

the inside track

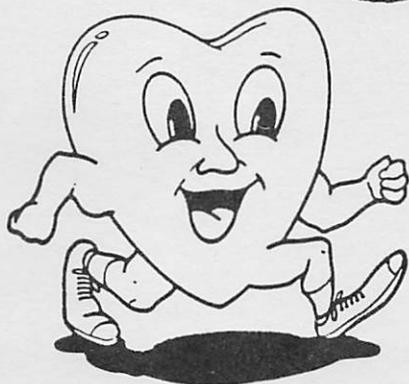
February 1993 - March 1993



FORT WAYNE
TRACK CLUB

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

COME RUN WITH US



1993

FORT WAYNE TRACK CLUB

Officers and Board Members

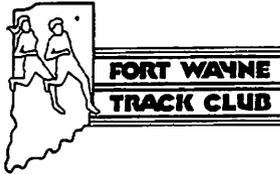
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Barb Scrogam
Phil Wahls
J.P. Jones
Stan Lipp

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



PRESIDENT'S COLUMN - - Bob Hockensmith

By the time this issue of the Newsletter is in your hands, it will be time to start thinking about the coming running and walking season. One of the earliest races on the schedule is the 20K Nutra Run on March 20, which usually gives all of us a final taste of winter's worst weather. The bright note at that time is the anticipation of an early Spring.

While thinking of the new year's activities, a question came to mind asking why we run or walk, or perhaps engage in any form of physical exercise. I'm sure we all have reasons even if somewhat buried amid the clutter of day-to-day thoughts and concerns. Some people are concerned with weight control, others with improving their health, and many are motivated by the sheer fun of the activity. Although I am interested in all of those reasons, I must admit that there has been a change in my attitude over the past eight years that I have been running.

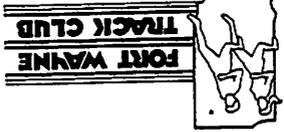
Early on, the primary purpose was health. Later, I learned that participating in races could be a great amount of fun. For several years, I tried to increase speed in order to be more competitive in my age group, but more recently I've accepted the reality of the differences in those in my age group which has required a shift in attitude. I have concluded that with a tremendous increase in effort, only marginal increases in speed can be obtained. Then, when participating in races, there must be a constant maximum effort to achieve any improvement at the finish line. Of course, due to the many younger runners in each of the events, on the best days, I still finished near the end of the group. The lack of natural talent, a body type more appropriate for a Saint Bernard rather than a Greyhound, and the accumulation of a few years of living, all have taken their toll. These conclusions have motivated me to train slightly less intensely, run a little easier so that the race is a bit more fun, and worry less about who is ahead at the finish. The health benefits are the same.

The point of all this is that the Fort Wayne Track Club exists for all levels of runner and walker. We applaud the elite among our members and cheer them on to the finish. We are pleased with those who finish in the middle, recognizing that their efforts are perhaps as great. We also support and encourage those, like me, who finish at or near the end. We solicit all levels of athlete to maintain a membership in the Fort Wayne Track Club and ask that you encourage your friends to likewise join.

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.



MINUTES
FORT WAYNE TRACK CLUB MONTHLY MEETING
WEDNESDAY, DECEMBER 9, 1992

Present: Ken Disler, Don Ford, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, John Jednak, J.P. Jones, Don Lindley, Barb Scrogham & daughter Kim Yates

The meeting was called to order by President Bob Hockensmith and immediately adjourned by same so that we could get on with the EATING!!! (Prior to this, several of the above-mentioned people had gathered at 5:30 for a caroling run through the neighborhoods surrounding TUFM & Foster Park.)

Everyone enjoyed a DELICIOUS buffet of food provided by all who came -- thank you! And everyone seemed pleased with the gifts they chose during the gift exchange/draw.

Ken Disler reported that he is working on the club apparel project. He has been in contact with a local company, and will continue to keep us informed of his progress.

J.P. Jones said that plans continue to come together for the January 9th training seminar for potential race directors. In discussing doing a mailing of a special invitation to the seminar, it was suggested that the mailing also include a membership application, a race schedule, and a notice about the club's annual meeting/potluck and Fanny Freezer on Saturday, February 13.

It was reported that the Governor's Cup Series has definitely been cancelled for 1993 -- this is a final decision and will not be reversed.

It was also reported that the RRCA wants local clubs to include a membership waiver on club application forms -- this is voluntary on the part of clubs right now, but will become mandatory in 1994.

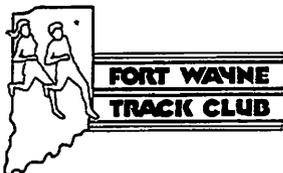
Everyone was reminded that the next meeting is scheduled for Wednesday, January 13, 7 p.m., TUFM Activities Center. Those who want to come for the training run should meet in the TUFM parking lot at 5:30 p.m. (Come dressed to run since the AC door will not be open until 6:30).

Respectfully submitted,
Vicki Jacobs,
Secretary

Wayne Unsells' New Years Resolution is to spend more time at home!

Dana Budd's New Years Resolution is to re-join the FWTC.

Joyce Hockensmith's New Years Resolution is to beat Barb S. at some race in '93.



MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, January 13, 1993, 7:00 p.m.

15: Ken Disler, Don Ford, Dana Hadden, Jack Hilker, Bob & Joyce Hockensmith, Vicki Jacobs, John Jedinak, J.P. Jones, Don Lindley, Mary McManus, Barb Scrogam, Judy Tillapaugh, Wayne Unsell.

President Bob Hockensmith called meeting to order & Don Lindley gave treasurer's report. 1992 income was \$9,450.90 (down \$549.10 from the \$10,000 budgeted for '92); 1992 expenses were \$8,602.84 (down \$1,397.16 from the \$10,000 anticipated for '92). This leaves surplus of \$2,487.67 to begin '93. Budgeted '93 income is \$8,800 & budgeted '93 expenses are \$11,260 (shortfall between expenses & income covered by '92 surplus). Membership report shows 191 new/renewal memberships to date.

Joyce Hockensmith needs material for February/ March newsletter by Wednesday, January 20. We've picked up one new advertiser & have dropped one delinquent advertiser. If you know anyone who might be interested in buying advertising please let Joyce know.

Judy Tillapaugh said our state RRCA director is encouraging Hoosier runners to attend national RRCA convention in Oregon this spring. There'll be regional Elkiden Relay in Kansas City on April 28 (5-person relay with each person running different distance) -- get a team together & call Judy for details. End of January is deadline for submitting proposals for Children's Running Program Grant (Judy has details).

Mary McManus shared information on FWTC running apparel (short & long sleeve t-shirts, sweat shirts, singlets) & after discussion she said she'd get specific pricing information. It was agreed that straw poll could be taken at February banquet to get feel for interest in purchasing club apparel.

J.P. Jones said seminar for training potential race directors (held Saturday afternoon January 9) went well. Only 2 people, in addition to 7 involved in giving presentations, were present, but ALL there (most of whom are race directors) learned LOTS from each other & said how nice to share race directing ideas with each other. Consensus was this ought to be done again (maybe at time other than Saturday afternoon).

Don Lindley announced there'll be runs every Wednesday night 6:00 at his house for anyone interested (on Wednesdays of track club meetings -- 2nd Wednesday of each month -- run at 5:30 instead of 6, meet in TUFW parking lot instead of Don's house).

Vicki Jacobs reminded everyone of February 10 meeting 7 p.m. TUFW Activities Center & said March 10 meeting 7 p.m. will be in classroom 101 of Witmer Hall (3 story building across parking lot from Activities Center; come in end glass doors, go down to opposite end of first floor for classroom 101).

Dana Hadden & John Jedinak won doorprizes & meeting concluded with Joyce Hockensmith (who along with Bob was wearing an official Charlotte Observer Marathon t-shirt) distributing chocolate covered coffee beans from Hawaii (very expensive & very tasty!).

