

the inside track

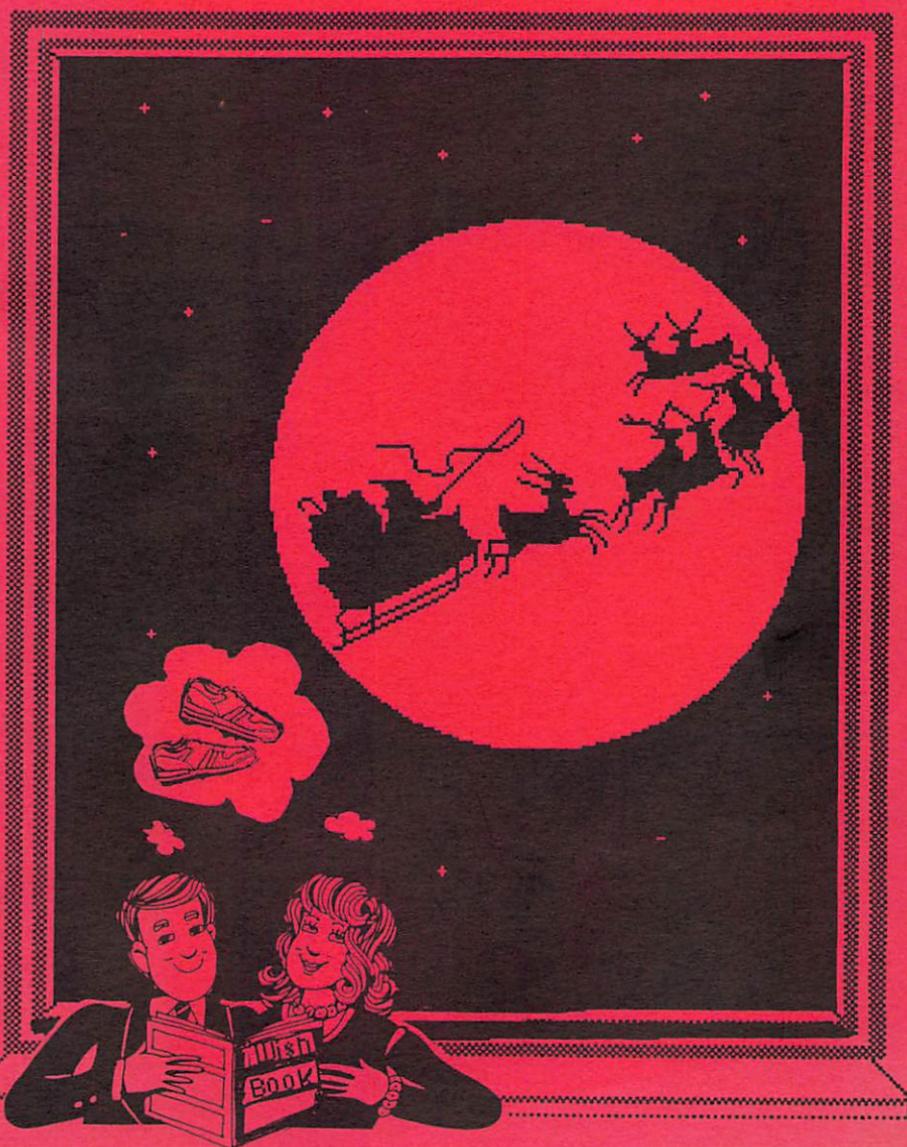
December 1992 - January 1993



FORT WAYNE
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

MAY YOUR EVERY WISH COME TRUE



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
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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



Now that the majority of races in this area have begun their annual hibernation until warmer weather, though, it is natural to turn toward maintaining running and walking fitness until the magic of spring arrives. Although there are still a few opportunities to enter winter events here, and for those who wish to travel, events in warmer climates, most of us tend to spend evenings by the fireside planning the schedule for next spring and summer.

While thinking about past events and considering possible group activities for the track club, a fond memory often returns: the track club bus trip to the 1989 New York City Marathon. On occasion, I have also heard from other runners who have expressed an interest in a similar group event. So far, our thoughts have centered on a marathon due to the difficulties often incurred in scheduling hotels, transportation and parking at a race in a major city, problems that can be alleviated by a coordinated group effort. We were very fortunate to have someone with the dedication of Ann Jamison to spearhead that expedition to New York.

Recently, I received information about another major race that certainly sparked my interest and may yours as well. That was a notice about a group to tour the London Marathon. Although it was received too late to seriously consider for 1993, it may be a real possibility for 1994. In the past, it was possible to enter individually by applying directly to the London Marathon, even though the chances of being accepted were less than at New York. At that time, the only guaranteed entry was through a tour company. Now, I'm informed that an entry can be obtained only through a tour company. For that reason, it would seem to be an ideal race for a group event. I would like to hear from you if you are interested in a trip, in April 1994, to the largest marathon in the world, one that fields 35,000 runners. Only 4,000 entries are available for non-UK entrants, so registration is limited for U.S. runners. At present, the trip would be arranged by World Class Travel in Nashville, Tennessee, the official entry agency, and would be a five day trip. It would leave on Thursday from Atlanta and return on the Tuesday following the marathon. We could easily arrange a flight from Fort Wayne to Atlanta, leaving around noon on Thursday. The package would include round trip air fare from Atlanta, hotel for four nights, guaranteed Marathon entry, transportation to and from the airport and marathon, breakfast daily, a pre-race pasta party, for \$1395 (at 1993 prices), double occupancy. There would be a \$240.00 supplement for those who wish to have a single room. Non-runners are welcome to join the group at a reduction of \$125.00 from the runner's price. Other tour companies will be contacted before the plans are finalized in order to obtain the best value. I can only speak for Joyce and myself, but the possibility of a group of Fort Wayne runners heading for merry old England to run the marathon, wearing a specially designed shirt or singlet (like we did in New York), makes us very excited. A trip like this could leave each of us with a lifetime memory. We have decided to save our nickels and dimes for the next year and plan to go in '94. We certainly hope you can join us. Please let me know if you are interested and I can send you the 1993 brochure with additional information.

VOLUNTEERS NEEDED

Volunteers are needed to solicit advertising and to take equipment to and from races. Rental of equipment is one of the FWTC's few money-making ventures. Volunteer with a friend! Please contact Bob Hockensmith, 749-1237 if you are able to help the club in some way.



**FORT WAYNE
TRACK CLUB**

ABBREVIATED VERSION OF MINUTES
Fort Wayne Track Club Monthly Meeting
Wednesday, October 14, 1992, 7:00 p.m.

13 Present. Meeting called to order by Pres. Bob Hockensmith. New member Susan Taylor welcomed.

Don Lindley gave combined membership/equipment/treasurer's report. Current membership 407; renewals beginning to trickle in, people taking advantage of multiple-year discount. Sept. expenses \$291.95, income \$548.34, year-to-date balance \$3,166.68. Don gave overview of proposed/projected '93 budget.

Joyce Hockensmith needs more membership profiles to include in newsletter. Also continued need for someone to vigorously sell more advertising space in newsletter.

Don Ford distributed updated race schedule.

Bob Hockensmith reported he, Joyce, & Don Lindley met with Charlie Brandt, Larry Lee, & Gary Dexheimer re putting on major race Oct. '93. They'll meet again & put together proposal for Track Club Board. They're thinking of event that'd include 15K race, 5K race, 5K walk, children's events, pasta dinner, post race party, higher entry fee (part of proceeds for designated local charity), catchy theme, several sponsors (control of event remain in hands of club & event still held even if one sponsor go under). Give Bob suggestions for sponsors.

Discussion re training seminar for potential race directors. Agreed to target Sat., Jan. 9 '93. J.P. Jones will continue to work on this. Wayne Unsell will work on getting room at IPFW.

Discussion sometime back re possibility of taking orders for apparel with club logo. Ken Disler volunteered to take project (contact supplier, get prices & samples, get information in newsletter, collect & place orders/money, distribute apparel, etc.)

Bob Hockensmith said he's moving ahead with reprint of club flyer.

Fanny Freezer & annual club potluck Saturday, February 20, 1993. Bob Hockensmith shared wonderful news - Hal Higdon will be speaker!! Race at Foster Park, banquet at Conservation Club, Activities Center showers/lockers available for those not going home between race & potluck. Agreed we need to do better job of giving directions to Conservation Club.

Judy Tillapaugh said she's submitted names of Ann Jamison, Jerry Diehl, & Larry Lee for RRCA Volunteer of Year. Judy said latest issue of Footnotes has info on other award categories & we need to think about nominees for the categories.

Everyone was reminded that, though club officer elections are held late summer/early fall, term of office follows calendar year.

Joyce Hockensmith outlined project she's undertaken of encouraging fitness & fun at elementary school where she teaches.

Next month's meeting will be Veteran's Day - Wed., Nov. 11, 7 p.m. TUFW AC (training run at 5:30). REMEMBER: THE DECEMBER MEETING ON WEDNESDAY, DEC. 9 WILL INCLUDE A CAROLING RUN, THE REGULAR BUSINESS MEETINGS, A POTLUCK, AND A GIFT EXCHANGE.

Respectfully submitted,
Vicki Jacobs, Secretary



COME RUN WITH US



**FORT WAYNE
TRACK CLUB**

ABBREVIATED VERSION OF MINUTES
Fort Wayne Track Club Monthly Meeting - Wed, Nov 11, 1992

Ten members present. Meeting opened by Vice President Ken Disler (due to absence of President Bob Hockensmith).

Don Lindley reported October income \$471.04; expenses \$765.45; year-to-date balance \$2,872.27. He said 1992 equipment rentals exceeded budget predictions (budgeted income \$1,460; actual income \$1,770). We again thank Paul Knott for a job well done!

Ken Disler said Bob Hockensmith had found that our books hadn't been audited since 1984. A committee of Don Anderson, J.P. Jones & Jack Hiker was formed to audit the books.

Don Ford distributed the race schedule. He'll regularly send information to Mike Davis (Indianapolis News) since Mike's column will list Fort Wayne area races. Ken Disler said every Monday he takes information on upcoming local races to Fort Wayne Newspapers for inclusion in Friday's Journal Gazette.

Fanny Freezer now on Sat, Feb 13 '93 (it'd been on 13th, then moved to 20th & now back on 13th), 3:00, Foster Park followed by potluck at Southwest Conservation Club (social hour 5:00, meal 5:30). Shower rooms at Taylor U. Activities Center open 4:00-5:00 for anyone wanting to use to clean up after race.

J.P. Jones said Parks Dept. in process of laying newest section of River Greenway Trail along Hartman Road (so people on foot/bicycle use it instead of road). He said may need to start Just Plain 10K going into park (rather than up Hartman Road) so there's room for everyone. One thing about new section - it's laid on golf course so it's hillier than Hartman Road.

Club received letter from Ghana, from young lady who helps head high school sports program. She asked us to consider sending used athletic items (shoes, t-shirts). J.P. said we can include them in district of shirts donated at Just Plain 10K (along with Christmas Bureau, Crossroads, & Allen County Children's Home).

Ken Disler reported Larry Lee, Jerry Diehl & Ann Jamison received recognition (certificate & patch, sent to club) from RICA as Outstanding Volunteer of Year Award. Ken said most likely these presented at February 13 meeting & potluck.

Ken reported he's written to company that's interested in doing club apparel & is waiting to hear back.

J.P. Jones reported he's finalizing Jan 9th training session for potential race directors. Probably be about 2 hrs long, start about 1:00-1:30. Paul Knott will do presentation on equipment, Don Lindley on finances, & Brian Shepherd and Judy Tiliapaugh also do presentations on aspects of directing a race.

