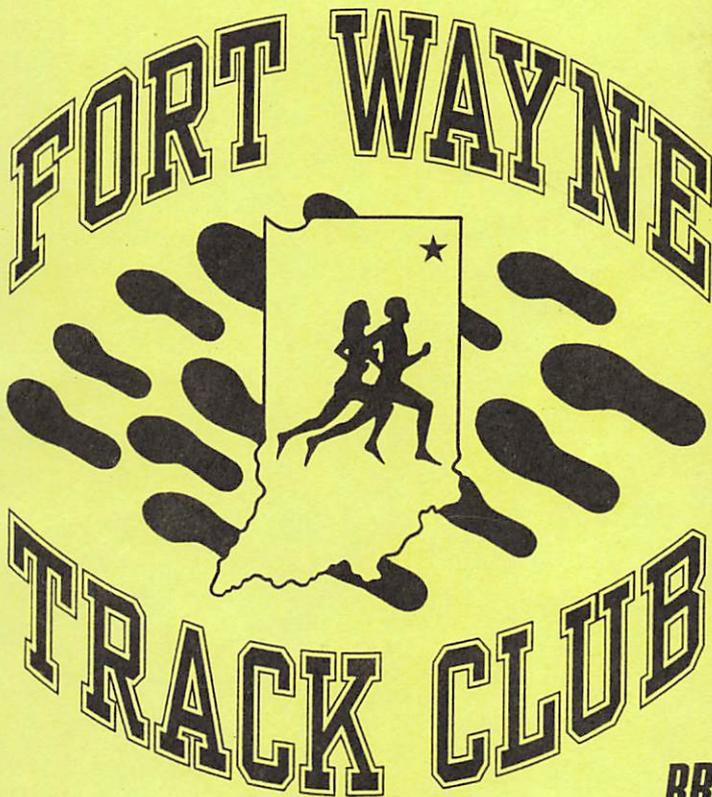


the inside track

April 1993 - May 1993



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



1993

FORT WAYNE TRACK CLUB

Officers and Board Members

OFFICERS

President	Bob Hockensmith, 749-1237
Vice President	Wayne Unsell, 493-2460
Secretary	Vicki Jacobs, 747-1434
Treasurer	Don Lindley, 432-5998
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Advertising Coordinator	Rodger Puckett, 489-8868
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ELKHART TO GOSHEN

The Great Race

MEMORIAL DAY, MAY 31, 1993

HALF MARATHON

10K ROAD RACE &

13th ANNUAL

The Elkhart Truth

GOSHEN TO ELKHART

Great Race

Society
BANK

(Over \$10,000 in cash prizes).

Events include: 10K Run, 1/2 Marathon, 10K Wheel Chair, Power Walk, 50K Bike Race, Bike Critterium plus U.S.C.F. 50K and Critterium, 1/2 mi. Swim, 13 mi. Canoe Race and 5K Fun Walk. Join Us on Monday, May 31. Great Race XIII, c/o Ron Schmanske, P.O. Box 487, Elkhart, Indiana 46515 (219) 294-1661; 1/2 price off entry fee for 2nd or 3rd event. mail this Ad and receive \$2.00 off the regular entry fee of \$13.00. "The race that has something for everyone." Featuring the \$2,000 McDonald's record breaking challenge and Bill Rodgers 5th 10K Masters.

MOVE OVER INDY!
Thanks "Indy" for not running on Memorial Day
Weekend... We are! So, Welcome Indy Runners!





**FORT WAYNE
TRACK CLUB**

PRESIDENT'S COLUMN - Bob Hockensmith

Now that the worst of the winter season is over, we can look ahead to some of the best months for running in this part of the country. Coping with the weather in past winters has always been a problem, but the snow, ice and sub-zero temperatures of February and early March presented a major challenge. At least it used to be a problem. I know that the purists among the running community may scoff at running indoors, yet these weeks of late winter's worst weather have made Joyce and I a couple of believers in the concept of indoor training.

In the middle of this past November, there was a period of three or four days of heavy rain, about the time the December 1992 issue of Runner's World was delivered to our house. In that issue, an article, "The Great Indoors", was particularly relevant. Although the article discussed four methods of fitness training: treadmills, weights, exercise bikes and ski machines, the treadmill portion, as well as the evaluation article on treadmills, was of great interest. Having spent one winter using an exercise bicycle (Schwinn Air-Dyne) and, a couple of years later, a winter using a ski machine (Nordic Track), I was not impressed with the quality of training through the use of machines. On both prior occasions, it was simply too easy to relax and do a work out at a comfortable pace, later learning that by Springtime, much aerobic conditioning had been lost. Granted, if injuries dictate the use of alternate methods of training, machines are of great benefit, but for supplanting outdoor running there is a wide disparity in effectiveness.

The magazine article, and the comments by the athletes interviewed, convinced Joyce and I that when running on a treadmill, it was not as easy to slack off and coast. After considering the utility of a treadmill, the type of training possible, the cost (which can be considerable), as well as a local sale on treadmills, we decided to make the investment on November 20. Since then, Joyce has run nearly 50% of her training miles inside the house and I have run about 70%. Having completed three marathons since turning our house into a gymnasium, we are convinced that indoor running is the preferable alternative when the streets and roads are icy and the wind is whipping ice crystals at your face. Perhaps you may wish to dig out the magazine and give some thought to preparing for the next winter season in the midwest.

When considering past articles, don't forget the idea presented in the Dec '92-Jan '93 Inside Track about a group trip to the London Marathon in April 1994. We do plan to go and seldom does a month go by without learning of someone else who is planning to join the group. Over the next few months, more details will be furnished.

Remember also, the Fort Wayne Track Club meets on the second Wednesday of each month at 7:00 PM at the Taylor University Activities Room on Rudisell Boulevard. The meetings are open to all members, so come join us.

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**

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, February 10, 1993, 7:00 p.m.

Present: Ken Disler, Don Ford, Jack Hilker, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, John Jedinak, J.P. Jones, Don Lindley, Judy Tillapaugh, Wayne Unsell.