Respectfully submitted,
Vicki Jacobs, Secretary



COME RUN WITH US



FORT WAYNE
TRACIC CLUB



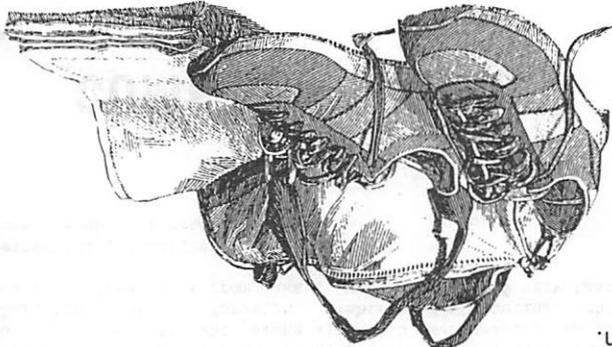
FWTC MEMBER PROFILES

BARRY BAUMBAUGH

Barry Baumbaugh, born October 31, 1953 is an Electronics Engineer at the University of Notre Dame. Barry's family includes his wife, Kelly, sons, Tad 4 years, Travis 20 months, Randy 2 months, and daughter Brandy 3 years. Also sharing their home are two black Labs, Trapper and Trace. Barry's hobbies include hunting, and (believe it or not) raising children. Favorite family activities are visiting the zoo and fishing. You will probably find Barry out for a 10K run in his Asics Gels on the Notre Dame campus. After a run just give him cookies. (He's partial to all kinds) I don't know how the cookies are at Walkers in Wolf Lake, but Barry enjoys eating there. Barry's favorite race is the Turkey Trot 10K, a cross-country race in Dowagiac. Barry runs to avoid hypertension medication, and attends races for the social benefits. Barry plans to keep running "till they put me 6 feet under." Barry would like to see the FWTC put on a big race, 15K or longer.

FRED ROSS

Fred Ross, born January 31, 1941, is an Application Engineer. His family includes his wife Vicki, daughter Krista, and pet Lab Alex. Fred enjoys biking, rowing, hiking, watching Track and Field, and get-away weekends with the family. You'll find Fred training in his Nikes around Warsaw, Indiana after which a stack of pancakes will hit the spot. When he's not enjoying pancakes, Fred likes eating at TJ Pasta. Fred's favorite distance is 5K, but strangely enough, his favorite race is a 4 mile Mini-Marathon in Etna Green. Fred's inspiration has come from training partner, Rex Reed. Fred dreams of running forever and going back to Boston for its 100th running of the marathon.





Cupid, god of love and son of Venus, is self-employed as a love archer. Although Cupid has brought many couples together, he has no immediate family and alas, no offspring. Cupid has no need for pets since he is so darn cute himself. Cupid enjoys streaking and shooting love arrows, but he also does a little running and flying. Cupid's favorite spectator sport is sitting in the back of movie theaters watching couples neck. You will find Cupid almost anywhere, at any time, in any place, running barefoot with coordinating outfit. Cupid's favorite races are ones held on Valentine's Day, or ones with the word "love" in their title. After the race, Cupid prefers eating anything heart-shaped. Cupid has received most of his inspiration from his famous mother and dreams only of bringing love to all mankind. Cupid sends his love to all members of the FWTC and would like to see a Love Run in the future.

CUPID

Hal Higdon, featured speaker at this year's FWTC banquet on February 13, lives in Michigan City, Indiana with his wife Rose. The Higdon's have successfully raised three children, one of whom qualified for the 1984 Olympic trials.

Hal began running in 1947 in high school and continued after graduation, winning national championships and placing fifth in both the 1960 Olympic Trials and the 1964 Boston Marathon.

Hal improved with age and at 49 ran a 2:29:27 marathon in New Zealand. At one point Higdon owned 24 American records.

Don't miss seeing Hal Higdon at this year's Fanny Freezer and hearing him speak at the banquet.

HAL HIGDON

BRYAN RUN FOR ARTHRITIS 5K

Bryan, Ohio

MALE

Overall Winners:

1. Brian Shepherd 15:58 (Course Record)
2. Dan Mix 15:59
3. Rick Veach 16:01

18-under:	Jim Jurcevich	16:39
19-24:	Rick Axe	19:23
25-31	Dave Arnes	16:42
32-38	Chuck Schlemmer	16:25
39-45	Doug Hohenberger	19:13
46-49	Frank Eichstadt	20:01

FEMALE

Overall Winners:

1. Julie Moore 20:10
2. Teresa Veach 20:16
3. Nila Eichstadt 21:08

18-under	Grace Arnes	21:16
19-24	Angela Karacson	26:23
25-31	Kathy Bostelman	26:54
32-38	Lana Richmond	26:28
39-45	Debbie Byers	22:47

FWTC MEMBERS at Bryan, Ohio



Dick Wicker	Deb Byers	Rick Veach	Brian Shepherd	Teresa Veach	Chuck Schlemmer
3rd	1st	3rd	1st	2nd	1st
50-59	39-45	overall	overall	overall	32-39

MARINE CORPS MARATHON

Joan Gary ran the Marine Corps Marathon on October 25, 1992 in a very impressive 3:40:00 which was a PR for her. This was good enough to place her first in her 50-54 age group. The field of runners, limited to 14,000, was faced with persistent head winds. Joan comments that it is a fun marathon with a lot of "fun" runners. It is also a great was to tour Washington with a good view of the Capitol building at about the half was mark. The Marines were **SUPER**, according to Joan and she now respects them more now than ever.

Other FWTC members attending were Don Ford and Bill Osterholt and family. Joan says they took the train and had a great time!

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ATHLETIC TEAMS THE PAST 7 YEARS. HIS
RUNNING BACKGROUND INCLUDES A 2:48:13
MARATHON PR AT DETROIT FREE PRESS.

Mary McManus's New Year's Resolution is to take more time to enjoy family and friends.

Bob Hockensmith's New Year's Resolution is to take off 10 excess pounds.

John G. Jedinak's New Year's Resolution is to beat Mr. Kenneth Disler at Bippus !!!

STAR TREK 5K

By Barbara O'Neil

New Year's Day found seven members of the Fort Wayne Track Club thankful for a day of R & R. But January 2, 1993, they were back to the tough life of a runner. Valerie Puckett, Barb Scrogam, and Jack and Barbara O'Neil left Fort Wayne at 7:00 a.m. to join 100 plus runners in Marion, Indiana. It was a nice and easy 5K with the Knight Striders and their sponsor, the Star Insurance Agency.

Every runner left the race with a colorful sweatshirt bearing the motif of the Star Trek 5K. Our friend, Ken Disler, and three of our seven also won door prizes. Ken chose a sexy troll doll to add to his collection. He and Barb S. are planning a troll doll party with just their just their troll dolls and the two of them as guests. Guess who had that idea? (Editor's question: Was this before or after the beer?)

Added to this fun day with friends was a trophy won by each one of us in our group. We didn't think that was too bad for five people who made no New Year's resolutions. Other FWTC members, Mark Furkis was 2nd overall, and Cindy Furkis also won an award.

Here's hoping we all continue celebrating 1993 by running many more miles. Happy healthy running everyone !



Valerie
Puckett

Ken
Disler

Barbara
O'Neil

Barb
Scrogam

Jack
O'Neil

Barb Scrogam's New Year's Resolution is to get organized and lose weight.

Don Lindley's New Year's Resolution is to run more and eat less.

TURKEY TROT 10K CROSS COUNTRY

Barry Baumbaugh ran the Turkey Trot 10K Cross Country race at SWM College in Dowagiac, Michigan on November 15, 1992. Barry completed the course in 49:37 in heavy snow with 5 inches on the ground. Barry's normal 10K time is about 41:00 so this tells you a lot about the course and conditions. Barry found the course extremely challenging. Some hills have been named such things as "All Fours Hill", and "Kill Gunn Hill" (after coach Ron Gunn). Although there were only about 60 runners, Barry says it is a great race if you enjoy cross country and great scenery.

OLD KENT RIVER BANK RUN

Ed Dax has provided some comments on the 25K (15.5 mile) run that takes place each May in Grand Rapids, Michigan. The some 4000 runners will usually find the weather cool, but true to Midwest form, it can also be hot. Ed says it is a great course with enthusiastic spectators. The race is very well organized and runners also receive a nice shirt and refreshments. It is a well known race and attracts many national and world class runners. If you're looking for a long spring run, put this one on your calendar.