On behalf of Bob Hockensmith, Ken Disler reported response from Scott's to Larry Lee's inquiry re race sponsorship: Scott's has signed contracts with Mike Ducey for '93 & '94 Summit City 10K (scheduled for 1st Sun of Oct both yrs). Ad hoc committee continuing to work on major event (details in last month's min.).

Meeting then adjourned.

Respectfully submitted,
Vicki Jacobs, Secretary





TRACK CLUB MEMBER PROFILES

TOM FELGER

Tom Felger, born October 16, 1939 is a C.P.A., employed as a Field Supervisor for the State Board of Accounts. His family includes his wife, Bonnie, son David, daughter-in-law Terri, and grandson Derrick. Tom likes to fill his leisure time with fishing, reading, dancing, and basketball (Tom's favorite spectator sport). Tom also enjoys traveling and hiking with his family. You might find Tom running most any time in his Asics on the River Greenway with his friends. Right now he prefers the 5K distance, but he admits that his preferred distance may vary with his mental attitude. After the race Tom says there is nothing finer than pizza and beer, although he would probably take his wife to Casa D'Angelos. One of Tom's favorite races is the Fanny Freezer 5. Tom gets his inspiration from runners, older than he, who have been running longer and still enjoying it. Not to mention any of these older runners by name, but they are Don Anderson, Phil Burns, Jack Hilker, and Mike Kast. Tom's dream is to run a sub 3 hour marathon. (Do dreams come true?) Tom would like to see more fun runs or other low key running events.

SANTA CLAUS

Santa Claus, born a very long time ago, is also self-employed. His family includes his wife Mrs. Claus, 9 tiny reindeer (Dasher, Dancer, Prancer, Vixon, Comet, Cupid, Donner, Blitzen, and Rudolph) and hundreds of elves. He has no pets since the reindeer think of themselves as family. Santa likes making toys, traveling, and watching reindeer games. You're apt to find Santa running in his black boots almost anywhere around the world. After a good run he prefers cookies and milk. Santa gets in a little cross-training by going up and down chimneys, but he says it's becoming increasingly difficult due to modern construction techniques. His running inspiration has come from Mercury, the fleet-footed messenger of the gods, but Santa himself admits he himself has always had a little weight problem. He says he plans to keep an eye on the FWTC and will be checking his list to see who is naughty or nice. Santa wishes everyone a MERRY CHRISTMAS and a HAPPY 1993.

GARY DEXHEIMER

Gary Dexheimer, born August 9, 1949, is self-employed and resides with wife Becky, daughter Megan (13), son Matt (11) and a dog, a rabbit, and a guinea pig whose names and ages he did not disclose. Gary enjoys skiing, traveling vacations, and sports with his family. When not participating in sports, Gary likes watching track and field, football, and baseball. Gary travels a lot so his favorite training spots are any major college track, along the ocean, and in the Homestead area. You'll probably find Gary running whenever he can get it in his Asics Gel Ultras. Gary prefers 5K's or 10K's and his favorite races are the Crim and Wendy's in Bowling Green, KY. After the race, just have plenty of chocolate chip cookies for Gary or take him to dinner at Casa D'Angelos. Gary's inspiration has come from Tom Hoffman, an international runner, who was a senior in high school when Gary was a freshman and acted as his mentor. Gary has also been inspired by all the greats of 25 years ago. Gary says his running dreams are in the past and is presently just runs a few competitive efforts and to feel good. He feels the FWTC is doing okay, but would like to see resources put into one large race a year. Gary also comments that he has had a long and successful running career and at this point in his life he simply enjoys the satisfaction of training hard. He also enjoys running different places around the country.



Bob gets to chat with Hal Higdon at the Chicago Marathon

PARLOR CITY TROT

Top 10 Men

Top 10 Women

1. Brad Cooper 1:10:34.6
2. Mike McManus 1:11:27.5
3. Leo Turchyn 1:13:05.6
4. Rowland Perez 1:13:58.8
5. Bob Copeland 1:14:17.4
6. Phil Suelzer 1:14:30.8
7. Vince Garcia 1:15:42.8
8. Paul Strehler 1:16:30.9
9. Craig Nelson 1:16:44.8
10. Terry Diller 1:18:06.4

1. Robin Walker 1:27:55.6
2. Annette Zupin 1:29:00.6
3. Claudia Hapak 1:29:53.3
4. Karen Reist 1:30:22.3
5. Gail Strehler 1:32:38.0
6. Betty Nelson 1:34:59.5
7. Kim Larsen 1:37:07.8
8. Ingrid Kipfer 1:37:24.6
9. Michelle Yeoman 1:37:43.4
10. Lien Koztecki 1:37:58.6

11. Mike Hall
12. Ritchie Hamlin
13. Dan Moord
14. Tom Yoder
15. Mike Amiss
16. Christopher Farrell
17. David Bruning
18. Karl Waite
19. Peter Reist
20. John Branigin
21. Jay Prichard
22. Gary Rickner
23. Greg Couch
24. Pete Bieghler
25. Garu Keffaber
26. David Smith
27. Richard Vorik
28. Jeff Greiwe
29. Kenneth Steiner
30. Dale Johnson
31. Paul Knott
32. Robert Minnich
33. Paul Smith
34. Todd Seiman
35. Kevin Lochner
36. Keith Walter
37. Joe Rajchel
38. Ben Rettig
39. John Schnieders
40. James Miller
41. Ekkehard Gerndt
42. Steve Nash
43. Gordon Denny
44. Leo Rivera
45. Geoff Shatton
46. John David McPherson
47. Larry Averbek
48. Wayne Fairey

49. Rex Reed
50. Dennis Berry

Age Groups - Men		Age Groups - Women	
14 and Under			
1.	Ryan Dillon		
15 - 19			
1.	Mike Babcock		
20 - 24			
1.	Greg Couch	1.	Tonya Black
2.	Pete Bieghler		
3.	Jeff Greiwe		
4.	Chris Creighton		
25 - 29			
1.	Ritchie Hamlin	1.	Jeni Lank
2.	John Branigin		
3.	Paul Knott		
4.	Robert Minnich		
5.	Keith Walter		
30 - 34			
1.	Mike Hall	1.	Linda Thomalla-Fairey
2.	Christopher Farrell	2.	Connie Sims
3.	Peter Reist	3.	Deidre Polmann
4.	Kenneth Steiner	4.	Robin Smith
5.	Joe Rjchel	5.	Judy Wilkins
35 - 39			
1.	Dan Moord	1.	Karen Kaehr
2.	Mike Amiss	2.	Sue Steinen
3.	Jay Prichard	3.	Terri Stratton
4.	David Smith	4.	Cathy Buxferguson
5.	Paul Smith	5.	Sally Thomas
40 - 44			
1.	Tom Yoder	1.	Barb Scrogam
2.	David Bruning	2.	Shirley Wilson
3.	Karl Waite	3.	Liz Rickner
4.	Gary Rickner	4.	Ann Mize
5.	Richard Vorick	5.	Rita Silvers



1. Gary Keffaber
2. Dale Johnson
3. James Miller
4. John Sweeney
5. Bernie Burgette

1. Larry Averbeck
2. Rex Reed
3. Tom Felger
4. Floyd Lobsiger
5. Duane Heidecker

1. Ian Rolland
2. Joe Willman
3. Harley Pugh
4. John Jedinak

1. Jack Hilker
2. James Jones
3. Jack O'Neil
4. Curtis Nold

1. Joan Gary
2. Marilyn Grissom
3. Barb O'Neil
4. Joyce Fuzy
5. Gloria Nold



WELLS COUNTY TROTTER AWARDS

1. Brad Cooper
2. John Schnieders
3. Mike Babcock

1. Sally Thomas

TOP Master Division (40 and over Runners)

1. Phil Suelzer

1. Betty Nelson

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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

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PARLOR CITY TROT 10K

Note: Due to the fact that the ink ran out on the print timer, times are not available for all racers beyond the first 15 places. We are sorry for any inconvenience.

1.	Mark Furkis	32:11.2	M	36
2.	Chris Norrick	33:44.4	M	27
3.	Scott Walschlager	34:01.3	M	27
4.	Mark Herndon	34:19.0	M	29
5.	Tom Louks	35:52.0	M	25
6.	John P. Dawes	39:12.4	M	39
7.	Rod Gay	39:22.4	M	28
8.	Don Branstetter	39:39.5	M	46
9.	Al Arnold	40:39.8	F	28
10.	Carol Herndon	41:07.6	F	31
11.	Thomas Schach	41:15.1	F	36
12.	Mary McManus	42:01.5	F	33
13.	Mark Walter	43:04.5	M	28
14.	Judy Mickey	42:43.4	F	33
15.	Skip Stinson		M	28
16.	Bruce Feehey		M	39
17.	Ivan Painter		M	45
18.	Fred Stoffel		M	41
19.	John Phagan		M	53
20.	Don Anderson		M	65
21.	Bill Dibble		M	40
22.	Tom Elliott		M	49
23.	Ed Weber		M	43
24.	Dan Harris		M	20
25.	Paul Sabrack		M	40
26.	Michael Nash		M	26
27.	Linda Clay		F	33
28.	David Zaugg		M	61
29.	Delmer Adams		M	31
30.	Megan Vonderheide		F	10
31.	Doug Meyer		F	29
32.	Mitzi Reber		F	37
33.	Cynthia Sabrack		F	35
34.	Curtis Vanover		M	38
35.	Juile Tobia		F	29
36.	Joe Farling		M	36
37.	Kristi Schwartz		M	18
38.	Barb Lochner		F	41
39.	Christine Gilbert		F	23
40.	Anthony Crowell		M	34
41.	Tom Wallin		M	39
42.	Michael Callahan		M	39

TOP 3 Men

Top 3 Women

1.	Mark Furkis	32:11.2
2.	Chris Norrick	33:44.4
3.	Judy Mickey	42:43.4

Wayne Unsell ran the 7.6 mile Wild Wilderness Trail Run in Kickapoo State Park in Illinois on September 27, 1992. About 350 runners enjoyed the clear, calm 70 degree day. The best things about the race were the course, the weather, and the post-race refreshments (beer, soda, brats, and bean soup. Other FWTC members at this event included Wayne's wife, Sara and Val and Rodger Puckett.