President Bob Hockensmith called meeting to order. Treasurer Don Lindley reported that year started with \$2,487.97; January income \$2,848.34 & expenses \$258.64; YTD balance \$5,077.67. Don has things just about ready for the audit. Current membership 248. Don will be sending club's print timers to California for repairs.

Joyce Hockensmith reported we've picked up new advertisers for newsletter & one of these said he'll try to get us more advertisers. Joyce is in need of more Membership Profiles.

Don Ford reviewed race schedule & had new information on 3 races: Shoe Sucker 7 will be April 17; Huntington Spring Fever 5 will be June 12; Big Boy 20K Classic has moved from May 22 to May 29.

Judy Tillapaugh distributed brochures on RRCA Convention April 22-25, Portland, OR. She has camera-ready RRCA logos to put on club literature, race flyers, etc. If you need one or more, let her know. She said RRCA IN State Rep Kevin Caraher is planning to be at Fanny Freezer & annual banquet. Judy reported correction to last month's minutes: Kansas City Eikiden is March 28 not April 28. She said Homestead Key Club planning to help at aid stations for Nutra Runs, but she still needs more volunteers.

Ken Disler distributed artwork samples of possible new club logos. It was agreed to display these at banquet & invite club members to respond (is there one they particularly like; do they feel logo should stay same or be changed; do they have other ideas for logo; etc.). Prices were decided upon & it was agreed to give discount for paid orders received by March 10:

short sleeved t-shirts	\$10.00 (\$ 9.50 if ordered by 3/10) + 5% tax
long sleeved t-shirts	\$13.00 (\$11.00 if ordered by 3/10) + 5% tax
sweatshirts	\$18.00 (\$15.00 if ordered by 3/10) + 5% tax

Ken Disler sent information to the 3 TV stations & also WOWO re Fanny Freezer & Banquet & that Hal Higdon will speak. Bob Hockensmith said Hal will try to come to race as well as banquet. Wayne Unsell reported that awards, decorations & program are ready.

Wayne Unsell said that IPFW is having Health Fair again this year (March 31, 10 a.m. - 2 p.m.) He'll arrange for FWTC booth & will man it 10-11:30. J. Jedinak & J.P. Jones will take over at 11:30.

Vicki Jacobs won doorprize drawing, and valentine cookies (compliments of Joyce Hockensmith) were enjoyed by all (along with Polly's delicious popcorn). Next month's meeting, Wednesday, March 10, 7 p.m. will be in Witmer 101 instead of AC.

Respectfully submitted,

Vicki Jacobs
Secretary

MINUTES

Fort Wayne Track Club Monthly Meeting
Wednesday, March 10, 1993, 7:00 p.m.

17 Present: Ken Disler, Don Ford, Jack Hilker, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, John Jedinak, J.P. Jones, Don Lindley, Mike McAvoy, Mary McManus, Dave & Sue Myers, Barb Scroggum, Judy Tillapaugh, Wayne Unsell.

President Bob Hockensmith called meeting to order. Joyce Hockensmith said deadline for April/May newsletter is March 22.

Judy Tillapaugh reminded everyone of RRCA Convention in Portland, Oregon, April 22-25. Judy & Don Lindley are definitely attending. She said location of '94 Convention has changed from Iowa to Washington, D.C. (exact dates still uncertain).

Treasurer Don Lindley reported February income \$898.23; expenses \$1,638.74; took in 48 new/renewal memberships. YTD income \$3,727.57; expenses \$1,878.38; balance \$4,337.16; membership total 296. Don sent renewal reminders to 131 who haven't yet renewed. Two print timers now working; third one needs new batteries; fourth one will be sent to California for repairs.

Don Ford distributed copies of Brian Shepherd's tentative '93 Points Races schedule. Judy Tillapaugh said Don Caraher (RRCA IN State Rep) hoping to hold mid-August '93 race in Bluffton/Oubache area.

Bob Hockensmith shared letter from local chiropractic group expressing interest in having free screenings at local races. After discussion there was unanimous agreement to decline the offer.

Bob said he's communicated to Mitch Harper (who chairs committee for improvement/completion of River Greenway) our strong interest in having club member serve on the committee. A side development to this is that an ad agency in town is working on sponsoring a 10K race involving part of the River Greenway. They're working with above-mentioned committee & also Wizards management (race would probably end at stadium) & have approached Pizza Hut to help sponsor event. Ad agency contacted Bob to find out interest of club in being one of the sponsors. After discussion it was agreed to send them copy of sponsorship agreement we've used in past & let them respond to it.

Mike McAvoy (club member, physical therapist & athletic trainer) expressed interest in using his professional skills to benefit club members. Those present expressed appreciation for this & Bob said it's something to keep in mind.

Possible club logos & votes cast at banquet were reviewed, and after brief discussion those present voted unanimously on new club logo. Mary McManus said their company could have items to us in time for displaying at our booth at IPFW Health Fair on March 31. Bob Hockensmith reminded everyone that we'll only get merchandise for which we've received specific orders. Ken Disler then joyfully took additional orders from those present.

Respectfully submitted,

Vicki Jacobs
Secretary

TRACK CLUB MEMBER PROFILES



JOE HILGER

Joe Hilger, born November 19, 1949, is self-employed. (I'll guess you've heard of the farm market bearing his name.) Joe's family includes his wife, Elaine, and an assortment of 5 boys and 5 girls ranging in age from 8 months to 18 years. If the 10 children don't keep the Hilger house jumping, you can add to it a dog, Sparky, 2 cats, 2 guinea pigs, 1 parakeet, 2 sheep (Joe doesn't specify whether or not they are of the house variety), and 51 (I think that was the exact count) house mice. (I would be interested to know how Joe arrived at that statistic.) Joe enjoys doing things with the family, especially watching TV (NOT), eating, playing sports, and hiking. Joe also likes vacations and gardening. When it comes to spectator sports, Joe prefers high school football and wrestling. You might meet Joe on country roads, hills, or in parks doing a 4 mile run in his Etonic Air Pro IIs. After the run Joe's favorite food is a Hilger Market sweet roll. Liking to keep it in the family, Joe lists his favorite restaurant as (You'll never guess) Hilger's Restaurant. The Nutra Run and the Shoe Sucker Seven are at the top of Joe's list of favorite races. Joe runs to keep the weight off because he LOVES to eat. Joe has lost 50 pounds running. His dream is to get rid of the pain in his knees. Joe says the FWTC is doing a great job, but would like to be able to read more advice from doctors.