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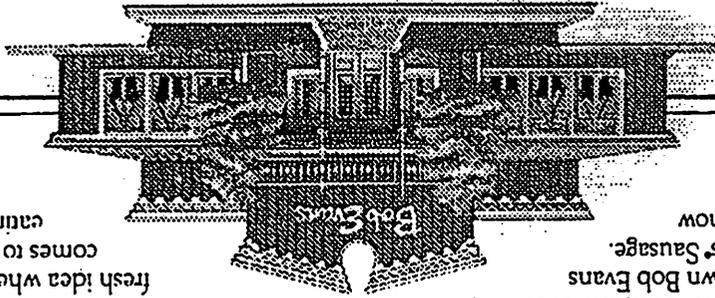
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TURKEY TROT 1992

FINAL RESULTS
TOTAL PARTICIPANTS : 161

MALE

<u>DIVISION</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>DIVISION</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	
OVERALL	1	Brian Shephard	19:35	5	Mark Brattoli	24:53		
	2	Mark Furkis	19:36	7	Steve Summers	25:25		
14 & UNDER	1	Bobby Waterson	22:31	8	Scott Beasley	25:35		
	2	Natt Brier	25:22	9	Rick Gilbert	25:36		
	3	Bobby Clark	29:40	10	Scott Kingley	25:53		
	4	Stephen Lord	32:59	11	Roger Tullis	26:03		
	5	Nathan Clay	34:50	12	Marvin Vastbinder	26:30		
15-19	1	James Furkis	21:29	13	Bret Brewer	26:37		
	2	Michael Cole	21:43	14	Jerry Witzke	26:57		
	3	Fred Miller	22:03	15	Chuck O'Reilly	27:09		
	4	Brad Thomas	22:44	16	Dean Whitman	27:21		
	5	Ryan Keffaber	23:12	17	Dave McDonald	27:24		
	6	Tim Davis	23:15	18	Edward Brown	27:29		
	7	Michael Lindley	24:03	19	Steve Peale	27:37		
	8	Dan Brier	25:17	20	Robert Nicholson	27:55		
	9	Jer Edwards	32:40	21	Harry Quandt	28:07		
	10	Jeff Chrlick	33:46	22	W.G. Funk	28:22		
20-24	1	Mike Myrick	23:18	23	Bill Oats	28:47		
	2	Mike Schoude	27:02	24	Gene Koch	28:51		
	3	Dennis Nang	28:25	25	Jim Bridges	29:31		
25-29	1	Kevin Rigg	19:57	26	Michael Variell	30:06		
	2	Doug Peterson	22:13	27	Joseph Ryan	30:51		
	3	Rick Veach	22:28	28	Bill Ryan	30:52		
	4	Paul Kucharski	25:20	29	Richard Hilts	32:32		
	5	Terry Fonner	26:22	30	Terry O'Neil	32:56		
	6	Marty Walker	26:59	31	Dana Budd	33:24		
	7	John Wali	27:33	32	Tom Blauvelt	33:34		
30-39	8	Timothy Kindler	27:45	33	Maichael Callahan	34:53		
	9	L.L. Lucchesi	27:56	34	Jeff Belknap	42:49		
	10	Rich Hartung	28:03	10-49	1	D. Hohenberger	25:44	
	11	Steve McMahon	29:12	2	Neil Anderson	26:47		
	12	Ed Walter	29:22	3	Dave Winters	26:49		
	13	John Berg	31:11	4	John Drier	26:53		
	14	Scott Nieveen	42:49	5	Lynn Armstrong	28:17		
	1	Chuck Schiemmer	21:12	6	Bill Dibble	28:19		
	2	Steve Caswell	22:25	7	Jack Seigel	28:24		
	3	Doug Osborn	23:05	8	Tom Rehner	28:33		
	4	Don Braunstetter	24:47	9	Ivan Painter	28:39		
	5	Paul Ausderan	24:48	10	Wayne Unsell	29:03		
				11	David Montgomery	29:11		
				12	George Petersen	29:12		
			13	Roger Delay	29:15			
			14	Tom Fuelling	30:15			

Ken Disler's New Year's Resolution is to change the oldest age groups to 70 & older.

Don Ford's New Year's Resolution is to lose 10 pounds.

Judy Tillapaugh's New Year's Resolution is to enjoy running even more !

<u>DIVISION</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>	<u>DIVISION</u>	<u>PLACE</u>	<u>NAME</u>	<u>TIME</u>
	15	Alan Bradley	31:08	30-39	1	Linda Ianucilli	27:28
	16	Bruce Pratt	31:37		2	Kathy Widau	27:57
	17	Bruce Catrell	31:44		3	Julie Manger	28:18
	18	Bill Osterholt	32:45		4	Debbie Bvers	30:22
	19	Thomas Agness	33:41		5	Terri Gross	31:49
	20	Tom Cartwright	34:48		6	Patty Pantelio	31:57
	21	Jim Clark	34:56		7	Cindy Furkis	33:01
	22	Dean Sharp	35:03		8	Carol Blauvelt	33:30
	23	Harold Ditmer	36:33		9	Sue Sipes	34:04
50-56					10	Patty Hartman	34:15
	1	Joe Ziegler	26:23		11	Peg North	34:16
	2	David Boylan	26:34		12	Susan Peterson	35:32
	3	Tom Feiger	26:40		13	Janet Seabury	39:12
	4	Dick Havenly	28:20		14	Cindy Miller	39:25
	5	John Sturtevant	29:10		15	Robin Thomas	42:50
	6	Ken Clark	29:18	40-49	1	Barb Scroggum	29:25
	7	Bob Loomis	31:46		2	Valerie Puckett	32:25
	8	Alton Myers	32:23		3	Belinda Sharp	36:21
	9	Terry Gautsch	33:21		4	Vickie Jacobs	36:27
	10	Guy Rhoades	33:48		5	Rita Hayes	37:26
	11	C. Dietrich	34:13	50-59	1	Joan Gary	31:00
	12	John Jedinak	35:31		2	Marjorie Crago	38:22
60 & OVER					3	Barbara O'Neil	47:47
	1	Don Anderson	29:25	60 & OVER	1	Polly Jacobs	40:07
	2	Stanley Willaims	31:45				
	3	Jack O'Neil	35:48				
	4	Melvin Day	36:02				
	5	Bob Mishler	37:02				
		FEMALE		WHEELCHAIR	1	John Manske	50:20
14 & UNDER				WALKERS	1	Bob Gensheimer	37:43
	1	Julie Goodspeed	31:45		2	Carol Weide	43:42
	2	Whitnev Metzger	35:36		3	Cherry Peterson	43:58
	3	Tracy Hayes	37:59		4	Sandy Huffman	46:12
	4	Jamie Meyer	39:18		5	Bill Hunt	46:45
	5	Paula Schneider	39:24		6	Sharon Bruner	50:48
15-19					7	Monica Mann	56:01
	1	Carol O'Hear	32:08		8	Sandra Miller	56:36
20-24					9	Yvonne Havenly	57:01
	1	Shelley Brunner	38:29		10	Janet Anderson	57:36
	2	Jenny Hogston	35:19		11	Catherine Davis	58:55
	3	Holly Liggett	39:43		12	Linda Anderson	1:00:58
	4	Karen Holbrook	42:11				
25-29							
	1	Dev Lemaster	29:13				
	2	Ellen Osborn	30:20				
	3	Cheryl McGowan	35:26				
	4	Brittany Miller	36:17				
	5	Jennifer Berg	39:13				

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JUST PLAIN 10K

Paul Ausdran ran the Just Plain 10K on December 5, 1993. He completed the course in 40:30 despite a 0 degree wind chill. The small field of about 30 and the easy course would have made for a nice fast race if not for the wind, but everyone still had a good time. Paul says that having trained with the goal of holding his weight down below 180, he went to the race with a real desire to break 40:00. All was not lost because Paul did weigh in that morning at 177. Paul also commented that the entry fee of a gift wrapped T-shirt was nice and he'll be sure to be back in '94.