AGE GROUPS

MALE

FEMALE

	14 and Under
Don Harris	15 - 19
Mark Herndon	20 - 24
Tom Loucks	25 - 29
Rod Gay	30 - 34
Fred Stoffel	35 - 39
Al Arnold	40 - 44
John Phagan	45 - 49
	50 - 54
	55 - 59
Delmer Adams	60 - 64
Don Anderson	65+

Megan Vonderheide
Kristi Schwartz
Christine Gilbert
Julie Tobias
Linda Clay
Mitzi Reber
Barb Lochner

WELLS COUNTY WINNERS

- | | |
|-----------------|----------------------|
| 1. Tom Loucks | 1. Julie Tobia |
| 2. Skip Stinson | 2. Kristi Schwartz |
| 3. Tom Elliot | 3. Christine Gilbert |



December

January

- 03 JIM MARTIN
- 04 ROBERT COLBURN
- 04 EUGENE STRIGGLE
- 05 DENNIS STRAYER
- 06 DEAN CUTSHALL
- 07 RITA CANO
- 07 EDWARD KERN
- 08 JUDY TILLAPAUGH
- 08 MARY GILLIOM
- 11 JOHN PEA
- 13 GARY HOOTEN
- 14 ROSEANN SIMONS
- 14 CASEY SPEER
- 15 PHIL SUELZER
- 15 R. WILLIAM SCHMIDT
- 16 KEN DISLER
- 16 ANN LINSON
- 17 PAUL AUSDERAN
- 18 GREGG OSBORN
- 19 LORRAINE FOX
- 19 CHERYL PASKO
- 22 LEWIE SLONE
- 22 VELMA BRADLEY
- 23 CLAUDE KELLER
- 23 LINDA BROOKS
- 24 JOE ZIEGLER
- 28 JOHN KLEIN
- 28 RAMON BROWN
- 28 BRAD COOPER
- 29 VINCE FENDEL
- 29 MARK HURD
- 30 GARY RICKNER
- 30 DAVID MAY
- 31 KEN MC DONALD
- 31 JAY GILBERT

- 01 RANDALL LAVINE
- 03 ROBERT GARDNER
- 03 PAUL SHAFFER
- 04 STEVE SUMMERS
- 06 JEFF SUELZER
- 06 NORM SPITZIG
- 08 MICHAEL CALLAHAN
- 08 GARY ODEN
- 09 LAWRENCE RANDALL
- 10 DON SUMMERS
- 12 LAURIE STROUP
- 14 STEVE EYERS
- 15 DONALD LINDLEY
- 15 GREG JENNINGS
- 15 MICHAEL LINDLEY
- 17 KRISTA ROSS
- 20 BILL OSTERHOLT
- 20 ANN MIZE
- 21 JIM BUSHEY
- 21 TIM SULLIVAN
- 22 ELIZABETH STEVENS
- 22 DON ASHTON
- 24 BRANCH LEW
- 24 GARY SELKING
- 25 QUINN CURRY
- 26 JOHN EAKIN
- 27 JOSEPH BOND
- 28 CARL FIELDS
- 29 JOHN LANTZ
- 30 ROBERT LOOMIS
- 31 CLIFFORD DIETRICH
- 31 FRED ROSS



On the clear crisp morning of November 14 runners met at Goeglein's Reserve for a run to help Bob and Joyce celebrate their second wedding anniversary. Runners were advised with the prun instructions that the course had been carefully marked by Bob & Joyce, but that special attention should be paid since Bob was absolutely NOT going to get out in blustery frigid weather any more to paint arrows on the streets. Runners were also cautioned that there would be no split times, aid stations, or age group awards, but breakfast would be served afterwards. Most runners seemed to negotiate the course with little difficulty and had a good time. As runners enjoyed the after-run breakfast fare, Joyce, being true to form, handed out papers for the test. Since Bob had advised runners to pay special attention to the course markings, the question now was, "How many arrows had Bob painted?" Jack O'Neil won the prize with a guess of 63 since there were actually 56. There was speculation as to which course Barb had run since her guess was "8". Door prizes were won by Harry Quandt, Joe Ziegler, and Polly Jacobs. Specially designed T-shirts, which are sure to become collector's items, were available for this year's run. If you missed the fun this year, mark your calendar now for November 13, 1993.

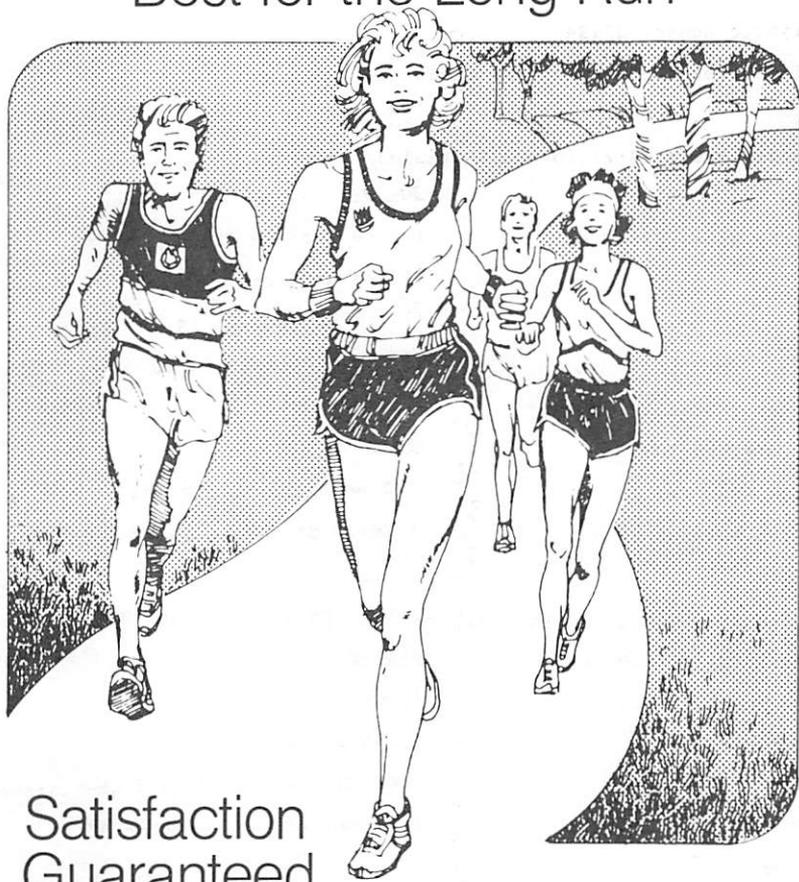
B & J'S ALMOST 8K

FWTC MEMBERS AT B & J'S ALMOST 8K
 Standing Left to Right: Bob, Joyce, Don Ford, Valerie Puckett, John Brier, Vicki Jacobs, Polly Jacobs, Don Anderson, Bill Osterholt
 Kneeling: J.P. Jones, Joe Ziegler, Barb Scroggum, Harry Quandt



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CMI 5K Labor Day Run- 9-7-92

Overall Male- Brian Shepherd (age 26) 16:00 1st place (COURSE RECORD)
Overall Female- Debbie Byers (age 39) 24:27 17th " " (COURSE RECORD)
Oldest Finisher- Ken Kisler (age 69) 30:00 23rd
Youngest Finisher- Kim Hoover (age 8) 43:34 27th

AGE GROUPS

Female-

12&under-

- 1) Rachel Greenfield 33:28
- 2) Krystle Hoover 37:34
- 3) Kim Hoover 43:34 (youngest finisher)

30-39-

- 1) Debbie Byers 24:27 (overall female)

40-49-

- 1) Kathy Hastings 25:53

Male-

13-18-

- 1) Brian Thomas 18:27
- 2) Eric Flood 18:46
- 3) Rick Breckler 20:21
- 4) Brian Nusbaum 20:45

19-29-

- 1) Brian Shepherd 16:00 (overall)
- 2) Martin Miller 20:56
- 3) Ken McDonald 21:39
- 4) Brad Horn 22:26

30-39-

- 1) Joe Kobiela 21:57
- 2) Joe Hardesty 22:01
- 3) Tim Hattery 22:14
- 4) Steve Dickman 24:20
- 5) Larry Getts 25:10

40-49-

- 1) Robert Breckler 20:54
- 2) Terry Zimmerman 26:44

50-59-

- 1) L.K. Christensen 19:18

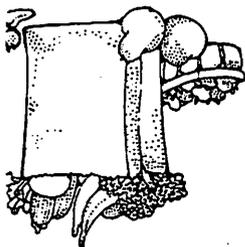
60&over

- 1) Don Anderson 23:27
- 2) Jim Lowry 26:01
- 3) Ken Disler 30:00 (oldest finisher)
- 4) Warren Schladenhauffer 35:04

Don Lindley ran a 24 hour run on September 19, 1992 in Sylvania, Ohio. Don managed to go 87.5 miles in 42-54 degree weather. He, and about 115 other runners, do repetitions on a 1.1 mile course changing directions every 6 hours. (I don't know about the rest of you FWTC members, but it sure sounds like a good time to me-about as much fun as a root canal.)



13th ANNUAL NUTRI-RUNS AND WALK
SATURDAY, MARCH 20, 1993



EVENTS: 20km RUN, 5 MILE RUN, 1 MILE YOUTH RUN, AND 2 MILE WALK

PLACE: WOODSIDE MIDDLE SCHOOL, FORT WAYNE, INDIANA
RESTROOMS, WATER, NO SHOWERS

TIME: 2:00pm- 20km RUN, 5 MILE RUN
2:15pm- 1 MILE YOUTH RUN
2:30pm- 2 MILE WALK

COURSE: 20km RUN AND 5 MILE RUN - OVER THE HILLS AND PLAINS OF HOMESTEAD
1 MILE YOUTH RUN AND 2 MILE WALK - HOMESTEAD HIGH SCHOOL TRACK

REGISTRATION AND CHECK IN: AFTER 12:45pm

AWARDS: NUTRITIOUS AND DELICIOUS AND FIT TO ENJOY!!

FEES: PWTC MEMBER - \$3.00; NON-MEMBER - \$6.00; \$1.00 FOR 1 MILE YOUTH
RUN AND 2 MILE WALK

ALL PARTICIPANTS MUST ALSO BRING A NON-PERISHABLE FOOD FOR ST.
MARY'S SOUP KITCHEN

FOR POST EVENT ENJOYMENT EVERYONE IS ENCOURAGED TO BRING AN EDIBLE
FOOD FOR OUR ANNUAL SNACK TABLE (NON ALCOHOLIC)EXAMPLES: FRUIT,

PRETZELS, POPCORN, BREAD STICKS, OR NUTRIFIT MUFFINS

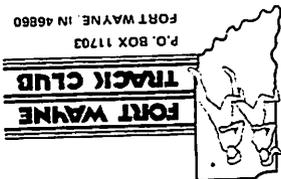
DIRECTIONS: WOODSIDE IS LOCATED NEXT TO HOMESTEAD HIGH SCHOOL AT THE
CORNER OF HOMESTEAD AND ABOITTE CENTER ROADS (4312 HOMESTEAD RD.)

EVENT DIRECTOR: JUDY TILLPAUGH, R.D., ASSISTED BY MIKE KAST

FOR MORE INFORMATION CALL 219-458-2345 OR 219-456-3277

VOLUNTEERS ARE WELCOMED!! CONTACT JUDY OR MIKE IF INTERESTED

COME CELEBRATE NUTRITION MONTH WITH US!!



The Indiana Dietetic Association, Inc.
9041 Colgate Street • Indianapolis, IN 46268 • (317) 872-0423

J.P. Jones ran the Summit City 10K on October 3, 1992 along with 600-
700 other runners. Some of the races' plusses were the weather,
which was an overcast 55 degrees, the tree-lined residential course,
and the traffic control. J.P. especially liked the post race pasta dinner
sponsored by the Olive Garden

MARSHMELLOW FESTIVAL 5K AUGUST 5, 1992

Ligonier, Indiana

OVERALL MALES

Brian Shepherd	14:52
Jerry Williams, Jr.	15:35
Greg Osborn	15:57

OVERALL FEMALES

Judy Crowe	17:32
Abbie Atz	20:25
Sara Unsell	20:39

MALE DIVISION WINNERS

<u>DIVISION</u>	<u>NAME</u>	<u>TIME</u>
12-under	Matt Pellman	18:23
13-15	David Caswell	18:48
16-19	David Foote	18:36
20-24	Mike Schoudel	17:02
25-29	Scott Hutchinson	18:40
30-34	Chuck Schlemmer	16:04
35-39	Steve Caswell	16:55
40-44	Phil Suelzer	16:22
45-49	Clair Hostetler	18:29
50-54	Gene Lightner	19:53
55-59	James Peppler	22:12
60-64	J. P. Jones	27:02
65-over	Ken Disler	25:36

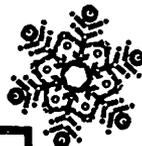
FEMALE DIVISION WINNERS

19-under	Lisa Sherer	23:18
20-29	Ellen Osborn	21:54
30-39	Phyllis Suelzer	21:18
40-49	Betty Nelson	20:48
50-59	Joan Gary	22:58