SHOE SUCKER SEVEN

Joe Hilger comments on the race utraditionally held in late April by the Kil-so-quah Roadrunners in Huntington, Indiana. The group of 50 or so runners traditionally encounters very muddy conditions (hence the name) and times don't really matter, but it's best not to count on a PR. Everyone has lots of fun from start to finish. Joe does wish that they would re-introduce the weightclasses. "All races should be this much fun," says Joe.

You can join in the fun this year on April 24 -See race calendar.

MARK D. LANDES

Mark Landes, born October 23, 1963, is a Biomedical Engineer and represents Retail Business. He is a single father of two girls, Amanda and Deanne, and two cats, Jesse and Justin. Mark loves to read, write, play and watch basketball, lift weights, bike, and counsel people, not necessarily in that order. With his two daughters he likes to roller skate, go to movies and to the beach. (I'm not quite sure of the nearest beach large enough to run on.) After the run, Mark prefers bananas, cookies, or pasta, or all three. For dinner out, Takaoka is Mark's number one choice. Mark just started running in September of 1992 and was excited to post a time of 42:05 in his first 10K race. Mark lists "Making Strides" as a race favorite. Mark dreams of retiring before he is 40 years old and spending time with his children.

JACK ADE

Jack Ade, born June 11, 1934, is a teacher. Jack's family includes his wife, Sally, three girls, ages 25, 26, and 32, two boys, ages 22 and 35, two grandchildren, ages 2 and 6, and Nora, an Akita dog. Jack's hobby is AD & D and other fantasy games. With his family Jack enjoys picnics and other excuses to get together. Jack also likes going to Dog Shows. Jack might be seen in his New Balances running his favorite six mile distance at IPFW during the winter season, but at Foster Park in nicer weather. After one of his favorite races, the Blueberry Stomp, Elephant Walk, or Run for the Bagel, Jack prefers eating yogurt. If going out for a special occasion Jack's choice is Johnell's. Jack's inspiration has come from the dedication of Herb Chandler, a FWTC member in the late '70's and early '80's. Jack's dream is to keep a lid on panic attacks, remain a successful lifetime Weight Watcher, and to be running into his 80's.

Attention FWTC members ! Please send the Editor your Profile. She has no new ones for the next newsletter. T H A N K S ! ! !

Shepherd wins cold Think Spring run

LIGONIER — Runners had to be creative to imagine spring during the annual Think Spring Run on a cold, snowy Saturday morning in Ligonier.

Brian Shepherd was the overall winner, with Jerry Williams second and Moises Trejo third. Teresa Furniss won the female division.

Jeff Mault won the one-mile run for males and Jessica Thierve won the female division.

Winners were:

5K run

1st overall — Brian Shepherd, 15:40

2nd overall — Jerry Williams, 15:57

3rd overall — Moises Trejo, 18:12

Men's divisions

12 and under — KShell Letch

13-15 — David Caswell

16-19 — Morry Riddle

25-29 — Mark Landes

30-34 — Chuck Schiemmer

35-39 — Steve Caswell

40-44 — Jed Pearson

45-49 — Joel Scharzter

50-54 — Larry Targant

55-59 — L.K. Christensen

60-69 — J.P. Jones

70 and over — Ken Dister

Women's division

1st overall — Teresa Furniss, 21:14

2nd overall — Deb Byers, 22:18

3rd overall — Joan Gary, 25:06

12 and under — Stacey Byers

1 mile run

Boys division

1st overall — Jeff Mault

8 and under — Sam Lawrence

9-10 — Chris Stalon

11-12 — Josh Worrell

Girls division

1st overall — Jessica Thierve

8 and under — Jessica Ramey

9-10 — Mallica Howard

11-12 — Crystal Fish

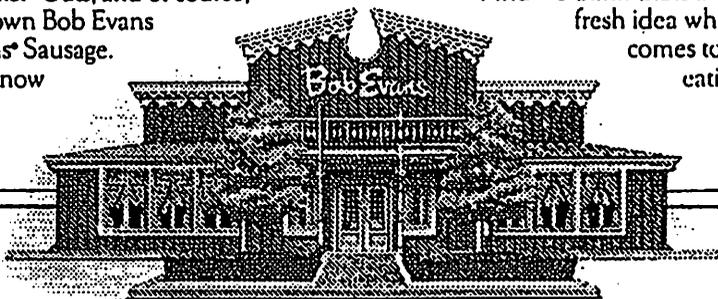


THERE'S ONLY ONE WAY TO START TO TELL YOU ABOUT BOB EVANS. AND THAT'S FROM SCRATCH.

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

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

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



WELCOME TO BOB EVANS

520 Coliseum Blvd.



**INDIANA
DIETETIC
ASSOCIATION**

13th ANNUAL NUTRI-RUNS AND WALK

Long distance runners, short distance runners, youth runners, and walkers all gathered together to celebrate National Nutrition Month during the 13th Annual Nutri-Runs and Walk held March 20, 1993 at the Woodside Middle School in Fort Wayne, Ind. The sun did not shine yet everyone was a winner as they participated in the event of their choice. Most completed the challenge of the Aboite Center rd. hill as they ran either the 5 mile or 20KM course. Brad Cooper of Ossian, Ind. set a 20KM course record by covering the distance in 1:05:33. He broke his own previous record by over a minute. Karlene Herrell of Peru, Ind. also mastered a 20KM course record for the women by running a time of 1:18:17. Excellent times!! Note the other results listed here for more good times.