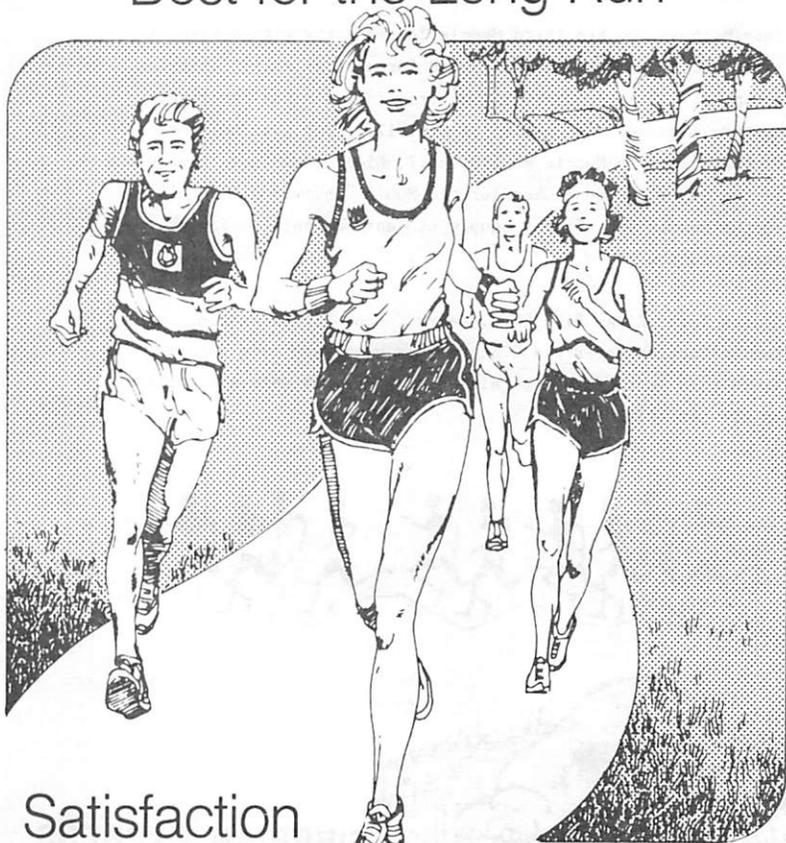
MISSISSIPPI BEACH MARATHON

Pictured are Bob & Joyce Hockensmith and Chuck Mills at the Mississippi Beach Marathon in Gulfport, Mississippi on November 28, 1992. The race, beginning in Ocean Springs and running along the Gulf of Mexico through Biloxi, Gulfport, Long Beach, and ending in Pass Christian was not a particularly memorable one. The cool overcast day brought out almost no spectators, save the few who were cheering on one of their loved ones. But, chalk another one up in their "Quest for 50".



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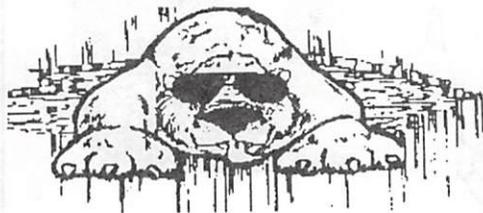
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Sunday, December 13, 1992 was not supposed to be the Male Only Muncie Ten but that is the way it turned out. The twenty sixth annual run failed to draw a single female athlete. Race directors John & Cathy Primmer were forced to return several nice awards.

It was cold enough to prohibit singlets and shorts but all in all it was a pretty nice running day. Participants were greeted with a strong East wind at the five mile turn around and again from 7½ thru 9.

Tony Mathews won his third Muncie Ten in a row with a time of :57:45.5. Dale Jacobson challenged for several miles finishing second at :59:18.8. Bob Williams from Anderson was the first Masters finisher with a time of 1:01:17.3. Bob just held off Dick Daniel from Muncie at 1:01:43.7. Glen Davis took first place in the M50's and Gene Chandler the M60's. Chuck Houck returned to the Muncie Ten after a couple of years absence to finish second in the M60's.

Sports Tech, Kirks Bike Shop, Dairy Queen, Little Debbie, Kammer Bottled Water and Clancy's Car Wash were race sponsors again this year. Plenty of aid and door prizes were available to all participants.



SIBERIAN EXPRESS

On January 2, Don Lindley ran the Siberian Express 7.6 mile run in Danville, Illinois. Don completed the course in 1:09:43, a PW (Personal Worst), on the 35 degree cloudy day in the crowd of 500 runners. It was a cross-country course with hills, but all pre-registered finishers received a glass mirror plaque. Judy Tillapaugh finished 7th overall in the women's division and Don Ford finished just 1 second behind Judy. The runners could also enjoy the celebration at the pub before the race, (maybe that was Don's problem) and also the post-race party.

MUNCIE TEN
DECEMBER 13, 1992

1. Tony Mathews	M35	1	0:57:45.5
2. Dale Jacobson	M30	1	0:59:18.8
3. Mike Hall	M30	2	1:00:01.7
4. Chris Farrell	M30	3	1:00:36.7
5. Craig Charles	M35	2	1:01:11.2
6. Bob Williams	M40	1	1:01:17.3
7. Dick Daniel	M40	2	1:01:43.7
8. Brian Charles	M30	4	1:01:52.4
9. James Jones	M35	3	1:03:03.6
10. Jim Leffler	M45	1	1:03:30.9
11. Mark Brock	M15	1	1:05:00.3
12. Tim Grant	M35	4	1:06:55.1
13. Steve Reed	M25	1	1:07:04.9
14. Glen Davis	M50	1	1:07:25.7
15. Mike Gregory	M35	5	1:08:41.1
16. Les Fix	M40	3	1:08:53.6
17. Lambert Deckers	M45	2	1:09:18.0
18. Gary Kifclin	M35	6	1:10:12.5
19. Scott Wagner	M30	5	1:12:22.4
20. Kieth Lewis	M30	6	1:12:48.7
21. Pat Hellman	M50	2	1:12:55.6
22. Gary Cox	M55	1	1:13:30.2
23. Bill Bennett	M45	3	1:14:15.2
24. Bob Fields	M20	1	1:14:21.0
25. Mickey Hess	M45	4	1:14:56.3
26. Edie McNeary	M15	2	1:15:01.3
27. Scott Buckles	M25	2	1:15:06.8
28. Ron Plummer	M55	2	1:15:17.8
29. Rick Franks	M15	3	1:15:32.5
30. Kenny Moody	M45	5	1:15:33.6
31. Bob Harvey	M20	2	1:16:00.5
32. Gene Chandler	M60	1	1:16:59.3
33. Dave Hughes	M45	6	1:18:00.8
34. Gary Pavlechko	M35	7	1:19:32.7
35. Tim Whaley	M40	4	1:19:35.2
36. John Grady	M55	3	1:20:33.9
37. Dave Brock	M45	7	1:21:01.6
38. John Fitzgerald	M50	3	1:24:19.8
39. Chuck Houck	M60	2	1:24:43.3
40. John Hartley	M25	3	1:33:11.0
41. Joe Willman	M55	4	1:33:12.0

Conditions: Overcast; 40 degrees; SE wind

NILES THANKSGIVING DAY 5K

MALE:

FEMALE

12 & under

Tom Alexander 21:27
George Yesh 21:48
Ben Caruso 21:54

Brooke Wilken 22:52
Jessica Veenstra 26:22
Patricia Brandon 27:34

13 - 18

Jason Stabnik 16:33
Moises Trejo 16:47
Frank Pizana 16:59

Angie Shefsick 21:44
Jennifer Brandon 21:47
Molly Mechtenbery 23:39

19 - 24

Dave Couch 15:20
Dennis Griffenn 15:36
Jeff Ransbottom 16:28

Jean Flanders 21:42
Cynthia Langfeldt 24:30
Larisa Myers 24:30

25 - 29

Brian Shepherd 15:11
Terry Vanparys 20:15
Jim Hibinger 20:56

Susan Anderson 18:22
Sheryl Shepherd 25:10
Mary Lasata 27:46

30 - 34

Chad Varga 15:38
Chuck Schlemmer 16:28
Trent Schafer 16:29

Leslie Grant 22:15
Ronda Bryant 22:19
Karen Hoyt 24:14

35 - 39

Steve Caswell 17:18
Tom Vahey 17:23
Marlin Howe 17:52

Michelle Tucker 20:25
Amy Bender 22:45
Kathi Wilken 22:50

40 - 44

Jim Morningstar 18:04
Bruce Watson 20:13
Don Ransome 21:44

Ronda Stabler 24:51
Clara Johns 24:52
Connie McKinney 25:15

45 - 49

Warren Johns 17:33
Vic Savich 18:07
Mike Whiteman 18:47

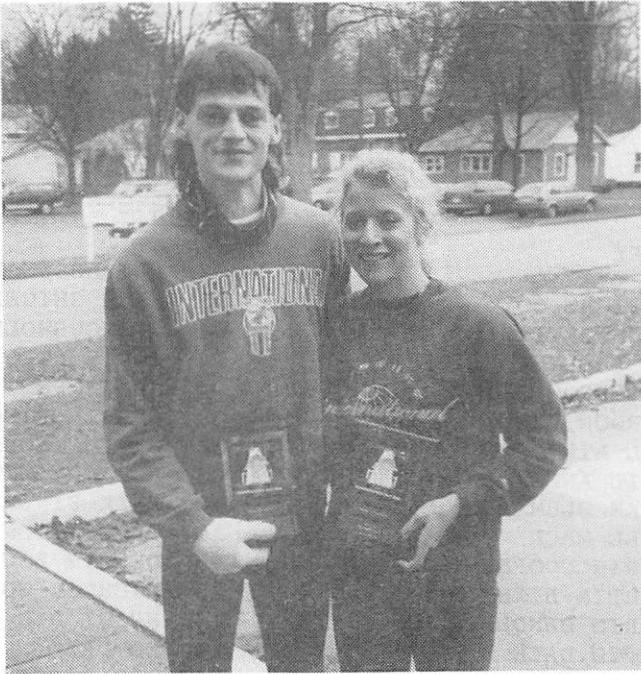
Jane Zucker 24:53
Donna Pisarsky 25:42
Char Huffman 26:48