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

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



Ligonier, Indiana

PLACE	NAME	TIME	PLACE	NAME	TIME
1	Brian Shepherd	14:52	51	Deb Byers (F)	:45
2	Jerry Williams Jr.	15:35	52	Joan Gary (F)	:58
3	Greg Osborn	:57	53	Jim Warraner	23:13
4	Chuck Schlemmer	16:04	54	Lisa Sherer (F)	:18
5	Gary Jewell	:07	55	Adam Harman	:21
6	Phil Suelzer	:22	56	Marcia Yoder (F)	:24
7	Steve Caswell	:55	57	Jeanette Klein (F)	:25
8	Tim Miller	:56	58	Richard Jefferys	:35
9	Hal Pearson	17:09	59	Ellen Schwartz (F)	24:04
10	Mike Schoudel	:10	60	Carl Fields	:20
11	Jed Pearson	:19	61	Alton Myers	:39
12	Mike Clay	:21	62	Matt Gaff	:47
13	Judy Crowe (F)	:32	63	Mike Yoder	:51
14	Paul Ausderan	18:17	64	Kathy Jeffreys (F)	25:25
15	Matt Pellman	:23	65	Ken Disler	:36
16	Clair Hostetler	:29	66	John Klein	26:31
17	Jerry Suelzer	:33	67	Chris Staton	27:00
18	David Foote	:36	68	J. P. Jones	:02
19	Scott Hutchinson	:40	69	Brandon Howard	:24
20	David Caswell	:48	70	Don Rhoades	28:15
21	Paul Kern	:51	71	Catherine Reedy (F)	29:29
22	Mark Liepe	:56			
23	Brad Biggs	19:15			
24	Ross Loeffler	:16			
25	Jim Stalter	19:20			
26	David Boylan	:27			
27	Joe Reichard	:51			
28	Gene Lightner	:53			
29	Khelli Leitch	:55			
30	Art Davis	:56			
31	Dave McDonald	20:05			
32	Freeman Herschberger	:11			
33	Don Lindley	:16			
34	Abbie Atz (F)	:25			
35	Sara Unsell (F)	:39			
36	Betty Nelson (F)	:48			
37	Ken McDonald	:55			
38	Rico Ebetino	21:01			
39	Ryan Wheat	:12			
40	Phyllis Suelzer (F)	:18			
41	Keith Whittern	:22			
42	Frank Ebetino	:24			
43	Julie Manger (F)	:25			
44	Steve Weltz	:26			
45	Wayne Unsell	:30			
46	David Perry	:45			
47	Ellen Osborn (F)	:54			
48	James Pepler	22:12			
49	David Clouse	22:23			
50	Bobby Jacobs	:30			



**REWEW YOUR
MEMBERSHIP TO THE
FORT WAYNE TRACK CLUB
TODAY!!!**

1992 NOBLE COUNTY TRIPLE CROWN SERIES

Albion 5K - June
 Cromwell 5k - July
 Ligonier 5K - September

OVERALL WINNERS - MALES

Brian Shepherd - 3 pts.
 Greg Osborn - 8 pts.
 Chuck Schlemmer - 21 pts.

OVERALL WINNERS - FEMALES

Sara Unsell - 165
 Julie Manger - 199
 Joan Gary - 237

MASTER'S OVERALL WINNERS

Betty Nelson - 171
 Phil Suelzer - 16

<u>DIVISION</u> - <u>MALES</u>	<u>NAME</u>	<u># OF POINTS</u>
12-under	Jerry Suelzer	89
	Khelli Leitch	119
	David Caswell	123
13-15	Jason Fulford	99
	Cort Eyer	192
	Zane Donaldson	234
16-19	David Foote	79
	Morry Riddle	85
	Chris Weaver	101
	Moises Trejo	100
	Mike Flora	115
25-29	Brian Shepherd	3
	Mark Liepe	124
30-34	Greg Osborn	8
	Chuck Schlemmer	21
35-39	Hal Pearson	39
	Paul Ausderan	65
	David Clouse	197
40-44	Phil Suelzer	
	Jed Pearson	55
	Wayne Unsell	200
	Steve Weltz	206
45-49	2David Boylan	121
	1Clair Hostetler	115
	3John Klein	161
55-59	James Peppler	215
	Alton Myers	267
	Don Rhoades	297
60-64	--	---
65-69	Ken Disler	279

<u>DIVISION</u> - <u>FEMALES</u>	<u>NAME</u>	<u># OF POINTS</u>
15-19	Kerrie Byers	273
20-29	Sara Unsell	165
30-39	Julie Manger	199
	Deb Byers	253
40-49	Kathy Jeffreys	274
50-59	Joan Gary	237
	Jeanette Klein	243



December 9

Christmas Celebration

Caroling Run 5:30

Pot Luck 6:30

Brief Meeting

Gift Exchange



**Taylor University
Activity Center**

Showers available

**Put your bells on for run
Bring dish & table service
Bring \$5.00 wrapped gift**



PARLOR CITY TROT RACE RESULTS

SEPTEMBER 26, 1992

HALF MARATHON

1.	Brad Cooper	M	29	1:10:34.6	69.	Dave Woolff	1:33:53.2
2.	Mike McManus	M	29	1:11:27.5	70.	David L Bailey	1:34:05.1
3.	Leo Turchyn	M	36	1:13:05.6	71.	Joey Edwards	1:34:21.4
4.	Rowland Perez	M	32	1:13:58.8	72.	Betty Nelson	1:34:59.5
5.	Bob Copeland	M	33	1:14:17.5	73.	Lane Anderson	1:35:08.4
6.	Phil Suelzer	M	40	1:14:30.8	74.	Dan Ransome	1:35:12.4
7.	Vince Garcia	M	38	1:15:42.8	75.	Donald Ford	1:36:07.4
8.	Paul Strehler	M	32	1:16:30.9	76.	Mike Clay	1:36:20.3
9.	Craig Nelson	M	25	1:16:44.8	77.	Dave Winters	1:36:23.0
10.	Terry Diller	M	34	1:18:06.4	78.	Kim Larsen	1:37:07.8
11.	Mike Hall	M	33	1:18:28.4	79.	Ingrid Kipfer	1:37:24.6
12.	Ritchie Hamlin	M	29	1:19:27.1	80.	David Reimschisel	1:37:34.4
13.	Dan Moord	M	35	1:19:28.2	81.	Charlie Backofen	1:37:35.6
14.	Tom Yoder	M	40	1:19:42.8	82.	Michelle Yeoman	1:37:43.4
15.	Mike Amiss	M	35	1:19:52.2	83.	Lien Koztecki	1:37:58.6
16.	Christopher Farrell	M	34	1:19:56.8	84.	Don Kramer	1:38:12.9
17.	David R. Bruning	M	40	1:19:59.0	85.	Jerrold Dickey	1:38:38.1
18.	Karl Waite	M	42	1:20:01.7	86.	John D. Solomon	1:39:07.7
19.	Peter Reist	M	31	1:20:33.2	87.	Thomas Johnson	1:39:28.2
20.	John Branigin	M	25	1:20:41.4	88.	Paul Hiser	1:39:38.8
21.	Jay Prichard	M	35	1:21:04.3	89.	Barb Schrogham	1:39:39.8
22.	Gary Rickner	M	43	1:21:49.5	90.	Tim Bolin	1:40:46.5
23.	Greg Couch	M	24	1:22:01.8	91.	Denver Jordan	1:41:06.4
24.	Pete Bieghler	M	22	1:22:16.2	92.	Steve Goldthwaite	1:41:17.7
25.	Gary Keffaber	M	45	1:22:22.5	93.	John Wall	1:41:50.6
26.	David Smith	M	35	1:22:46.1	94.	Steve Laudick	1:42:00.2
27.	Richard Vorick	M	41	1:23:19.4	95.	Steve Adkison	1:42:02.2
28.	Jeff Greiwe	M	24	1:23:26.3	96.	Jay Gilbert	1:42:52.0
29.	Kenneth Steiner	M	31	1:23:42.6	97.	John Pea	1:42:52.6
30.	Dale Johnson	M	48	1:24:18.8	98.	Ed Walter	1:43:00.6
31.	Paul Knott	M	29	1:24:43.7	99.	Bill Bennet	1:43:05.7
32.	Robert J. Minnich	M	25	1:25:10.0	100.	Bret Brewer	1:43:09.3
33.	Paul A. Smith	M	37	1:25:41.2	101.	Michael Loughery	1:43:11.8
34.	Rodd Seiman	M	38	1:25:47.2	102.	Shirley Wilson	1:43:18.5
35.	Kevin Lochner	M	36	1:25:55.8	103.	Larry Godair	1:43:59.5
36.	Keith Walter	M	25	1:26:09.4	104.	Darrell Douglas	1:44:02.9
37.	Joe Rajchel	M	33	1:26:20.5	105.	Dean Whitman	1:44:08.5
38.	Ben Rettig	M	32	1:26:29.3	106.	Larry Lee	1:44:12.0
39.	Johm Schnieders	M	28	1:26:48.7	107.	Linda Thom. Fairey	1:44:16.2
40.	James L. Miller	M	45	1:27:05.9	108.	Bill Webb	1:44:20.7
41.	Ekkehard Gerndt	M	27	1:27:35.8	109.	Robert Nicholson	1:44:35.1
42.	Robin Walker	F	37	1:27:55.6	110.	Robert Abraham	1:45:33.5
43.	Steve Nash	M	29	1:28:16.0	111.	Floyd Lobsiger	1:45:49.9
44.	Gordon Denny	M	39	1:28:21.0	112.	Joan Gary	1:46:02.5
45.	Leo Rivera	M	38	1:28:47.0	113.	Jack Reinking	1:46:07.7
46.	Annette Zupin	F	24	1:29:00.6	114.	Duane Heidecicer	1:46:20.5
47.	Geoff Shotton	M	44	1:29:05.2	115.	Jeni Lank	1:46:04.9
48.	John D. McPherson	M	39	1:29:18.3	116.	Liz Rickner	1:43:24.9
49.	Larry Averbeck	M	52	1:29:20.9	117.	Karen Kaehr	1:43:35.6
50.	Wayne Fairey	M	30	1:29:48.8	118.	Gary Oden	1:46:55.7
51.	Claudia Hapak	F	33	1:29:53.3	119.	Ed Beckner	1:47:07.8
52.	Rex Reed	M	51	1:30:14.1	120.	Chris Creighton	1:47:11.2
53.	Karen Reist	F	29	1:30:22.3	121.	Connie Sims	1:47:13.2
54.	Dennis Berry	M	37	1:30:51.3	122.	Michael Thielen	1:48:02.7
55.	Mike Babcock	M	19	1:30:52.3	123.	David Dale	1:48:10.4
56.	John Sweeney	M	45	1:31:10.1	124.	Richard Lee, Jr.	1:48:14.4
57.	Dwight Brautigan	M	35	1:31:14.5	125.	Jerry Davis	1:48:17.2
58.	Craig Reynolds	M	35	1:31:15.3	126.	M. Lenegar	1:48:24.4
59.	Dennis Conner	M	40	1:32:35.0	127.	Don Ashton	1:48:26.6
60.	Tom Lake	M	41	1:31:38.0	128.	David Hughes	1:48:30.1
61.	Norm Spitzig	M	42	1:32:01.1	129.	Sue Steinen	1:48:52.3
62.	Bernie Burgette	M	49	1:32:23.2	130.	Ian Rolland	1:49:00.4
63.	Gail Strehler	F	31	1:32:38.0	131.	Charles Koch	1:49:09.6
64.	Rick Eddie	M	35	1:32:41.6	132.	Ken Smith	1:49:16.6
65.	Tom Felger	M	52	1:32:44.1	133.	Gary Miller	1:50:02.0
66.	Marc F. Pendleton	M	37	1:32:59.2	134.	Richard Crispen	1:50:09.8
67.	Paul Kucher	M	29	1:33:02.1	135.	Jack Hilker	1:51:42.6
68.	Lennie Smith	M	34	1:33:13.9	136.	Rex Fortney	1:51:43.2

December 5, 1992

2:00 P.M.