Our youth runners and walkers had fun as they tested their skills on the Homestead High School track. We had 21 youth runners!! This is more than ever before. Jerry Suelzer led the pack with a time of 5:42. Bob Gensheimer led the walkers with a time of 18:24 for 2 miles.

Congratulation to all participants!

Our EAT RIGHT AMERICA event was a chance to celebrate the goodness of good nutrition plus generate food for the hungry. Four big boxes of non-parishable food were collected to help the efforts of St. Mary's Soup Kitchen. All is most appreciated.

An event is never possible without the help and support of sponsors and volunteers. Thanks much for all the helping hands and hearts.

Our Sponsors were:

The Fort Wayne Track Club
The Northeast Indiana Dietetic Association
Lutheran Hospital of Indiana's Health Promotion Services
Magnavox Electronic Systems Company
Waterworks
Scott's Food Stores
Hilger's Farm Market
Road Runner's Club of America

Our Voluneers were:

Mike Kast	Joyce Hockensmith
Don Lindley	Deb Glasper
Jerry Diehl	Diane Getty
J.P. Jones	Polly Jacobs
Jack Hiker	Pat Knaebe
Don Aston	Cindy Sabrack
Mike McAvoy	Paul Sabrack
Terry Gautsch	Frannie Godair
Howard Klinger	Larry Godair
Bud Stiffler	Ellen Osborne
Students of IPFW	JoAnn Burnett, R.D.
Janis E. Pool, DTR	Ann Reidenbach, M.P.H., R.D.
Patty Butz, R.D.	Twyla Gross, R.D.

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

**Found at 8 mile mark at Nutra Run:
Black hood to running jacket.
Call: 672-9502**

FORT WAYNE TRACK CLUB
13th ANNUAL NUTRA-RUNS & WALK
SATURDAY, MARCH 20, 1993
WOODSIDE MIDDLE SCHOOL
FORT WAYNE, INDIANA



ONE MILE RUN

PL		AGE	TIME
1.	JERRY SUELZER	M 12	5:42
2.	RYAN GIBSON	M 12	5:58
3.	ALAN VINING	M 9	6:36
4.	BRETT REICHWEGE	M 13	6:46
5.	JOEY MAHLAN	M 11	6:47
6.	JOE SUELZER	M 8	7:15
7.	RYAN KLENKE	M 11	7:24
8.	KIM HUFFINE	F 14	7:30
9.	JEREME ROSS	F 9	7:30
10.	JESSICA THIEME	F 10	7:47
11.	AMY KLENKE	F 11	7:47
12.	SAM LAWRENCE	M 8	7:57
13.	IAN STAHL	M 10	8:23
14.	ARRON AUSDERAN	M 10	8:57
15.	ROBERT PAINE	M 9	10:44
16.	NICOLE PAINE	F 7	11:03
17.	CHRISTI LAWRENCE	F 9	11:37
18.	ADAM OSBORN	M 5	12:15
19.	MATT NORTH	M 8	13:10
20.	BRIAN LAWRENCE	M 4	13:57
21.	IAN AUSDERAN	M 8	15:00

TWO MILE WALK

1.	BOB GENSHEIMER	M 56	18:24
2.	VICTORIA LEESON	F 27	24:48
3.	MARY JOHNSON	F 27	28:30
4.	LORI STRASBURG	F 20	31:00
5.	JULIE ECKHARI	F 21	31:00
6.	THELMA PRANGE	F 27	32:02
7.	REBECCA MILLER	F 34	32:02
8.	ANGIE FREDERICK	F 21	37:25
9.	AMBER MESSICK	F 5	37:26
10.	LAURA MESSICK	F 26	37:27
11.	SHELLY HERNANDEZ	F 27	37:27
12.	VICKI DEGRANDCHAMP	F 31	37:27

- 5 MILE RUN

WOMEN			
WOMEN 20 - 29			
1.	CAROL HERNDON	10	33:18
2.	TAMMY BAKER	11	33:20
3.	ROBIN TUWILER	18	36:00
4.	SARA UNSSELL	41	41:02
5.	JULIE RATLIFF	49	45:51
6.	LISA SCANNAG	51	46:28
WOMEN 30 - 39			
1.	KIM LARSON	15	35:45
2.	TERRI GROSS	38	40:05
3.	LINDA CLAY	39	40:32
4.	SUE STEINEN	45	42:09
5.	BERNICE KING	46	42:52
6.	BETTY DEWELLS	57	49:13
WOMEN 40 - 49			
1.	PHYLLIS SUELZER	23	36:38
WOMEN 50 & OVER			
1.	MAUREEN BIXBY	16	35:54
2.	CARMEN LOWE	60	53:37
3.	SUE MYERS	62	59:27

OVERALL

5 - MILE RUN MALE		
1.	MICHEAL HERRELL	28:14
2.	STEVE CASWELL	29:24
3.	CARL RISCH	29:49

5 - MILE RUN FEMALE		
1.	CAROL HERNDON	33:18
2.	TAMMY BAKER	33:20
3.	KIM LARSON	35:45

5 MILE RUN

MEN

MEN 14 & UNDER	OVRL	TIME	
1.	RYAN DILLON	31	38:09
2.	ERIC FINAYSON	35	39:04
3.	CHIP OESTER	43	41:45
4.	MATTHEW MILLER	55	48:53
5.	NATHAN CLAX	56	48:54
6.	JUSTIN HUARD	58	51:07
7.	MIKE ALEXANDER	61	59:21

MEN 20 - 24			
1.	KARL BERRENS	5	31:38
2.	DAN HARRIS	42	41:15

MEN 25 - 29			
1.	MICHAEL HERRELL	1	28:14
2.	MARK LANDERS	12	34:35

MEN 30 - 34			
1.	PAUL KNOTT	4	30:46
2.	SCOTT KINGSLEY	6	32:35
3.	MARK HERNDON	7	33:02
4.	PAT BEUHEL	21	36:21
5.	STEVE EYERS	47	44:22