50 - 59

Frank Pisarsky 22:51
Dick Pauwels 23:17
Allen Parelius 24:15

Bev Christensen 27:53
Peg Taylor 28:14
Judy Boecher 33:45

Joan Gary had another PR this year in an 8K at Potato Creek Governor's Cup Series, a 36:39. CONGRATULATIONS JOAN !!!



Brian Shepherd Susan Anderson



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Tax Professionals

Member
Fort Wayne
Track Club

NEWS FLASH! Joyce, Bob, and Chuck were spotted on January 9, 1993 in Charlotte, North Carolina collecting another marathon medal in their "Quest for 50".

02 ELISABETH RICKNER
 03 JACK SEIGEL
 04 JO HOUSHOLDER
 04 EDDIE LEE
 04 SUE SIPES
 08 PAMELA RIECKE
 08 DAVID THOMSON
 08 RODGER PUCKETT
 10 ERIK FINLAYSON
 10 TERRY COONAN
 13 DENNIS ZECH
 13 MICHAEL COMP
 14 HEIDI RAE
 14 ED DAX
 16 JOYCE HOCKENSMITH
 16 CHARLES PUTTERBAUGH
 20 PAUL SABRACK
 22 JENNIFER MILLER
 23 BOBBY PAULEY
 23 JED PEARSON
 25 BETTY NELSON
 26 RONALD MOTYCKA
 26 MARK DELBELLO
 27 ADAM OSBORN
 29 BOB WIEREMA
 30 GEORGE KIRBY
 30 JENI HIRSCHY
 30 DONALD FORD
 31 MARVIN SAMBUR
 31 JAMES W. MILLER

02 MATT MC COY
 02 CLEM GETTY
 03 JACQUELINE PHILLIPS
 03 BILL SOHASKI
 04 GORDON DENNY
 04 HAL ATKINSON
 04 NEIL ANDERSON
 08 MIKE BLUM
 09 BILL MACK
 09 CHRIS COOPER
 10 MARTIN BIXBY
 10 CHRIS BANDEMER
 11 DAVID DALE
 13 JILL ASH
 15 DAVID BUTLER
 15 J. BERNARD MOTYCKA
 16 DREWY CULBERTSON
 20 WIN MOSES
 21 RICK GILBERT
 21 MAUREEN BIXBY
 24 CATHERINE MENZE
 27 J. DAVID REIMSCHISEL
 27 PHYLLIS SUEZLER
 28 DAVID FAIRCHILD
 29 LARRY PALMER

February

BIRTHDAYS

March





NEW MEMBERS AND RENEWALS

ADKISON, STEVE
ALTEVOGT, BRAD
ANDERSON, DON
ANDERSON, NEIL
ARMSTRONG, LYNN
ASHTON, DON
ATKINSON, HAL
AUSDERAN, PAUL
BAUMBAUGH, BARRY
BECKER, ED
BOND, JOSEPH
BOYLAN, DAVID
BRANSTETTER, DON
BRATTOLI, MARK
BRIDGES, JIM
BRIER, JOHN
BRIONES, LOU
BROWN, RAMON
BRUNER, SHARON
BURGETTE, BERNIE
BUTLER, DAVID
BYERS, DEB
BYERS, KERRIE
BYERS, STACEY
CALLAHAN, MICHAEL
CARR, JOHN
CHRISTENWOOD, BEV
CLAGG, JASON
CLAGG, TOM
CLARK, WILLIAM R.
CLEVINGER, KELLY
COBBS, DEWAIN
COLE, MICHAEL
COX, BENJAMIN
DALE, DAVID
DANIEL, DAN
DAVIES, WAYNE
DAX, EDWARD
DENDINGER, THOMAS J.
DIBBLE, BILL
DIEHL, JERRY
DIETRICH, CLIFFORD
DILLER, TERRY
DISLER, KEN
DISS, MIKE
DONALDSON, ZANE
DOUGLAS, KATHLEEN
EHERENMAN, ROBERT
EYERS, STEVE
FAHL, GREGORY
FELGER, TOM
FINLAYSON, ERIK
FLEETWOOD, CHET
FUELLING, TOM
FURNISS, TERESA
FUZY, JOYCE
GARDNER, BOB

GARY, JOAN
GAUTSCH, TERRY
GEBFERT, ROBERT
GETTY, CLEM
GETTY, DIANE
GILBERT, JAN
GILLAND, MIKE
GODAIR, LARRY
GOLDTHWAITE, STEVE
GRABILL, ELIZABETH A.
GUMBERT, ALFRED
HABEGGER, RON
HAINES, EUGENE
HARMON, KATHY
HARNLY, RICHARD
HARTMAN, CRAIG
HAYHURST, THOMAS
HENDERICKS, MICHAEL
HILGER, JACK
HILGER, JOE
HIRSCHY, JENI
HOEPPNER, STEVE
HOLLE, KARLTON
HOUSHOLDER, JO
HUESING, BERNIE
JANTZ, DON
JEDINAK, JOHN
JOHNSON, DOUG
JONES, JAMES P.
JOSLIN, DICK
KAUFMAN, DANIEL
KELLER, JR., CLAUDE
KLEIN, JEANETTE
KLEIN, JOHN
KUHN, GARY
LAIRD, TOM
LALLOW, DAVID
LEE, LAWRENCE
LEWIS, DENE
LEWIS, HAL
LIECHTY, BRENDA
LOOMIS, BOB
MACK, BILL
MCAVOY, MICHAEL
MCCANN, JEFFREY
MCCOMAS, MICHAEL
MILLER, KEN
MILLER, ROD
MILTON, BOB
MIZE, ANN
MOTYCKA, J. BERNARD
MOYER, ROSS
MYERS, KEN
MYNETT, CHUCK
NELSON, BETTY
NELSON, KEN
OKEEFE, JERRY

PALMER, LARRY
PARK, GEORGE
PASKO, CHERYL
PETERSON, SUSAN
PEUGH, LAMAR
PHELPS, ALANE
PHILLIPS, JACQUELINE
PHILLIPS, ROGER
REED, REX
RICKNER, ELIZABETH
RICKNER, GARY
RIDDLE, MORRY
RIECKE, PAMELA
RISCH, CARL
ROBERTS, RANDY
ROLLAND, IAN
ROSS, FRED
RUETSCHILLING, DAVID
SABRACK, CYNTHIA
SABRACK, PAUL
SCHLEMMER, CHUCK
SCHMIDT, MARSHA
SCHMIDT, R.W.M.
SEIGEL, JACK E.
SHAFFER, PAUL
SIBREL, LELAND R.
SILKWORTH, KENNETH
SIMMONS, ROSEANN
SLOFFER, BELINDA
SLOFFER, MOLLY
SLONE, LEWIE
SOHASKI, BILL
STARKEY, CHRIS
STEINEN, SUE
STRAYER, DENNIS
STRIGGLE, EUGENE
SUELZER, JEFF
SUELZER, JERRY
SUELZER, JOE
SUELZER, PHIL
SUELZER, PHYLLIS
SULLIVAN, KING
SUMMERS, STEVE
TALAMANTES, DIANA
THOMPSON, JAMES
TILLAPAUGH, JUDY
TOMLINSON, GILES
WATERFIELD, RICHARD
WEHRWEIN, FRED
WELCH, CHARLES
WILSON, DAVID L.
WINTERS, DAVID
WOLFF, DAVE
YATES, MIKE
YODER, TOM
ZECH, DENNY
ZIMMERMAN, SUE



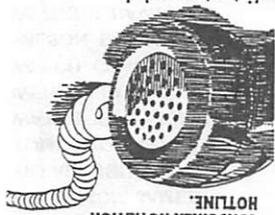
CHILDREN'S RUNNING
By Joyce Hockensmith

As a veteran runner and an elementary school teacher, I recently fulfilled a dream by beginning a running club at my school, Highland Terrace Elementary in New Haven, Indiana. The aim of the club is to encourage children to run for enjoyment and in doing so, develop self-esteem and promote health and fitness for life. Club members are kindergartners through fifth graders. The club meets once a week after school, although students are encouraged to keep a log and run two times on their own between club meetings. As a result, parents are becoming involved.