JUST PLAIN



10K RUN



3.3K WALK

**Foster Park - South end of
Hartman Road, Fort Wayne**

Low Key Race: Sponsored by

- No Preregistration
- No Awards - No aid stations
- No Toilet Facilities
- Refreshments after Race



**FORT WAYNE
TRACK CLUB**

Entry fee is gift wrapped T-shirt/\$ with size
marked on outside - Donated to needy children

Race Director: J.P. Jones 219-745-7339

137. Rick Sealscott	1:51:49.0	157. James Jones	2:05:15.0
138. Marilyn Grissom	1:51:49.5	158. Jon Sands	2:05:57.7
139. Gary Kuhn	1:51:54.4	159. Peter Metcalf	2:06:19.7
140. Barrie Peterson	1:52:26.5	160. John Jedinak	2:06:27.4
141. Joe Willman	1:52:31.4	161. Teri Stratton	2:07:21.2
142. Harley Pugh	1:54:52.6	162. Cathy BuxFerguson	2:08:43.5
143. Bill Osterhoit	1:55:03.4	163. Judy Wilkins	2:08:44.3
144. Dierdre Polman	1:55:07.0	164. Sally Thomas	2:09:01.7
145. Robin Smith	1:55:07.5	165. Tonya Black	2:09:13.1
146. Tim Whaley	1:55:28.3	166. Jack O'Neil	2:09:47.8
147. Ann Mize	1:56:14.7	167. Curtis Nold	2:10:07.5
148. James Babcock	1:58:07.6	168. Gloria Nold	2:10:13.1
149. Mark Neff	1:58:10.4	169. Anne Fremion	2:10:54.0
150. Patrick Duparcq	1:58:50.1	170. Duronda Campbell	2:11:54.8
151. Ron Woolsey	1:58:50.7	171. Stan Tyner	2:13:07.8
152. Barb O'Neil	2:00:25.4	172. S.D. Stahlman	2:13:08.5
153. David Clouse	2:02:58.2	173. Ryan Dillon	2:16:00.4
154. Rita Silvers	2:04:06.4	174. Kenneth Dillon	2:16:50.0
155. Joyce Fuzy	2:04:46.0	175. Barbara Lee	2:17:33.0
156. Fred Wehrwein	2:05:10.9	176. Kathleen Douglas	2:18:02.8

SOUTH WHITLEY CELEBRATION '92 5K ROAD RACE

1ST PLACE OVERALL - BRIAN SHEPHERD - LIGONIER - 15:40

1ST FEMALE FINISHER OVERALL -
 BETTY NELSON - COLUMBIA CITY - 21:16

AGE GROUP WINNERS:

FEMALE: TIME OVERALL

14 & under	- 1ST - NATALIE WALLIN	- 29:55	- 50
20 - 29	- 1ST - KATHY MILLER	- 31:24	- 51
30 - 39	- 1ST - PEG NORTH	- 23:16	- 31
40 - 49	- 1ST - KATHY JEFFERYS	- 25:45	- 43
	- 2ND - MARGARET MALCOLM	- 25:58	- 44
50 & OVER	- 1ST - JOAN GARY	- 23:13	- 30

MALE:

14 & UNDER	- 1ST - TONY STOFFEL	- 20:58	- 15
	2ND - BROCK WATERSON	- 23:11	- 29
	3RD - CLINT HUNT	- 23:24	- 32
	4TH - BEN MOHR	- 23:28	- 33
	5TH - BRIAN FAHL	- 27:12	- 46
15 - 19	- 1ST - MONTY SECHRIST	- 21:53	- 21
	2ND - NATHAN COOK	- 23:41	- 34
25 - 29	- 1ST - GREG WEISSER	- 19:10	- 9
	2ND - SCOTT HUTCHISON	- 19:20	- 10
	3RD - JIM LYNCH	- 24:17	- 39
	4TH - CHARLIE MILLER	- 24:41	- 42
30 - 34	- 1ST - JAMES FERRIER	- 18:34	- 4
	2ND - GARY STEELE	- 18:36	- 5
	3RD - BRET BREWER	- 20:13	- 11
	4TH - TERRY EBERLY	- 22:09	- 23
	5TH - MARK JAMESEN	- 22:13	- 25
35 - 39	- 1ST - STEVE CASWELL	- 17:28	- 2
	2ND - MARK STOCK	- 18:45	- 6
	3RD - TAYLOR	- 21:03	- 16
	4TH - MIKE BARRELL	- 21:57	- 22
	5TH - SAM COOK	- 22:44	- 27
	6TH - TOM WALLIN	- 29:54	- 49
40 - 44	- 1ST - JED PEARSON	- 17:38	- 3
	2ND - NEIL TATE	- 18:51	- 8
	3RD - BRUCE PRESSLER	- 20:21	- 13
	4TH - GREG FAHL	- 20:22	- 14
	5TH - FRED STOFFEL	- 21:11	- 17
	6TH - BOB FAHL	- 21:35	- 19
	7TH - STEVE BEGTEL	- 21:37	- 20
	8TH - NOU PHOULEUANGLONG	- 22:43	- 26
	9TH - REG JOHNSON	- 23:53	- 35

45 - 49	- 1ST - JOHN KING	- 24:04	- 36
50 - 54	- 1ST - CLAIR HOSTELLER	- 18:50	- 7
	2ND - FRED ROSS	- 20:17	- 12
	3RD - RICHARD JEFFERYS	- 24:16	- 38
55 - 59	- 1ST - JAMES PEPLER	- 22:51	- 28
	2ND - RICHARD IVES	- 24:13	- 37
	3RD - WILL MCLAUGHLIN	- 24:21	- 40
	4TH - EUGENE FRYE	- 24:44	- 41
	5TH - DON RHOADES	- 27:28	- 48
60 & OVER	- 1ST - KEN DISLER	- 26:47	- 45
	2ND - J.P. JONES	- 27:13	- 47

YOUNGEST RUNNER - NATALIE WALLIN

OLDEST RUNNER - KEN DISLER



Betty Nelson & Brian Shepherd

CALLITHUMPIAN CENTER

5 K CROSS COUNTRY RESULTS

October 25, 1992 - Decatur, Indiana

Overall Men

1. Mark Furkis	15:32.5
2. Rick Veach	15:53
3. Brian Shepherd	16:15
4. Jerry Williams	16:16
5. Chuck Schlemmer	16:39

Overall Women

1. Patty Swales	21:34
2. Kim Larsen	21:39
3. Teresa Furniss	21:47

Male 13 & Under

38. Joe Huffman	20:24
41. Clinton Witte	20:40
45. Nick Smith	21:18
46. Ben Fenstermaker	21:27
61. Phillip Yoder	22:39
80. Tony Rekeweg	25:40
98. Josh Warren	28:51
102. Phillip Sanderson	30:55

Male 30 - 34

6. Randy Hisner	16:48
7. Gregg Osborn	16:55
8. Gary Williams	17:02
22. Kent Frank	18:51
26. Don Branstetler	19:14
27. Paul Shaffer	19:16
56. Vince Quinones	22:13
63. Mark Stailey	22:54

Male 14 - 18

13. Michael Lindley	17:34
19. Greg Lambert	18:33
20. Tim Bruckner	18:34
25. Cort Eyes	19:13
28. Jason Clagg	19:18
33. Tim Myers	19:57
36. Ben Springer	20:08
37. Randy Hawkins	20:18
55. Zane Donaldson	22:01

Male 35 - 39

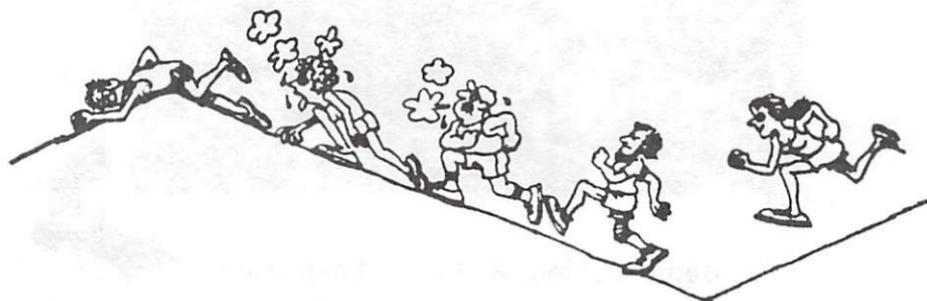
14. Carl Risch	17:45
15. Dan Green	17:56
24. Rick Gilbert	19:08
30. Kevin Warren	19:25
48. Donald Kramer	21:31
79. Richard Hilts	25:35
88. William Sanderson	27:01

Male 19 - 29

9. Mike Shoudel	17:10
11. Paul Furniss	17:26
17. Ken Nelson	18:17
18. Paul Knott	18:22
21. Ken Swales	18:42
23. Paul Cearns	19:00
32. Paul Kucher	19:56
83. Jeff Myers	26:05
93. Jon Yoquelet	27:52

Male 40 - 44

10. Phil Suelzer	17:22
12. Dan Kaufman	17:33
16. Jed Pearson	18:06
31. Phil Rizzo	19:26
34. Al Welch	20:06
39. Neil Anderson	20:27
44. Perry Clark	21:18
58. Roger Delay	22:36
69. George Peterson	23:43
71. Tom Fuelling	24:15
84. Gary Miller	26:14
90. Duane Rekeweg	27:27
100. Roger Zambarda	29:13



Male 45 - 49

29. Bob Bruckner	19:22
40. Joel Schartzter	20:30
42. Ivan Painter	20:57
43. John Brier	20:59
47. Don Lindley	21:28
54. Norval Lehman	22:01
66. Larry Godair	23:06
70. Tom Clagg	24:06
76. Edwin Knouse	25:21
94. Win Moses Jr.	28:21
99. Dean Sharp	28:54
101. Don Merkler	29:39

Male 50 - 59

35. John McPherson	20:07
62. Charles Swales	22:52
64. Dick Hamely	22:58
78. Bob Loomis	25:32
82. Jeff McCann	26:00
80. Dwight Brunner	27:25
91. John Jedinak	27:39

Male 60 & Over

73. Delmer Adams	24:25
85. Ken Disler	26:17
87. James Jones	26:34

Female 13 & Under

57. Allyson Kleinknight	22:30
60. Marcia Yoder	22:38
68. Lisa Sherer	23:34
86. Kristi Kelwaski	26:31

Female 14 - 18

53. Beth Marquiss	21:58
59. Shawnda Baughman	22:36
72. Erin Abdon	24:18

Female 19 - 29

65. Robin Tutwiler	23:02
75. Kim Gallogly	25:16
95. Sandy Hacker	28:29

Female 30 - 39

52. Julie Manger	21:50
67. Debbi Byers	23:16
74. Sue Steinen	24:42
77. Dixie Hook	25:27
81. Cindy Furkis	25:53
92. Flavia Titus	27:51
96. Ann Harrigan	28:34
103. June McClure	32:11

Female 40 & Over

97. Belinda Sharp	28:40
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CALLITHUMPIAN ONE MILE FUN RUN RESULTS

Male 11 & Over

1. Ryan Gibson	6:21
2. Joey Mahlan	6:45
3. Luke Binegar	6:57
8. David Scheumann	7:33
9. James Scheumann	7:45
11. Matt Merkler	8:03
19. Scott Singleton	9:26

Male 10 & Under

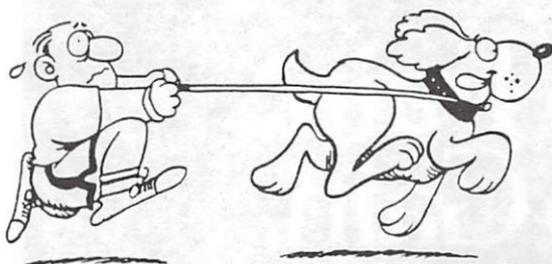
6. Ryan Hisner	7:11
7. Marc Kelwaski	7:22
12. Erik Hisner	8:32
13. Jon Zeser	8:35
14. Ross Green	8:42
22. Nick Hook	10:33
25. Nick Warren	10:42

Female 11 & Over

4. Kelli Hart	6:57
5. Emily Roe	7:02
16. Susie Springer	
26. Angie Warren	10:42

Female 10 & Under

10. Jessica Thieme	7:46
15. Lindsey Miller	8:56
17. Jenni Zeser	9:19
18. Mandi Singleton	9:23
24. Rachel Green	10:34



A decorative border of various snowflake patterns surrounds the text. The snowflakes are arranged in a roughly rectangular frame, with some larger and more detailed than others, creating a winter-themed border.