MEN 35 - 39			
1.	STEVE CASWELL	2	29:24
2.	CARL RISCH	3	29:49
3.	PAUL AUSDERAN	9	33:09
4.	JOHN VINING	14	35:06
5.	HARRY QUANDT	20	36:10
6.	BARRY BAUMBAUGH	24	36:43
7.	JCE PETERS	25	36:55
8.	GREG LAWRENCE	28	37:41
9.	DON KRAMER	33	38:46

MEN 40 - 44			
1.	PHIL SUELZER	8	33:08
2.	GEORGE PETERSON	17	35:57
3.	JIM WEIDE	22	36:27
4.	JOE HILGER	29	37:47
5.	WAYNE UNSSELL	36	39:44
6.	BILL OSTERHOLT	48	44:52
7.	JEFF BRAMAN	50	46:08
8.	KENNETH DILLON	59	52:54

NUTRA-RUN

20 K

5 MILE Continued

MEN 45 - 49			
1. LYNN ARMSTRONG	19	36:01	
2. JACK SEIGEL	34	38:54	
MEN 50 - 54			
1. MARTIN BIXBY	26	37:02	
2. BUD STIFFLER	37	39:53	
MEN 55 - 59			
1. JOE ZIEGLER	13	34:49	
2. DICK HARNLY	27	37:12	
3. E.A. GEBHART	52	47:22	
4. DAVE MYERS	54	47:54	
MEN 60 - 69			
1. BERNIE HUESING	30	38:07	
2. DON ANDERSON	32	38:36	
MEN 70 & OVER			
1. KEN DISLER	53	47:32	

MEN 35 - 39

1. TERRY DILLER	3	1:16:31
2. RICK GILBERT	4	1:16:42
3. CALVIN KING	12	1:22:03
4. MARK BRATTOLI	21	1:26:08
5. KEVIN WARREN	22	1:26:11
6. WILLIAM JOHNS	40	1:31:59
7. THOMAS HANSON	45	1:34:07
8. JERRY STEINHOFF	47	1:34:18
9. MIKE BARRELL	54	1:37:32
10. HAL ATKINSON	76	2:06:56

MEN 40 - 44

1. JED PEARSON	5	1:17:27
2. GARY RICKNER	6	1:17:30
3. DICK DANIEL	9	1:19:08
4. RICHARD VORICK	11	1:20:41
5. TIM ZUMBADG	15	1:24:44
6. GORDON DENNY	18	1:25:28
7. ROD GAY	25	1:26:47
8. DAVE WINTERS	26	1:27:55
9. GARY DEXHEIMER	31	1:29:26
10. DAVID BAILEY	34	1:30:44
11. KELLY CLEVENER	51	1:35:22
12. DENNIS SCNTAG	56	1:40:49
13. MICHAEL YANN	68	1:48:09
14. EDDIE LEE	70	1:50:11
15. GRANT TRIER	75	2:01:17

20 K

OVERALL

20K RUN MEN

1. BRAD COOPER-Course Rec.	1:05:33
2. JOHN HOGSETT	1:15:40
3. TERRY DILLER	1:16:31

20K RUN WOMEN

1. KARLENE HERRELL-Cr. Rec.	1:18:17
2. BETH BATTLELL	1:34:49
3. KELLEY VARLEY	1:43:46

20 K RUN

EN 20 - 24			
1. JOHN HOGSETT	2	1:15:40	
2. BOBBY GARCIA	13	1:22:55	
3. BOB FIELDS	20	1:25:59	
4. JEFF CROUCH	41	1:32:04	

EN 25 - 29

1. KEITH WALTER	29	1:28:48
2. MARK WALTER	30	1:28:49
3. PAUL KUCHER	32	1:29:34
4. DAVID MILLHOUSE	52	1:36:10
5. SCOTT BUCKLES	53	1:36:40
6. KEN NELSON	60	1:43:27

EN 30 - 34

1. BRAD COOPER	1	1:05:33
2. DON BRANSTETTER	4	1:16:42
3. MICHAEL CLAY	10	1:20:33
4. KURT MATTOX	14	1:24:13
5. KEN STEINER	23	1:26:19
6. STEVE MCNULTY	27	1:28:07
7. EDWARD KERN	35	1:30:57
8. SCOTT WAGNER	50	1:35:11
9. JOE RYAN	66	1:46:41

MEN 45 - 49

1. DAVE REICHWAGE	16	1:24:53
2. TERRY DEAN	17	1:25:04
3. JOEL SCHARTZER	36	1:31:17
4. BERNIE BURGETTE	39	1:31:45
5. KEITH INGLE	42	1:32:11
6. CHARLIE BACKOFEN	43	1:32:49
7. JACK RIENKING	44	1:33:10
8. LARRY LLELK	49	1:35:10
9. JOHN PETERSON	55	1:38:41
10. JOHN BRIER	57	1:41:52
11. JIM SEILLER	58	1:42:30