Club members pay a nominal fee to join, and each receive a copy of the RRCA publication "Children's Running A Guide for Parents and Kids" by Don Kardong. Every six weeks the club has a distance ribbon run where every student completing the distance receives a ribbon. Parents provide cookies and punch for after-race refreshments. On November 2, fifty-one children ran a 1 mile cross-country course. The next ribbon run, December 14, had 28 children running 1 mile, and 23 running a 2 mile course.

Students attending 13 running meetings will receive a specially designed club t-shirt. The school principal, Dave McComb, has been very supportive, and has made funds available for the purchase of ribbons and t-shirts. One club goal is to work up to the 5k distance so students will be able to run in some of the area races. If any FWTC members have an interest in starting a children's running club, please feel free to contact me.

Get accurate, timely nutrition information by calling NCD's CONSUMER NUTRITION HOTLINE.



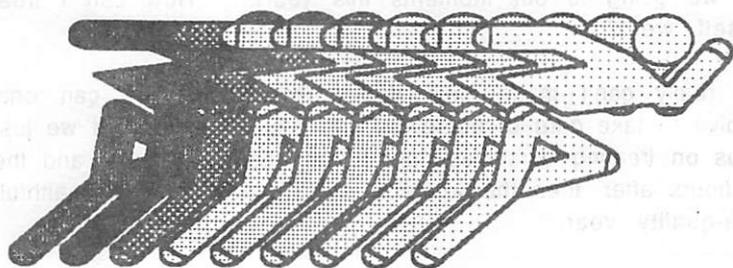
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Chicago, IL 60601-4911



Listen to recorded message on current issues in nutrition or speak to a registered dietitian.

THANKSGIVING DAY 10K

Jeanette Klein ran in the 83rd Thanksgiving Day 10K in Cincinnati, Ohio. The cool and dry race day drew a record crowd of 3,247 participants. This is one of the oldest races in the Midwest. The rolling course winds through the streets of Covington, Kentucky. The course then crosses over the Ohio River and continues in the area around Riverfront Stadium in Cincinnati. A challenging hill meets the runners at the finish line which is at the Cincinnati Convention Center. The race did not post one of Jeanette's better times, but she still managed a third place age group award.



FEBRUARY 13, 1992 3:00 P.M.

FANNY FREEZER 5K

SATURDAY

FOSTER PARK, FORT WAYNE



**FORT WAYNE
TRACK CLUB**



- * RACE ENTRY FEE - \$1.00 FWTC MEMBER; \$3.00 NON-MEMBER
- * NO PREREGISTRATION - REGISTRATION FROM 2:00 P.M. TO 2:45 P.M.
- * AGE DIVISION AWARDS
- * NO TOILET FACILITIES
- * SHOWER ROOMS AT TAYLOR U. ACTIVITIES CENTER OPEN 4:00-5:00 FOR ANYONE WANTING TO USE TO CLEAN UP AFTER RACE
- * POTLUCK BANQUET - 5:30 P.M. - SOUTHWEST CONVERSATION CLUB

RACE DIRECTOR - DON LINDLEY 219-432-5998

*Don't miss Hal Higdon
Plan to attend the FWTC Banquet*

1993 HEALTHFUL RESOLUTIONS "JUST FOR TODAY EAT RIGHT"

Yesterday is only a memory; tomorrow is but a dream--today is the only day we really have !

This January we can resolve to lose weight, eat less fat, get more exercise, stop smoking, drink less pop or alcohol etc....but the fact is...we can live our lives only one day at a time.

So, the most important question we can ask ourselves is "How are we going to our moments this year?" "How can I treat myself well?"

We really can't make New Years Resolutions; we can only resolve to take care of ourselves one day at a time. If we just focus on treating ourselves right for the next 24 hours, and the 24 hours after, then the whole of 1993 will become a healthful, high-quality year.

Eating and exercise are behaviors. All behaviors are learned from personal experiences and choices. Some support healthful wishes, others don't. Any anti-health behavior has the potential to be changed to something new and improved. What was once a routine or tradition can disappear via personal motivation and commitment.

SAY YES TO CHANGE !

Set your sights on new day-to-day behaviors that could spark energy, health and well being. Here is a collection of possible "New You" behaviors. Pick a couple perfect for you! Enjoy!

FOOD AND FITNESS

1) Consider having a personal nutrition consult with a registered dietitian or a fitness consult with an exercise specialist.

2) Believe in your abilities to change.

3) Be a breakfast eater...fuel yourself for a high performance day!

- 4) Plan meals and snacks--"As you think, so you will eat!"
- 5) Schedule a 1/2 hour of exercise 4-5 days each week. Write in your appointment book. It is important. After all, it is for your physical and mental health.
- 6) Aim to have a personal water bottle easily available to quench your thirst.
- 7) Get a membership to the YMCA or other fitness club.
- 8) Take time for lunch. You deserve the midday nourishment!
- 9) Plan to exercise with a spouse, sibling, friend, relative, or a group of people.
- 10) Shop for 100-calorie snacks that have less than a gram of fat.
- 11) Take a walk with a co-worker during lunch.
- 12) Shop for nonfat foods for dips and spreads; example: 3 gingersnaps, 6 crackers, or fresh fruit.
- 13) Exercise with a friend before work. Morning exercisers are more compliant.
- 14) Instead of rich sweets, use low fat alternatives like low fat frozen yogurt, or angel food cake.
- 15) Buy yourself fitness apparel, shoes, or exercise equipment for a reward or a special gift.
- 16) Enjoy 5 fruits and vegetables a day.
- 17) Set fitness goals; "I will walk 300 miles this year."
- 18) Get into the milk kick and serve yourself 2-4 servings of nonfat or low fat milk or milk products daily.
- 19) Plan to have low fat frozen dinners on hand for fast meals.
- 20) Choose activities you enjoy (walking, running, tennis, basketball, swimming, roller-blading, etc.)

- 21) When eating out, relax more and eat less.
- 22) Plan to do more fun physical activities like roller skating, hiking, or dancing. Make exercise a regular part of your life! It's good medicine.
- 23) Skip the fat and salt for food flavor and use more herbs, spices, or fat-free flavorings.
- 24) Bake, broil, grill, steam, stir fry more than deep fat fry, cream, or saute. (Note: Just 1 TBSP of added fat has 100 calories).
- 25) Get yourself a copy of the new Food Guide Pyramid and use as a guideline to good nutrition.
- 26) Buy yourself a healthful cookbook by a registered dietitian.
- 27) Control stress; don't let it control you.

***Set day by day small goals that will lead to long term satisfaction and good health. One healthy habit will enhance all the others!

BE YOU BE FIT!

Judy Tillapaugh, R.D.
Spokesperson Indiana Dietetic Association

Rich Teixeira, M.A.
Exercise Physiologist
Lutheran Hospital's Health
Promotions

LENTIL SOUP

INGREDIENTS:

- 1 lb. Lentils (soak overnight & discard water in the morning)
- 6 c. Chicken stock or 3 Tbsp. low-sodium instant chicken flavor bouillon
- 1 c. Celery, chopped
- 1/2 c. Onion, chopped
- 1/2 c. Carrots, chopped
- 3 Tbsp. Parsley flakes or 1/4 c. chopped fresh parsley

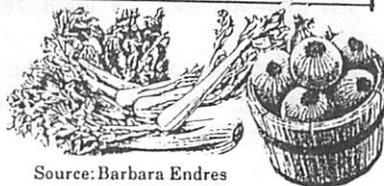
METHOD:

Combine above ingredients in a large pot. Bring ingredients to a boil, then reduce heat and simmer covered, for about one hour.