FEBRUARY 13
Fanny Freezer
5K
Foster Park 3:00

FWTC Banquet
SW Conservation Club
5:00 Social
5:30 Potluck

Guest Speaker:
Hal Higdon

**No Train,
No Gain.**

AREA RUNNERS TEST SKILLS IN LAND DOWN UNDER

BY MARK MURDOCK

LIGNIER — They went to Australia to run in a 14K race, but once they got there, just getting across the road was a challenge.

"They drive on the other side of the road. It takes some getting used to," Brian Shepherd said. "You have to be real careful when you cross the road."

Shepherd, six members of his West Noble cross country team and one other local runner journeyed to Australia recently, and had plenty of new experiences in addition to competing in the land down under.

Moises Trejo, Frank Pizana, Rusay Emmert, Mike Flora, Jason Fullord and Jim Furkis of West Noble, and Josh Keipper of Prairie Heights made the trip through the International Sports Exchange.

The trip centered around the City of Surf 14K, held at Sydney, Australia, where the local runners stayed. The race involved more than 46,000 runners, and some grinding uphill stretches.

The race is a big event in Sydney, the locals quickly learned. "We got there an hour-and-a-half before the race started, and there were people that were waiting at the starting line two hours, just so they could start from there," Shepherd said. "You get run over if you slow down too much."

Conversation was also different. "I can't believe we did that," Trejo said. "It was really hot and smorking and to visit the Arizona memorial, however.

In Australia, temperatures were much more comfortable, "in the high 60s," Fullord said. Morning runs included obstacles in form of street people, some of them under the influence.

"They wouldn't move for you, you had to dodge them," Trejo said. The locals did little shopping after seeing the price tags. Jeans were \$80 a pair, running shoes went for \$120. Even McDonald's was expensive. "It usually cost you about \$10 to eat there," Fullord said.

Conversation was also different. "I looked at the clock, and it said 2 hours and 50 minutes, and you still couldn't cross the road. It was just a mass of people."

Despite arriving later, the local runners were given a good starting position, much to the chagrin of those who had been waiting. "They bood us when we went up to the starting line," Fullord said.

The trip was a working vacation for the runners, who put their miles in each day, even during a two-day layover in Hawaii, where they ascended Diamond Head in their daily workout.

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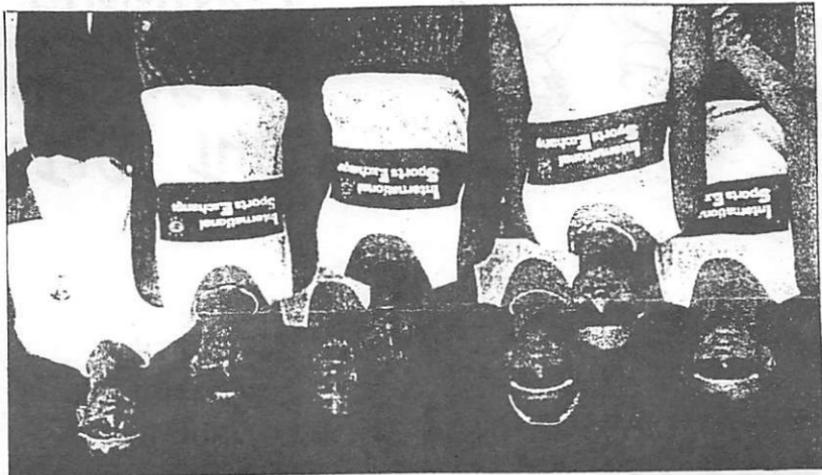
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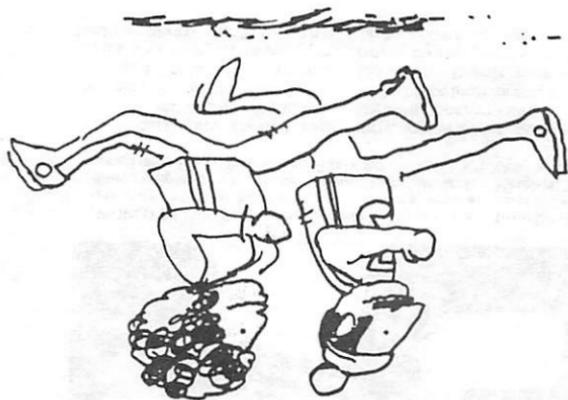


WORLD TRAVELERS — These West Noble runners recently returned from a trip to Australia, where they competed in a 14K race. From left, Moises Trejo, Frank Pizana and Rusay Emmert. Back from left, Mike Flora, Jason Fullord, Jim Furkis and coach Brian Shepherd. Josh Keipper of Prairie Heights, who also made the trip, is not shown. (News-Sun photo by Mark Murdock)

The locals were greeted with "G'day," and a thank you usually brought a "No worries, mate." "I said 'Pardon me,' a couple of times after bumping into people, and they always said 'What?' Over 12-hour plane trip was interrupted almost endless journey home. The trip was worthwhile, even with an hour drive home. "Then we got up and ran the next day," Trejo said.

All of the local runners said their attention," Shepherd said.

there, pardon means you want their



START THE
NEW YEAR
RUNNING!



JAMES BARCOCK
ROBERT A. BRUCKNER
TIM BRUCKNER
GARY DEXHEIMER
DON FORD
GORDON DENNY
RUSTY GROSE
POLLY JACOBS
VICKI L. JACOBS
MICHAEL KAST
MICHAEL A. KOLESIAK
DON LINDLEY
MIKE LINDLEY
MIKE MCKENZIE
JERRY PERKINS
ROBERT A. QUINTANO
GARY RHOADES
JOEL SCHARTZER
PHILIP WAHLS
JOE ZIEGLER



1993 FWTC NEW AND RENEWALS



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 is 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 rates will apply:

**MERRY FITNESS
AND A HEALTHY
NEW YEAR!**

ANNUAL MEMBERSHIP DUES:

One year: \$15.00
Two years: \$28.00
Three years: \$36.00

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)

THAT'S JAKE
By Jake Vest



"How come we call em 'dues when nobody ever pays 'em on time? We ought to call em 'overdues' ..."



Please, God,
Stop the pain.

**Rummer's
Prayer**

CLANDER PARK 24 HOUR RUN/SYLVANIA, OH/SEPTEMBER 19, 20, 1992

1.	Fry, Robin	40	Columbus, OH	139.2 miles	93.	Bonitati, Rick	37	Toledo, OH	28.1
2.	Roof, Norm	55	Mansfield, OH	124.6		<u>Payette, Patricia</u>	41	Sylvania, OH	28.1
3.	Fortune, Gary	42	Pullman, MI	118.1		<u>Robins, Margorie</u>	59	Northville, MI	28.1
4.	Grimes, Ronald	45	New Castle, IN	115.6	96.	<u>Roberdeau, Carole</u>	48	Canton, OH	27.0
5.	Tincher, Jeffrey	36	Bowling Green, IN	114.3		<u>Reeve, Jim</u>	50	Farmington, MI	26.9
6.	<u>Moore, Debra</u>	39	Cincinnati, OH	112.3	97.	<u>Cuprys, Amanda</u>	14	Rossford, OH	26.9
7.	Hengen, Phil	48	Dayton, OH	109.9		<u>Cole, Lee</u>	41	Rossford, OH	26.9
8.	Kozachnik, Steve	38	Tucson, AZ	102.2		<u>Huber, Brandon</u>	17	Brownsville, IN	26.9
	Carpenter, Doyle	53	Tracyway, IN	102.2		<u>McGuire, James</u>	25	Sylvania, OH	26.9
	Simon, John	53	Sylvania, OH	102.2		<u>Rutherford, Norman</u>	53	Toledo, OH	26.9
11.	Payette, Dave	56	Sylvania, OH	101.1		<u>Willcox, Rick</u>	53	Coldwater, MI	26.9
12.	Troknya, J.C.	48	Toledo, OH	100.4	105.	<u>Painter, Dan</u>	24	Toledo, OH	26.5
13.	Wignore, Rich	46	London, ONT, CAN	95.4	106.	<u>Gerkin, Gary</u>	49	Mitchell, IN	19.0
14.	Holder, Burnsie	48	Elgin, IL	92.1	107.	<u>Harman, Tim</u>	42	Toledo, OH	7.9
15.	Bundy, Chuck	60	Hazel Crest, IL	88.3					
16.	<u>Lindsey, Don</u>	48	Pt. Wayne, IN	87.6					
17.	Roberdeau, Dan	48	Canton, OH	86.5					
18.	Agrasta, William	53	Hemlock, MI	85.3					
	<u>DeLucia, Mark</u>	51	Livonia, MI	85.3					
	<u>Milancevich, Joe</u>	50	Pt. Pleasant, NJ	85.3					
	<u>Mesarosh, Albert</u>	54	Mitchell, IN	85.3					
	<u>Payotelis, John</u>	57	Dearborn, MI	85.3					
23.	Duncan, Gordon	45	Kingsville, ONT, CAN	84.2					
24.	Mollanen, Michael	46	Mt. Pleasant, MI	84.0					
25.	Lamb, Robert	49	Northville, MI	82.0					
26.	Munson, Bob	53	Toledo, OH	81.3					
27.	Bachmayer, Eric	30	Sylvania, OH	80.8					
	<u>Moyer, William</u>	43	Berkley, MI	80.8					
29.	Myers, Rick	45	Whitehouse, OH	79.7					
30.	<u>Robins, Robert</u>	59	Northville, MI	76.4					
	<u>DeLucia, Janet</u>	50	Livonia, MI	76.4					
	<u>Gerkin, Charlotte</u>	46	Mitchell, IN	76.4					
33.	Bertram, Jeff	45	Toledo, OH	74.3					
34.	Beverage, Bruce	41	Toledo, OH	71.9					
35.	Marvin, Bernie	57	Metamora, OH	70.7					
36.	Blum, Bob	49	Cleveland, OH	69.6					
37.	Gjurasin, Don	47	Holland, OH	68.5					
	<u>Kusz, Ron, Sr.</u>	55	Toledo, OH	68.5					
	<u>Breckler, Robert</u>	45	Defiance, OH	68.5					
40.	Ruckle, Delbert	47	Columbus, OH	66.2					
41.	<u>Gerick, Tom</u>	52	Dearborn, MI	65.1					
	<u>Mock, Sarann</u>	61	Florence, KY	65.1					
	<u>Yarger, Robert</u>	42	Saline, MI	65.1					
44.	<u>Cole, Janet</u>	39	Brownsville, IN	64.0					
	<u>Ranta, Bob</u>	60	Redford, MI	64.0					
46.	<u>Foote, Harold</u>	51	Sylvania, OH	63.2					
47.	Ross, Jordan	31	Chicago, IL	62.9					
48.	<u>Kulwicki, James</u>	39	Sterling Hts., MI	60.6					
	<u>Gehring, Randy</u>	39	W. Lafayette, IN	60.6					
50.	<u>Kane, Chris</u>	23	Toledo, OH	57.3					
51.	<u>Warmke, Don</u>	52	Toledo, OH	56.7					
52.	<u>Sweeney, Walt</u>	54	Ann Arbor, MI	56.1					
53.	<u>Rozier, Richard</u>	62	Fresno, CA	55.0					
54.	<u>Huber, Terry</u>	30	Temperance, MI	53.9					
55.	<u>Love, Erv</u>	48	Farmington Hills, MI	53.7					
56.	<u>Sherline, Carter</u>	32	Ann Arbor, MI	53.3					
57.	<u>Kaminski, David</u>	49	Sylvania, OH	51.6					
	<u>Sweeney, Carol</u>	37	Ann Arbor, MI	51.6					
59.	<u>Horvath, Dan</u>	39	Farmington Hills, MI	50.5					
	<u>Alexander, Robert</u>	46	Sylvania, OH	50.5					
	<u>Lebsack, Mel</u>	44	Boulder, CO	50.5					
	<u>Steinmetz, Charles</u>	62	Indianapolis, IN	50.5					
63.	<u>Ratton, Vicky</u>	46	Cincinnati, OH	49.6					
64.	<u>Vernier, Marty</u>	43	Sylvania, OH	48.3					
65.	<u>Althoff, Tom</u>	52	Sylvania, OH	47.8					
66.	<u>Muneio, Paul</u>	33	Sylvania, OH	47.4					
67.	<u>Koch, Rob</u>	39	Farmington Hills, MI	46.0					
68.	<u>Kosydar, Walter</u>	63	Toledo, OH	45.2					
69.	<u>Zadjlik, Dave</u>	27	Chesaning, MI	43.8					
70.	<u>Davis, Fred, III</u>	44	E. Cleveland, OH	43.0					
71.	<u>Beverage, Vicki</u>	36	Toledo, OH	41.1					
72.	<u>Larrow, Michael</u>	37	Harbor View, OH	40.4					
	<u>Place, Sheila</u>	55	Plymouth, MI	40.4					
74.	<u>Krieger, Doug</u>	37	Sylvania, OH	39.3					
75.	<u>Lawrence, Keith</u>	31	Flint, MI	37.1					
76.	<u>Geyer, Tom</u>	42	Canton, OH	36.0					
77.	<u>Hoag, Paul</u>	37	Holland, OH	34.8					
	<u>Spencer, Mark</u>	38	Monclova, OH	34.8					
79.	<u>Dames, Stephanie</u>	43	Ann Arbor, MI	33.7					
	<u>Dembinski, Thomas</u>	43	Fredericktown, OH	33.7					
81.	<u>Waugh, Jean Perry</u>	32	Huntington, WV	32.6					
	<u>Levy, Richard</u>	49	Dearborn Hts., MI	32.6					
	<u>Skywalker, Luke</u>	38	Canton, MI	32.6					
84.	<u>Ranta, Mary</u>	61	Redford, MI	31.4					
85.	<u>Timmins, Sherm</u>	50	Temperance, MI	30.3					
	<u>Fineske, Fred</u>	51	Maumee, OH	30.3					
	<u>Etchen, Jodi</u>	18	Defiance, OH	20.3					
	<u>Hauer, Tom</u>	44	Fenton, MI	20.3					
	<u>Krueger, Judith</u>	40	Oregon, OH	20.3					
90.	<u>Stewart, Anita</u>	33	Cleveland, OH	29.4					
91.	<u>Cairns, Robert</u>	56	Toledo, OH	29.2					
	<u>McCormick, James</u>	35	Perrysburg, OH	29.2					