MEN 50 - 54

1. GREG OSMUN	8	1:18:37
2. LYNN SMITH	18	1:25:28
3. TOM FELGER	38	1:31:39
4. JOH PRIMMER	67	1:46:42

MEN 55 - 59

1. RAY SIBREL	46	1:34:10
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MEN 60 & OVER

1. BOB LOOMIS	73	1:56:34
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WOMEN 20 - 29

1. KARLENE HERRELL	7	1:18:17
2. KELLEY VARLEY	61	1:43:46
3. MARY MCGUIRE	63	1:44:21

WOMEN 30 - 39

1. BETH BATTLELL	48	1:34:49
2. LAURA BRADLEY	64	1:44:43
3. PEG NORTH	74	1:59:59

WOMEN 40 - 49

1. BARB SCROGHAM	69	1:50:03
2. ANN MIZE	72	1:56:33

WOMEN 50 & OVER

1. JOAN GARY	65	1:45:00
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FEBRUARY 28

I WANTED TO RUN THE BLUE ANGEL MARATHON IN FLORIDA BUT COULDN'T GET A LOW ENOUGH AIRFARE, SO DECIDED TO STAY CLOSER TO HOME AND RUN THE OHIO RIVER MARATHON, NEAR DAYTON, IN A LITTLE TOWN CALLED FARMERSVILLE. WHEN I GOT UP THAT MORNING, IT WAS ZERO DEGREES! I WOULD HAVE PAID ANY AMOUNT OF MONEY TO BE IN FLORIDA! BY THE TIME THE RACE STARTED IT HAD CLIMBED ALL THE WAY UP TO 4 ABOVE. NON-RUNNERS THINK RUNNERS ARE CRAZY, SO FROM TIME TO TIME WE HAVE TO PROVE THEM RIGHT. PLUS, THIS WOULD GIVE ME A GREAT RUNNING STORY TO TELL AT THE NEXT PASTA DINNER. TWO DAYS EARLIER SOUTHERN-OHIO GOT A LOT OF SNOW SO IT WAS LIKE RUNNING IN A WINTER WONDER-LAND. THE ROADS WERE SNOW COVERED AND AT ANY TIME I EXPECTED TO SEE REINDEER RUNNING ACROSS THE ROAD IN FRONT OF ME. TWENTY MILES INTO THE MARATHON I THINK I CAN SEE JUST ABOUT ANYTHING EXCEPT FOR THE FINISH LINE! ABOUT 80 RUNNERS DID THE MARATHON. THE SUN WAS SHINING AND THERE WASN'T ANY WIND SO IT WASN'T TOO BAD AFTER ALL. ONLY PROBLEM I HAD WAS GOING UP AND DOWN ALL THE HILLS. I FINISHED IN 3:52:29 AND FOR ME IT WAS A GOOD TRAINING RUN. THE FINISHING AWARD WAS REALLY NICE BUT NEXT YEAR I'VE DECIDED TO GO TO FLORIDA NO MATTER WHAT THE COST!

MARCH 13

RECOVERED FROM THE MARATHON AND READY TO GET BACK TO RACING! J.P. JONES AND I TRAVELED TO COLUMBUS GROVE, OHIO FOR THE BEER BOTTLE OPEN 4 MILE RUN. WHAT A GREAT RACE! THE WIND WAS BLOWING AT LEAST 100 MILES AN HOUR AND THE WIND CHILL FELT LIKE 50 BELOW. 360 RUNNERS SHOWED UP TO RUN IN THIS SMALL OHIO TOWN. BRIAN SHEPHERD WON THE RACE BUT HE'S SO SKINNY THE WIND DIDN'T EFFECT HIM. WHEN I TURNED INTO THE WIND, THE RUNNERS TUCKED IN BEHIND ME. I FIGURED IT MUST HAVE BEEN BECAUSE THEY THOUGHT I WAS FAST. BUT THEN I HEARD SOMEONE SAY, "HEY, LET'S GET BEHIND THE BIG GUY!" THEY GAVE AWAY LOTS OF AWARDS (EVEN I GOT ONE) AND THERE WAS HOB0 STEW FOR ALL THE RUNNERS AT THE FINISH.

MARCH 20

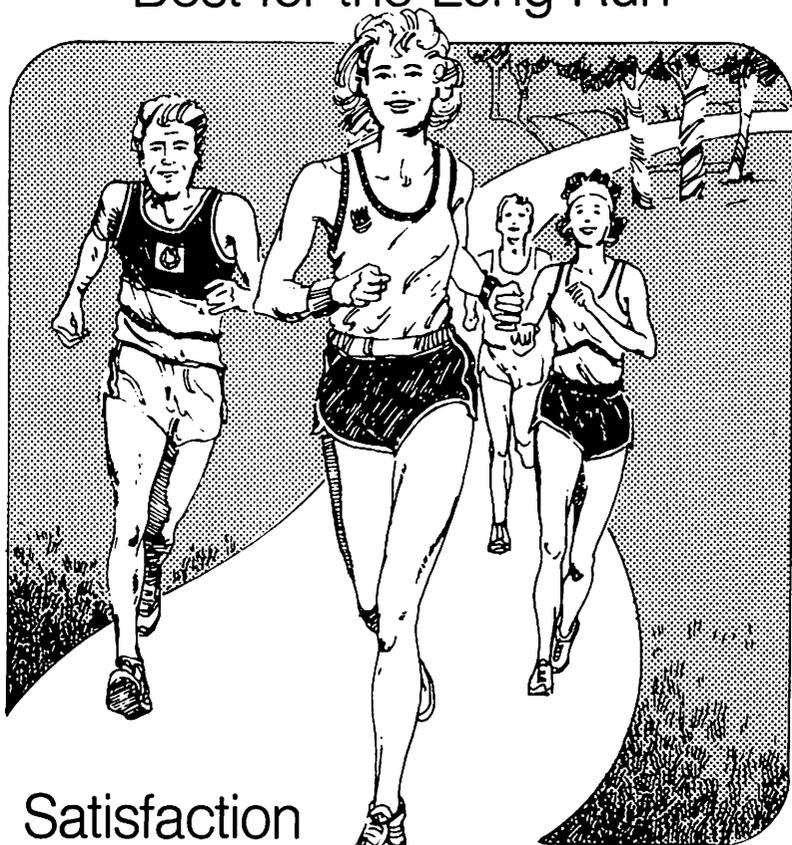
DANVILLE, ILLINOIS FOR THE MOUNTAIN GOAT HILL RUNS. I AM NOW AN OFFICIAL MOUNTAIN GOAT! THE KENNEKUK ROAD RUNNERS ARE ONE CRAZY BUNCH! EVERY RACE THEY PUT ON IS AN ATTEMPT TO KILL US! YOU COULD CHOSE FROM 4 DIFFERENT RACES, 2.2, 4.4, 6.6 OR 8.8 MILES. I WENT FOR THE 8.8, "THE DEVIL MADE ME DO IT". THAT MEANT A TOTAL OF 24 HILLS. YOU HAD TO FINISH TO GET YOUR SWEATSHIRT. I FINISHED IN 29TH PLACE OUT OF 147 RUNNERS. EVERYONE GOT AN AWARD WITH THEIR FINISH PLACE ON IT. THE WEATHER WAS 37 DEGRESS AND OVERCAST, JUST RIGHT FOR US MOUNTAIN GOATS. KENNEKUK PUTS ON SOME GREAT RACES AND KNOW HOW TO HAVE A GOOD TIME. IT'S WORTH THE 3 HOUR DRIVE FROM FORT WAYNE. IF ANYONE WANTS TO BECOME A MOUNTAIN GOAT NEXT YEAR IT WILL BE ON MARCH 19, 1994.

