RUN 5K FORT WAYNE FOSTER PARK  
 06 SUN WHITE ROCK MARATHON DALLAS, TEXAS 8 A.M.  
 BOX 74335 DALLAS TX 75374 (214)526-5318



**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 \_\_\_\_\_

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

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

Send application and dues to:

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

**NOTE DUES CHANGES**

**ANNUAL MEMBERSHIP DUES:**

One Year: \$15.00  
 Two Years: \$28.00 (Reduced Rate of \$14.00 Per Year)  
 Three Years: \$36.00 (A Bargain at \$12.00 Per Year)

**NEW MEMBERS:**

One Year: \$12.00 (First Year Only)

**MEMBER UNDER 21:**

One Year: \$12.00 (Each Year Until 21)

**MEMBERSHIP FEE AFTER JUNE 1:** \$9.00 (For Remainder of Year)

**FAMILY RATES:** \$6.00 For Each Additional Family Member  
 (\$12.00 Maximum Additional Charge)

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

PLEASE CHECK ANY WAY YOU WOULD BE WILLING TO HELP.

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

The 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...

## B & J'S ALMOST 8K

Saturday, November 14, 1992, 8 A.M.

Goeglein's on Maysville Road

## MAZOCKS 16TH ANNUAL THANKSGIVING

Morning Fun Run, 8 A.M.

2828 Emerald Lake Drive

## JUST PLAIN 10K

Saturday, December 5, 1992, 2:00 P.M.

Foster Park, Fort Wayne

## FWTC MEETINGS

October 14, 1992 & November 11, 1992

Wednesday 7:00 P.M.

Taylor University Activity Center

## 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.



Bulk Rate  
U.S. POSTAGE  
PAID  
Ft. Wayne, IN  
Permit No. 1799

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

DONALD LINDLEY 123192  
1820 BRIAR FENCE LANE 46804  
FORT WAYNE, IN