You can leave it on low heat, covered, until ready to eat.

YIELD: 8 servings (1 cup each)

Nutritive Values	
	
(1/8 Recipe)	
Calories:	202
Protein:	14 g.
Carbohydrate:	34 g.
Fat:	1 g.
Cholesterol:	0 mg.
Sodium:	15 mg.
%Fat Calories:	4%



Source: Barbara Endres
Fort Wayne, IN



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

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

- 03 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)
- 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 3 P.M.
DIRECTOR: DON LINDLEY (219) 432-5998
FWTC P.O. BOX 11703, FT. WAYNE IN 46860
- 13 SAT FWTC ANNUAL BANQUET - SOUTHWEST CONSERVATION CLUB (BLUFFTON RD)
POTLUCK DINNER - BRING ONE DISH AND A SALAD OR DESSERT
BRING YOUR OWN TABLE SERVICE SOCIAL HOUR 5 PM, DINNER 5:30
- 13 SAT 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
MILTON PUCKETT, 155 W. MAIN ST., SUITE 200, COLUMBUS OH 43215
C.J. FRANKE (614) 224-2795
- 17 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)
- 20 SAT * THINK SPRING 5K (& 1 MILE RUN) LIGONIER, IND. 10 A.M.
BRIAN SHEPHERD (219) 894-4638
- 20 SAT * POLAR BEAR RUN 5 MILE RUN & 5K WALK INDIANAPOLIS, IND
KLA, 107 W. LORETTA DRIVE, INDIANAPOLIS IN (317) 786-8812
- 24 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)
- 27 SAT * GASPARILLA DISTANCE CLASSIC 15K/5K TAMPA, FLORIDA
GASPARILLA '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 GROUNDHOG'S REVENGE (OFF-ROAD DUATHLON) BLOOMINGTON, IND
BIKE 4K, RUN 5K, BIKE 4K (812) 336-1214
- 28 SUN * OHIO RIVER ROAD RUNNERS MARATHON & HALF MARATHON
FARMERSVILLE, OHIO (513) 253-2180
JETMAN, 1042 PRITZ AVE., DAYTON OH 45410

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

- 03 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)
- 06 SAT AGA RUN 10K RUN INDIANAPOLIS, IND
KLA, 107 W LORETTA DR. INDIANAPOLIS IN 46217 (317) 786-8812

- 07 SUN 26TH ANNUAL CHURCHILL'S HALF MARATHON FERRYSBURG, OHIO
1 PM FT. MEIGS ELEMENTARY SCHOOL CHURHILL'S (419)872-6900
- 07 SUN * LOS ANGELES MARATHON(8TH) (310) 444-5544
11110 W. OHIO AV #100, LOS ANGELES CA 90025-3329
- 13 SAT * BEER BOTTLE OPEN COLUMBUS GROVE, OHIO (NORTH OF LIMA)
COLUMBUS GROVE HIGH SCHOOL, 1:00 P.M. (419) 659-5702
JERRY BUNN, 206 HALL AVENUE, COLUMBUS GROVE, OH 45830
- 13 SAT IRISH JIG 5K (10TH ANNIVERSARY) GRAND RAPIDS, MICHIGAN
PAM WILLIAMS (616) 774-7936
- 17 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)
- 20 SAT * 13TH ANNUAL NUTRA RUNS 20K, 5M AND 1M FORT WAYNE 2 PM
RACE DIRECTOR: JUDY TILLAPPAUGH (219) 456-3277
FWTC PO BOX 11703, FORT WAYNE IN 46860
- 20 SAT * MOUNTAIN GOAT HILL RUNS DANVILLE, IL (KICKAPOO STATE PARK)
5 EVENTS TO CHOOSE FROM INCLUDING 8.8 "DEVIL MADE ME DO IT"
MARC 217-431-4243 (EVENINGS/WEEKENDS) SUSAN 217-733-2403 (DAYS)
- 20 SAT * SHAMROCK SPORTSFEST MARATHON (21ST) VIRGINIA BEACH, VA
ALSO OPEN 8K, TAC MASTERS 8K CHAMPIONSHIP (804) 481-5090
JERRY BOCRIE, 2308 MAPLE ST, VIRGINIA BEACH, VA 23451
- 21 SUN * CINCINNATI HEART MINI-MARATHON CINCINNATI, OHIO
ROY GERBER (513) 281-4048
AMERICAN HEART ASSC., 2936 VERNON PLACE, CINN. OH 45219
- 21 SUN SAM COSTA HALF MARATHON CLAY JR. H.S. CARMEL, IND.
- 21 SUN NUTRITION 4 MILE RUN (MAUMEE BAY STATE PARK) OREGON, OHIO
DEB KARL, 1713 CASS RD., MAUMEE, OH 43537 (419)893-4350
- 24 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)
- 31 WED FWTC WEDNESDAY NIGHT FUN RUN 6 P.M.
AT DON LINDLEY'S (432-5998) 1820 BRIAR FENCE LANE (OFF GETZ RD.)

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

- 03 SAT CHANNEL TO CHANNEL 20K WHITEHALL/MONTAGUE, MICHIGAN
TOM CLOCK III, BOX C, WHITEHALL MI 49461 (616) 894-8052
- 04 SUN 26TH ANNUAL ATHENS MARATHON AND HALF MARATHON ATHENS OHIO
TONY MELE (614) 594-8669 P.O. BOX 2282, ATHENS OH 45701
- 04 SUN * 13TH ANNUAL RED BRICK RUN OXFORD, OHIO
RED BRICK RUN '93 P.O. BOX 453, OXFORD, OH 45056
- 17 SAT * HUNTINGTON WEST VIRGINIA HOSPITAL DISTANCE CLASSIC 10M & 3M
CABELL HUNTINGTON HOSPITAL (304) 526-2052 OR (304) 522-9622
1340 HAL GREER BOULEVARD, HUNTINGTON, WV 25701
- 18 SUN TOLEDO GLASS CITY MARATHON TOLEDO OHIO 8 A.M.
PAT WAGER, 130 YALE, TOLEDO, OH 43614 (419) 385-1072
- 18 SUN WEST BLOOMFIELD HALF MARATHON WEST BLOOMFIELD, MICH.
ALSO 5K MIRIAM A. KAPTUR (313) 334-5660
3325 MIDDLEBELT RD, WEST BLOOMFIELD, MI 48323
- 19 MON BOSTON MARATHON (97TH) HOPKINTON/BOSTON, MA
BOX 1993, HOPKINTON, MA 01748 (508) 435-6905
- 22 - 25 RRCA NATIONAL COVENTION PORTLAND, OREGON
CALL JUDY TILLAPPAUGH (219) 456-3277 FOR MORE DETAILS

24 SAT BORGESS RUN FOR THE HEALTH OF IT KALAMAZOO, MICH 5K - 10K - 15K 5KM - 5KRM - IMFR JOANNE GADBON (616) 383-4878

24 SAT KENTUCKY DERBY HALF MARATHON LOUISVILLE, KY 137 W. MUHAMMAD ALI BLVD., LOUISVILLE, KY 40202 (800) 928-FEST

25 SUN LAKE COUNTY RACES CHICAGO, ILLINOIS MARATHON, 1/2 MAR. AND 10K (708) 317-1060

25 SUN BIG SUR INTERNATIONAL MARATHON BIG SUR/CARMEL, CA ALSO ROGAINE 5K, 7 MILE AND 10 MILE WALKS BOX 222620, CARMEL, CA 93922 (408) 625-6226

02 SUN * MICHIGAN TRAIL MARATHON & HALF MARATHON PINKNEY, MICH. 200 E. WASHINGTON, ANN ARBOR, MI 48104 (313) 769-5016

02 SUN * MAY CLASSIC XV 5 MILE RUN COLUMBUS OHIO MATT MCGOWAN (614) 457-4570 OR 1-800-592-8563

07 FRI 500 FESTIVAL MINI-MARATHON INDIANAPOLIS, IND. SEND S.A.S.E TO PO BOX 817, INDIANAPOLIS IN 46206

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

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

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

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

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

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

31 MON THE GREAT RACE HALF MARATHON ELKHART, IND. ALSO 10K RUN AND 5K/10K WALKS RON SCHMANSKE, 421 S. 2ND ST., ELKHART IN 46516 (219) 294-1661