RUNNER SEEKS RIDE TO AREA RACES

Joe Ziegler, a FWTC member, is unable to drive due to an eye disease which has caused deterioration of his vision. Joe still runs but is looking for transportation to races. If you are able to give Joe a lift, give him a call at 749-7015.

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FORT WAYNE TRACK CLUB FANNY FREEZER
5K RUN & WALK FOSTER PARK
FEBRUARY 13, 1993



**FORT WAYNE
TRACK CLUB**

MALE	AGE	OVPL	OVERALL TIME
1.	KHELLI LEITCH	34	23:24
2.	MICHAEL ALEXANDER	60	35:10
MALE 13 - 18			
1.	RUSTY GROSE	9	18:48
2.	JASON FULFORD	19	21:36
3.	MOISES TREJO	20	21:36
4.	MIKE FLORA	36	23:49
5.	MORRY RIDDLE	37	23:50
MALE 25 - 29			
1.	BRIAN SHEPHERD	1	16:29
2.	AHMED ALLAQVI	11	19:49
MALE 30 - 34			
1.	CHUCK SCHLEMMER	2	17:54
2.	PAUL KNOTT	8	18:44
3.	CHRIS STARKEY	21	21:57
4.	ED KERN	25	22:06
5.	STEVE EYERS	42	25:49
MALE 35 - 39			
1.	CARL RISCH	3	18:03
2.	STEVE CASWELL	4	18:15
3.	JAY PRICHARD	7	18:38
4.	KEVIN WARREN	10	18:58
5.	MARK BRATTOLI	12	19:52
6.	PAUL AUSDERAN	13	19:57
7.	RICK GILBERT	15	20:35
8.	BARRY BAUMBAUGH	17	21:03
9.	HARRY QUANDT	31	22:58
MALE 40 - 44			
1.	JED PEARSON	5	18:19
2.	DAVE WINTERS	14	20:28
3.	DON FORD	16	20:49
4.	TIM ZUMBAUGH	18	21:13
5.	JOE HILGER	27	22:37
6.	ALAN BRADLEY	33	23:10
7.	NEIL ANDERSON	38	24:09
8.	KEVIN CARAHER	39	25:01
9.	REG JOHNSON	43	25:50
10.	MIKE HENDRICKS	50	29:14
MALE 45 - 49			
1.	GORDON PLEUS	6	18:22
2.	MARVIN SAMBUR	22	22:00
3.	JOHN BRIER	26	22:16
4.	JACK SEIGEL	29	22:45
5.	STEPHEN SMITH	41	25:32

Don Lindley ran the Groundhog 7 in Carmel, Indiana on February 7, 1993 and finished 177th overall with a time of 62:13.

MALE 50 - 54		
1. TOM FELGER	23	22:01
2. DEWAIN COBBS	24	22:04
3. JOE ZIEGLER	30	22:52
4. JIM MARTIN	40	25:04
5. JOHNI RASMUSSEN	53	29:58

MALE 55 - 59		
1. TOM LAIRD	28	22:40
2. EUGENE FRYE	44	26:03
3. DAVE MYERS	49	29:08

MALE 60 - 69		
1. BOB LOOMIS	46	26:22
2. PHIL WAHLS	52	29:32
3. ROSS MOYER	59	34:36

MALE 70 & OVER		
1. KEN DISLER	54	30:28

FEMALE 12 & UNDER		
1. STACEY BYERS	47	26:40

FEMALE 13 - 18		
1. AMY FUNSTERMAKER	32	23:00
2. ELIZABETH ALEXANDER	61	38:39

FEMALE 35 - 39		
1. TERRI GROSS	45	26:12
2. ALANE PHELPS	51	29:18
3. SUE STEINEN	57	31:47

FEMALE 40 - 44		
1. DEBBIE BYERS	35	23:48
2. SARA SMITH	55	31:04

FEMALE 50 - 55		
1. JOAN GARY	48	27:04
2. SUE MYERS	58	33:35

WALKERS		
1. BOB GENSHEIMER	56	31:24
2. MAURINE GENSHEIMER	62	48:43

THE FANNY FREEZER DID NOT KEEP UP WITH IT'S REPUTATION. BY RACE TIME, THE SUN CAME OUT AND MADE THE OUT AND BACK COURSE WET AND SLOPPY. IN THE MORNING I WAS GETTING CALLS TO SEE IF THE RACE WAS STILL ON BECAUSE OF THE SNOWY AND ICY CONDITIONS.

MANY THANKS TO ALL OF THE VOLUNTEERS.

1. VICKI JACOBS 2. JUDY TILLAPPAUGH 3. BOB HOCKENSMITH 4. JOYCE HOCKENSMITH 5. WAYNE UNSELL 6. SARA UNSELL 7. MICHAEL LINDLEY

RACE DIRECTOR: DON LINDLEY

Don Anderson ran the cool, windy Gasparilla Distance Classic 15K in Tampa, Florida on February 27, 1993 in a time of 1:14:14. That was good enough for 7th place out of 40 runners in his age division. Don liked the bands, expo, the very scenic bay front course, and the large field of 5455. Don comments, "Good race, very organized."

EATING SMART

Breakfast Basics

Start your day right!! The first meal of the day is the most important meal of the day, yet it is the most missed meal!