Healthier Holiday Meals

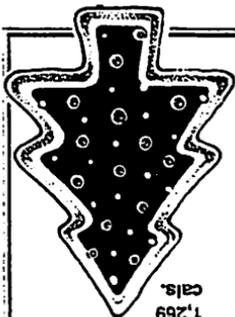
Holiday meals are meant to be enjoyed! But many of our favorite traditional holiday foods are high in fat and calories... and we are left feeling too full and guilty about overeating! So instead of giving up your favorite holiday foods, just EAT LESS!!! Cut down on the portions of every item and you'll savor the flavor without feeling too full! Here's how much difference just cutting the portions makes:

Typical Holiday Meal		Healthier Holiday Meal	
Item	Amount	Item	Amount
Turkey, Light and Dark meat w/skin	8 ounces	Turkey, Light and Dark meat w/skin	23
Stuffing	3/4 Cup	Stuffing	15
Mashed Potatoes	1 Cup	Mashed Potatoes	10
Gravy over Turkey, Stuffing and Potatoes	1/2 Cup	Gravy over Turkey, Stuffing and Potatoes	6
Sweet Potatoes w/ 1 tsp. Butter	1 Cup	Sweet Potatoes w/ 1 tsp. Butter	10
Green Beans w/ 1 tsp. Butter	1 Cup	Green Beans w/ 1 tsp. Butter	5
Gelatin Salad, Creamy Type w/Nuts & Fruit	1 Cup	Gelatin Salad, Creamy Type w/Nuts & Fruit	6
Rolls	2	Rolls	6
Butter	2 tsp.	Butter	10
Cranberry Sauce	4 Tbsp.	Cranberry Sauce	4
Pumpkin Pie	1/6 Slice	Pumpkin Pie	18
Whipped Cream, Real	4 Tbsp.	Whipped Cream, Real	20
TOTAL		TOTAL	129 g fat
			2,382 cal.

Lighter Holiday Meal		Typical Holiday Meal	
Item	Amount	Item	Amount
Turkey, Light and Dark meat w/skin	4 ounces	Turkey, Light and Dark meat w/skin	11
Stuffing	1/2 Cup	Stuffing	10
Mashed Potatoes	1/2 Cup	Mashed Potatoes	5
Gravy over Turkey, Stuffing and Potatoes	1/4 Cup	Gravy over Turkey, Stuffing and Potatoes	3
Sweet Potatoes w/ 1/2 tsp. Butter	1/2 Cup	Sweet Potatoes w/ 1/2 tsp. Butter	5
Green Beans w/1/2 tsp. Butter	1/2 Cup	Green Beans w/1/2 tsp. Butter	2
Gelatin Salad, Creamy Type w/Nuts & Fruit	1/2 Cup	Gelatin Salad, Creamy Type w/Nuts & Fruit	3
Rolls	1	Rolls	3
Butter	1 tsp.	Butter	5
Cranberry Sauce	2 Tbsp.	Cranberry Sauce	0
Pumpkin Pie	1/8 Slice	Pumpkin Pie	13
Whipped Cream, Real	2 Tbsp.	Whipped Cream, Real	5
TOTAL		TOTAL	65 g fat
			1,269 cal.

Men= 2700 Calories and 90 grams of fat
 Women= 2000 Calories and 67 grams of fat

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 November/Healthier Holiday Meals



Source: Carolyn Jean Hermann (Assim, IN)

Bake brownies at 350° about 60 minutes or until they test done. Cool.

non-stick spray.

Pour batter in a 9 x 13" baking pan that was lightly coated with a

Put mix in bowl. Add oil, egg substitute, water, and diced apples to mix and stir until everything is well-combined.

METHOD:

- 1 pkg. Reduced-Fat Brownie Mix
- 2 Tbsp. Oil
- 1/4 c. Egg Substitute
- 2/3 c. Water
- 6 sm. Apples, finely diced

INGREDIENTS:

APPLE BROWNIES

Nutritive Values

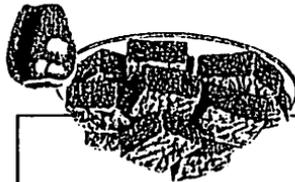
(1/24 Recipe)

Calories: 126
 Protein: 1 g.
 (Carbohydrate): 25 g.
 Fat: 2 g.
 Cholesterol: 1 trace
 Sodium: 94 g.
 Fat Calories: 14%

Food Group Exchanges

(1/24 Recipe)

1/2 Starch
 1 Fruit
 1/2 Fat



Judy Tillapaugh, R.D.
 Nutrition Specialist
 Health Promotion Services

Judy

Happy Holidays,

Ring in the New Year feeling fit!

Here is a collection of information especially for you to use. Brighten your holiday season with a few new traditions!

Treat yourself well by keeping healthy habits during the holiday season. Good tastes and health can go hand in hand. Think moderation, stay active, and plan to enjoy all the special opportunities like family gatherings, business socials, and reunions with friends.

Fatty food and beverages are a normal part of all special occasions. The time is perfect for favorite flavors, yet we can easily over indulge, over drink, get stressed out, or under exercise. One or more of these may take the "Ho-Ho-Ho" out of the season. Joyous eating definitely can promote the dreaded "holiday pounds".

There is no perfect way to celebrate the season. Whatever we mean to be glorious year by year. select to do is personally right. Our holiday seasons are meant

our lives. A time for celebrations. A time to express appreciation. A time to give gifts of love and friendship. 'Tis the season to pass on cheers and wishes to special people in

friends,

Party Pointers for Healthy Holidays!

1. Keep things in perspective. One "pig-out" is not a tragedy! What is important is to get back on a normal eating pattern after an occasional indulgence.

2. Eat something small before social events to avoid arriving hungry. It's difficult to control eating when hungry.

3. Never skip meals before a party or reception..just stick to your normal meal times and eat smaller portions!

4. Plan ahead! Decide before the party what you will eat and drink! Set limits and goals for yourself... like only two glasses of eggnog, three cookies, and some cheese and crackers.

5. At the party...try only NEW foods- you can have meatballs anytime! Or select only your tried and true favorites and parties, like the pigs in a blanket (cocktail sausages in dough) or cheeseball and crackers, etc... Don't try things just for the sake of filling your plate!

6. Fill your plate once. And don't nibble while moving through the buffet/party line!
 7. Get away from the table! Once you get your food, move to another area of the room so you aren't tempted to do the "stand-pick-and-eat" scene... when you stand at the party table talking to someone and you pick and eat the entire time!

8. Talk to every person at the party! It'll keep you occupied and away from the food!

9. Alcohol stimulates the appetite, so go light on alcoholic drinks and beverages. And most importantly, don't drive if you do drink!

10. Best bet beverages are fruit punches, sparkling waters, diet sodas.

11. ENJOY ALL FOODS YOU EAT! AND DON'T FEEL GUILTY ABOUT IT! Allow yourself the special treats you've been looking forward to... just cut back on calories and fat the next day.

12. Get plenty of exercise during this season of eating.

13. In general, high-cal foods are crisp and greasy or oily; smooth and thick (sauces and cream and butters); sweet and gooey (candy and cookies) and alcohol. Low cal choices are fruits, vegetables, shrimp, and dips made with lowfat sour cream and yogurt.

Remember, it's not what you eat between Thanksgiving and New Year's that makes or breaks a healthy diet, it's what goes on from New Years to Thanksgiving!!!

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 December/Party Foods



John G. Jedinak ran the Calumet Memorial Park Mini-Marathon on October 11, 1992 in Calumet City, Illinois (a short 3 hours from Fort Wayne). John set a PR of 2:03:38 on the flat course in 50-60 degree weather. John says it was a great follow-up to the Parlor City Trot!