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

05 SAT MACKINAC ISLAND TRIAC FESTIVAL 10K MACKINAC ISLAND, MICH RIVERBEND STRIDERS (313) 238-5981

05 SAT MICHIGAN RUN 12K - 5K - 5K WALK 8 A.M. LANSING, MICHIGAN STEVE WIDDER (517) 483-4208

06 SUN EXCEED COLUMBUS 10K COLUMBUS OHIO P.O. BOX 21264, COLUMBUS, OH 43221 (614) 481-0992

12 SAT ROSE RUN 10K - 5K - 4MI WALK 8 A.M. JACKSON, MICHIGAN MIKE MDGLYNN (517) 787-0800

12 SAT CEREAL FESTIVAL CLASSIC 10K 8:30 A.M. BATTLE CREEK, MICH. CHUCK ASHER (616) 781-5536 OR (616) 965-5284

19 SAT STEAMBOAT CLASSIC 4-MILE AND 15K PEORIA, ILLINOIS JOY KESSLER, RUNNING CENTRAL, 700 W. MAIN ST., PEORIA IL 61606 (309) 688-7313

- 19 SAT GRANDMA'S MARATHON (17TH) AND HALF MARATHON DULUTH, MINN
SCOTT KEENAM, BOX 16234, DULUTH MN 55806 (218) 727-0947
- 19 SAT LUDINGTON LAKESTRIDE HALF MARATHON LUNDINGTON, MICH.
BOX 160, LUDINGTON, MI 49431 (616) 845-0324
- 26 SAT CHRONICLE-SEAWAY RUN 15K AND 5K 8:30 A.M. MUSKEGON, MICH
J.D. WALLACE (800) 783-3161 EXT 308

----- J U L Y 1 9 9 3 -----

- 04 SUN VOLKSLAUFE 2K - 5K - 10K - 20K FRANKENMUTH, MICHIGAN
- 04 SUN PEACHTREE 10K ATLANTA, GEORGIA (404) 231-9064
PEACHTREE ROAD RACE, 3097 SHADOWLAWN AVE., ATLANTA, GA 30305
- 18 SUN VOYAGEUR MARATHON & SPANISH RIVER 1/2 MAR. MASSEY, ONTARIO
SHELDA OR NORM PATENAUE (705) 865-2671
- 18 SUN SAN FRANCISCO MARATHON (415) 391-2123
P.O. BOX 77148, SAN FRANCISCO, CA 94107
- 24 SAT BIX 7-MILE DAVENPORT, IOWA (319) 359-9197
ED FROEHLICH, 2685 E KIMBERLY RD., BETTENDORF IA 52722

----- A U G U S T 1 9 9 3 -----

- 07 SAT HARLAN DAYS 10K HARLAN, INDIANA
- 14 SAT HOT AIR AFFAIR VAN WERT, OHIO
- 14 SAT WELCH'S 10K GRAPE STOMP 8:30 A.M. NILES, MICHIGAN
ROD GOODCHILD (219) 288-5837
- 14 SAT RUN THRU HELL 10 MILE & 4.8 MILE PINCKNEY, MICHIGAN
HARRISON HENSLEY (313) 878-6640
- 21 SAT 9TH ANNUAL MINI-IRONMAN TRIATHLON COLDWATER, MICH.
300 YD. SWIM - 6 MILE BIKE - 3 MILE RUN 9 A.M.
DON SHELME (517) 278-4286
- 21 SAT PARKERSBURG HALF MARATHON PARKERSBURG, WEST VIRGINIA
DORSEY CHEUVRONT, PO BOX 718, PARKERSBURG, WV 26102
(304) 424-2786
- 28 SAT THE CRIM 10-MILE FLINT, MICHIGAN (313) 235-3396
LOIS CRAIG, P.O. BOX 981, FLINT MI 48501

----- S E P T E M B E R 1 9 9 3 -----

- 04 SAT BIPPUS BOP 4-MILE RUN BIPPUS, INDIANA
ELDON BRUNNER, 8514 N - 300 W, HUNTINGTON, IN 46750
(219) 344-1470 HOME

- 06 MON BLUEBERRY STOMP 15K PLYMOUTH, INDIANA

* NOTICE: THE AUL/GOVERNOR'S CUP SERIES RACES WILL BE *
* DROPPED IN 1993 DUE TO BUDGET CUTS. *
* *



COME RUN WITH US



**FORT WAYNE
TRACK CLUB**

TRACK CLUB MEMBER PROFILE

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: _____

FWTC MEMBERSHIP APPLICATION

Fort Wayne Track Club - For Runners and Walkers



Name: _____ Date of Birth ____/____/____ Sex ____

Address: _____ Home Phone: _____

City/State/Zip: _____ Work Phone: _____

Occupation: _____ Business Affiliation: _____

Type of Membership: Single: ____ Family: ____ New Member: ____ Renewal: ____

Family Members:

Spouse: _____ Birthdate: _____ Sex ____

Children: _____ Birthdate: _____ Sex ____

_____ Birthdate: _____ Sex ____

Make checks to: Fort Wayne Track Club, P.O.. Box 11703, Fort Wayne, IN 46860-1703

ANNUAL MEMBERSHIP DUES: January 1 - December 31

One Year: \$15.00 Two Years: \$28.00 Three Years: \$36.00

New Members: First year only \$12.00

Members under 21: \$12.00 per year until 21

Membership Fee After June 1: \$9.00 for remainder of year

Family Rate: \$6.00 for each additional family member (\$12.00 maximum)

The Fort Wayne Track Club has obtained an insurance policy through the Road Runners Club of America which gives coverage for various events. Through this insurance we are covered for weekly runs, picnics, socials, and volunteers at races and other club functions. Please sign a waiver if you have not already done so. The waiver will be kept on file.

CLUB MEMBERSHIP APPLICATION WAIVER

I agree for myself, and any other person named on this application, that: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Fort Wayne Track Club, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record for any legitimate purpose. I understand and will abide by the guidelines that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in club races.

Primary Member

Signature: _____ Date: _____

Parent Signature: _____ Date: _____

(if under 18)



THE FORT WAYNE TRACK CLUB MEANS "VOLUNTEERS"

Please indicate your areas of interest.

- OFFICER
- [] President [] Vice President [] Secretary [] Treasurer
- [] RACE DIRECTOR
- [] Major Race [] Fanny Freezer [] Fun Run [] Training Run
- [] ASSISTANT RACE DIRECTOR
- [] EQUIPMENT COORDINATOR
- [] Assist Transportation of Equipment to Races
- [] 1st Quarter [] 2nd Quarter [] 3rd Quarter [] 4th Quarter
- [] Monitor Maintenance of Equipment
- [] RACE SCHEDULE COORDINATOR
- [] RACE WALKING COORDINATOR
- [] MEMBERSHIP
- [] BOARD MEMBER
- [] FINISH LINE
- [] Timer [] Results
- [] COURSE TIMER
- [] WATER STATIONS
- [] MEASURE & SET UP COURSE
- [] Certified [] Uncertified
- [] CO-ORDINATE CLUB TRIP TO RACE
- [] Carpool [] Transportation for Handicapped Runners
- [] NEWSLETTER
- [] Editor
- [] Typing race results
- [] Advertising Coordinator
- [] Race Applications [] Businesses
- [] Mailing
- [] Feature Writer
- [] FWTC BANQUET
- [] Decorations
- [] Program
- [] FWTC PICNICS
- [] ADVERTISING - Obtaining Potential Race Sponsors
- [] PUBLICITY COORDINATOR
- [] Send Weekly Schedules to Newspaper
- [] ANYWHERE NEEDED
- [] OTHER {Specify}

Coming Events...

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, Fort Wayne
Bring one dish and a salad or dessert and table service

13th ANNUAL NUTRA RUNS 20K, 5M & 1M

Saturday March 20, 1993, 2:00 P.M.
Woodside Middle School, Fort Wayne

FWTC MEETINGS

Wednesday, February 10, 1993, 7:00 P.M.
Wednesday, March 10, 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 RUNNERS CLUB OF AMERICA



**FORT WAYNE
TRACK CLUB**

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

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Don Kaul