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

----- 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) 745-7339 ENTRY FEE IS GIFT-WRAPPED T-SHIRT
- 06 SUN * JINGLE BELL 5K RUN/WALK INDIANAPOLIS (317) 879-0321
ARTHRITIS FOUNDATION, 8646 GUION RD., INDIANAPOLIS, IN 46268
- 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
- 06 SUN WHITE ROCK MARATHON DALLAS, TEXAS 8 A.M.
BOX 74335 DALLAS TX 75374 (214) 526-5318
- 09 WED FWTC CAROLING RUN - MEET AT TAYLOR COLLEGE/FORT WAYNE
MONTHLY MEETING WILL FOLLOW THE RUN
- 12 SAT JINGLE BELL RUN 5K FORT WAYNE - FOSTER PARK 11 A.M.
ARTHRITIS FOUNDATION 436-4486 REGISTRATION AT TAYLOR UNIV
- 12 SAT SNOWFLAKE DERBY 4K AND 8K EVANSVILLE (812) 464-1710
BILL STEGEMOLLER, 8600 UNIVERSITY BLVD., EVANSVILLE IN 47712
- 12 SAT * ROCKET CITY MARATHON (16TH) HUNTSVILLE, AL
HAROLD TINSLEY 8811 EDGEHILL DR, HUNTSVILLE AL 35802
(205) 881-9077
- 13 SUN HONOLULU MARATHON (20TH) (808) 734-7200
TRAVEL PACKAGE: LET'S TRAVEL SERVICE 800-458-7471

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

- 02 SAT * SIBERIAN EXPRESS 7.6 MILE RUN DANVILLE, ILLINOIS
SIBERIAN EXPRESS PO BOX 1701, DANVILLE, IL 61834
- 09 SAT CHARLOTTE OBSERVER MARATHON (16TH) CHARLOTTE, NC
(704) 358-KICK MARATHON BOX 30294 CHARLOTTE NC 28230
- 10 SUN * 20TH ANNUAL 10 MILE SHOE RUN DELTA, OHIO 2 P.M.
DAVE'S RUNNING SHOP, 203 MAIN ST., DELTA OH 43515
(419) 822-3498 REGISTRATION AT DELTA SENIOR HIGH
- 16 SAT * BERMUDA MARATHON ALSO 1/2 MARATHON AND 10K
MARATHON TOURS (800) 783-0024
- 17 SUN MIAMI MARATHON ALSO 1/2 MARATHON AND 5K (800) 940-4RUN
MIAMI RUNNERS CLUB 7920 SW 40 ST, MIAMI FL 33155
- 24 SUN HOUSTON-TENNECO MARATHON HOUSTON, TEXAS
BOX 2511 HOUSTON TX 77252-2511 (713) 757-2700
- 24 SUN * SAN DIEGO MARATHON & HALF MARATHON CARLSBAD, CALIF.
2270 CAMINO VIDA ROBLE; STE. D., CARLSBAD CA 92009
(619) 929-0909

06 SAT * LAS VAGAS MARATHON (27TH) LAS VAGAS, NEVADA
AL BOKA BOX 81262, LAS VAGAS NV 89180 (702)876-3870
07 SUN GROUND HOG SEVEN CLAY JR. HIGH SCHOOL CARMEL, IND. 1 PM
13 SAT FWTC FANNY FREEZER 5K FOSTER PARK FORT WAYNE
FWTC P.O. BOX 11703, FT. WAYNE IN 46860 (RACE DAY REGISTRATION)
13 SAT FWTC ANNUAL BANQUET - SOUTHWEST CONSERVATION CLUB (BLUFFTON RD)
POLIUCK DINNER - BRING ONE DISH AND A SALAD OR DESSERT
BRING YOUR OWN TABLE SERVICE SOCIAL HOUR 5 PM, DINNER 5:30
GRAND BAHAMA 5000 MARATHON TOURS (800) 783-0024
JEFF GALLOWAY VACATIONS (404) 255-1033
TRACK SHACK (407) 896-1160 1322 N MILLS AV ORLANDO FL 32803
14 SUN 13 TH ANNUAL WINTER RUN 15 MILE & 3 MILE COLUMBUS, OHIO
C.J. FRANK (614) 224-2795
27 SAT GASPARIITA DISTANCE CLASSIC 15K/5K TAMPA, FLORIDA
GASPARIITA '93 BOX 1881, TAMPA, FL 33601 (813) 229-RUNN
27 SAT * BLUE ANGEL MARATHON (10TH) PENSACOLA FLORIDA
BLDG 632, NAS, PENSACOLA FL 32508-5000 (904) 452-2159
28 SUN OHIO RIVER ROAD RUNNERS MARATHON & HALF MARATHON
FARMERSVILLE, OHIO (513) 253-2180
JETMAN, 1042 BRITZ AVE., DAYTON OH 45410

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

06 SAT MAD MARCH MILER, INDIANAPOLIS, IND. ST. MARK CEMETERY 10 AM
07 SUN * LOS ANGELES MARATHON (8TH) (310) 444-5544
11110 W. OHIO AV #100, LOS ANGELES CA 90025-3329
20 SAT 13TH ANNUAL NUTRA RUNS 20K, 5M AND 1M FORT WAYNE 2 PM
RACE DIRECTOR: JUDY TILLABAUGH (219) 456-3277
FWTC PO BOX 11703, FORT WAYNE IN 46860
21 SUN SAM COSTA HALF MARATHON CLAY JR. H.S. CARMEL, IND.
20 SAT * SHAMROCK SPORTSFEST MARATHON (21ST) VIRGINIA BEACH, VA
ALSO OPEN 8K, TAC MASTERS 8K CHAMPIONSHIP (804) 481-5090
JERRY BOERIE, 2308 MAPLE ST, VIRGINIA BEACH, VA 23451

----- A P R I L 1 9 3 -----

03 SAT CHANNEL 10 CHANNEL 20K WHITEHALL/MONTAGUE, MICHIGAN
TOM CLOCK III, BOX C, WHITEHALL MI 49461 (616) 894-8052
04 SUN 13TH ANNUAL RED BRICK RUN OXFORD, OHIO
RED BRICK RUN '93 P.O. BOX 453, OXFORD, OH 45056
18 SUN TOLEDO GLASS CITY MARATHON TOLEDO OHIO 8 A.M.
CALL OR SEND SASE AFTER DEC. 15, 1992
PAT WAGER, 130 VALE, TOLEDO, OH 43614 (419) 385-1072
19 MON BOSTON MARATHON (97TH) HOPKINTON/BOSTON, MA
BOX 1993, HOPKINTON, MA 01748 (508) 435-6905
24 SAT KENTUCKY DERBY HALF MARATHON LOUISVILLE, KY
137 W. MUHAMMAD ALI BLVD., LOUISVILLE, KY 40202 (800) 928-FEST
25 SUN MICHIGAN TRAIL MARATHON & HALF MARATHON PINCKNEY, MICH.
200 E. WASHINGTON, ANN ARBOR, MI 48104 (313) 769-5016



 * NOTICE: THE POPULAR AUL/GOVERNOR'S CUP SERIES MAY BE
 * DROPPED IN 1993 DUE TO BUDGET CUTS. I DID
 * NOT MAKE THE FIRST RUN VOTE, THE NEXT VOTE
 * WILL BE AT THE END OF NOVEMBER. MORE INFO
 * IN THE NEXT NEWSLETTER.

 * 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

 * 19 SAT LUDINGTON LAKESTRIDE HALF MARATHON (616) 845-0324
 * BOX 160, LUDINGTON, MI 49431 LUDINGTON, MICH.

 * 19 SAT GRANDMA'S MARATHON (177H) AND HALF MARATHON (218) 727-0947
 * SCOTT KEENAM, BOX 16234, DULUTH MN 55806 DULUTH, MINN

 * 05 SAT SUNBURST MARATHON (107H) ALSO 5K & 10K SOUTH BEND, IND.
 * SOUTH BEND TRIBUNE, 225 W. COLFAX AVE., SOUTH BEND IN 46626
 * (219) 233-6161 EXT 441

----- J U N E 1 9 9 3 -----
 * 31 MON THE GREAT RACE HALF MARATHON ELKHART, IND.
 * ALSO 10K RUN AND 5K/10K WALKS
 * RON SCHMANNSKE, 421 S. 2ND ST., ELKHART IN 46516 (219) 294-1661

 * 29 SAT DEXTER-ANN ARBOR HALF MARATHON ANN ARBOR, MICHIGAN
 * ALSO 5K AND 10K (313) 663-9740
 * DEXTER-ANN ARBOR RUNS, 241 SUNSET, ANN ARBOR MI 48103

 * 22 SAT BIG BOY 20K CLASSIC WHEELING, WV. (304) 242-7322
 * HUGH STOBBS, BOX 1046, WHEELING WV 26003

 * 16 SUN REVCO-CLEVELAND MARATHON (167H) (216) 425-9811
 * ANDREA CENTOLA, 1925 ENTERPRISE PKWY., TWINSBURG OH 44087

 * 15 SAT * ICE AGE TRAIL 50 MILES, WAUKESHA, WISCONSIN
 * SOUTHERN KETTLE MORAIN STATE FOREST 6 A.M.

 * 08 SAT LAKE GENEVA MARATHON & 25K LAKE GENEVA, WISCONSIN
 * FRANK FOBBS, BOX 1134, LAKE GENEVA WI 53147 (414) 248-4323

 * 08 SAT OLD KENT RIVER BANK RUN 25K GRAND RAPIDS, MICHIGAN
 * BOX 2194, GRAND RAPIDS, MI 49501 (616) 771-5261

----- M A Y 1 9 9 3 -----
 * 25 SUN BIG SUR INTERNATIONAL MARATHON BIG SUR/CARMEL, CA
 * ALSO ROGAIN 5K, 7 MILE AND 10 MILE WALKS
 * BOX 222620, CARMEL, CA 93922 (408) 625-6226

 * 25 SUN WEST BLOOMFIELD HALF MARATHON WEST BLOOMFIELD, MICH.
 * ALSO 5K MIRIAM A. KAPTUR (313) 334-5660
 * 3325 MIDDLEBELT RD, WEST BLOOMFIELD, MI 48323

TRACK CLUB MEMBER PROFILE



**FORT WAYNE
TRACK CLUB**

Name: _____

Birthdate: _____

Occupation: _____

Family: _____

Pets: _____

Hobbies or interests: _____

Favorite family activities: _____

Favorite Spectator Sport/s: _____

Favorite Area Restaurant: _____

Favorite Distance to Run/Walk: _____

Favorite Race/s: _____

Favorite After Race Food: _____

Favorite Running/Walking Shoe: _____

Favorite place to Train: _____

Has There Been An Inspiration To Your Running/Walking? 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?

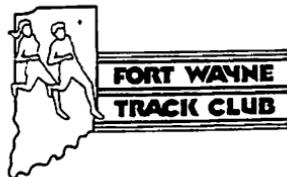
Include any additional information of interest.

Send to: Joyce Hockensmith
3732 Thyme Court
New Haven, IN 46774

FWTC RUNNERS, WALKERS, and SPECTATORS

The Inside Track would like to hear about the races you attend. Please take a few minutes and complete the following form or write an article about the event and mail to:

Joyce Hockensmith
3732 Thyme Court
New Haven, Indiana 46774



Your name: _____

Race: _____

Date: _____ Distance: _____

Your time (optional): _____

Weather conditions: _____

Approximately number of runners: _____

What you liked about the race: _____

Other FWTC members attending: _____

Other comments: _____

Coming Events...

JUST PLAIN 10K

Saturday, December 5, 1992, 2:00 P.M.
Foster Park, Fort Wayne

FWTC CAROLING RUN, POT LUCK, GIFT EXCHANGE
Wednesday, December 9, 1992, 5:30 P.M.
Taylor University Activity Center

FANNY FREEZER 5K

Saturday February 13, 1993, 3:00 P.M.
Foster Park, Fort Wayne

FWTC BANQUET

Saturday February 13, 1993, 5:30 P.M.
Southwest Conservation Club, Ft. Wayne

FWTC MEETING

Wednesday, January 13, 1993, 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.

RRCA
ROAD RACERS CLUB OF AMERICA



FORT WAYNE
TRACK CLUB

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

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