It is estimated that as many as 33% of Americans skip breakfast. Common excuses are: "Time problems", "No morning appetite", and "Dieting for weight loss".

These are real excuses but planning to eat breakfast daily makes good sense for several reasons. Among the benefits are:



- improved productivity
- a more positive attitude
- better overall nutrition

Eating breakfast can actually help you with weight management. Studies show that people who don't eat breakfast can have metabolic rates 4% to 5% less than normal. As a result, a breakfast skipper may gain 1 pound every 7 weeks...about 8 pounds a year.

HEALTHFUL STRATEGIES

Lighten up and add some spice to breakfast menus with these nutritious strategies:

- ^ Create your own signature cereal by combining several of your favorite varieties. Start with puffed cereals. They're naturally fat-free, sugar-free and sodium-free. And, a generous serving - 1 cup - has only 50 calories.
- ^ Spread toast with a fruit spread instead of margarine and save 5 grams of fat (about 45 calories) for each teaspoon you use.
- ^ Select unsweetened varieties of hot or cold cereals; top with fruit and a sprinkling of cinnamon. Use skim, not whole milk, to trim calories and fat.
- ^ Top pancakes or waffles with no-fat toppers like no-sugar-added fruit spread, reduced calorie syrup, fresh fruit, fat-free cottage cheese or fat-free yogurt.
- ^ Give yourself a fiber boost. Choose whole grain breads or bran cereals and a grapefruit half instead of juice.
- ^ Combine hot skim milk and hot coffee for a fast cafe latte.



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US THE REASON TO RUN OR THAT THE

RUNNING GIVES US THE LICENSE TO EAT

HILGERS ALSO GROW

OVER 30 KINDS OF

FRUITS AND VEGETABLES

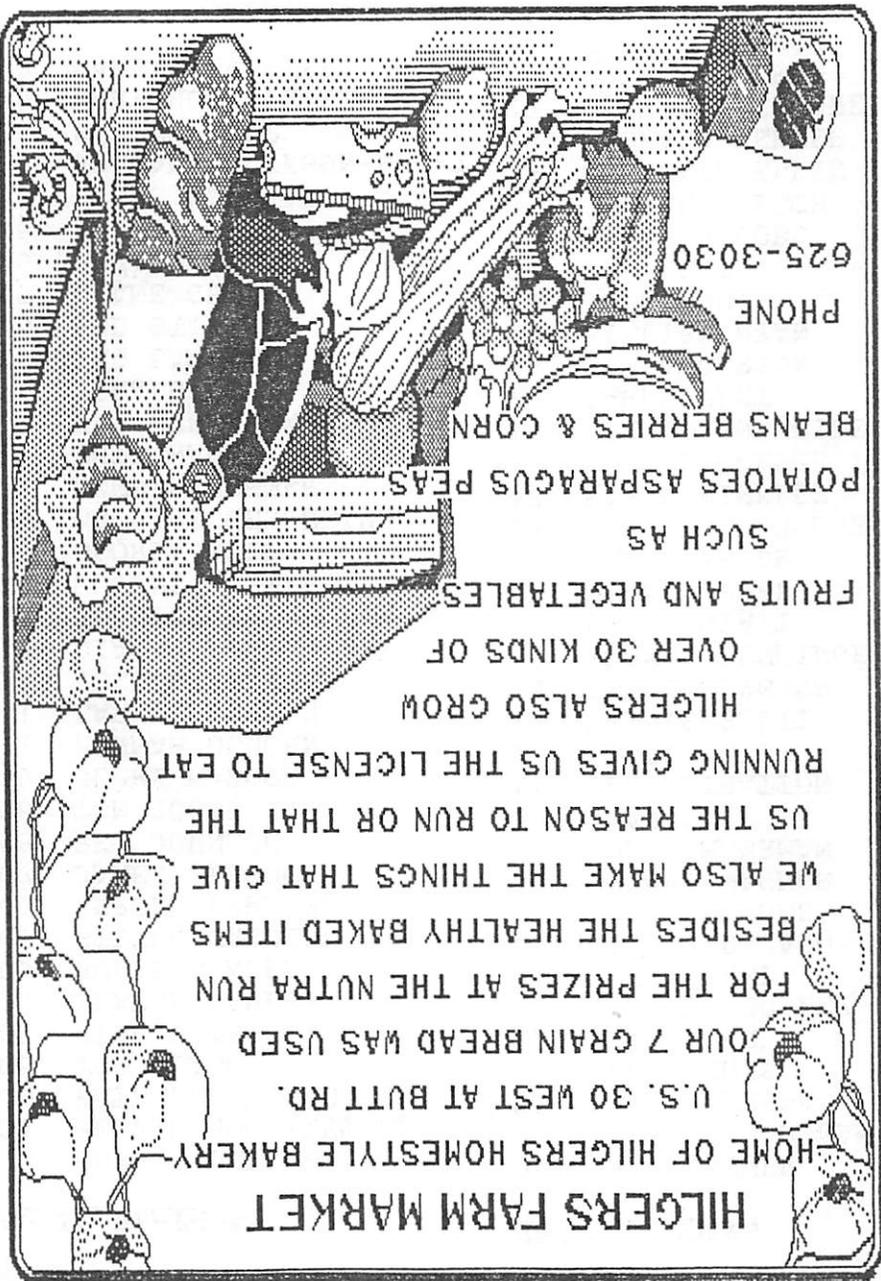
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01 BRET BREWER
 01 MAURICE HARTMAN
 01 LOIS WIERMA
 02 DENE LEWIS
 02 ED WALTER
 03 TIMOTHY DOOLEY
 05 JOHN POWELL
 06 MICHELLE CANO
 07 MICHAEL COLE
 08 THOMAS WAGNER
 09 SUE ZIMMERMAN
 09 JOAN GARY
 11 TERI STRATTON
 12 ROBIN SMITH
 13 DENNIS SCOTT
 14 JAMES HEYMANN
 15 THOMAS DENDINGER
 15 SANDY WYATT
 17 DICK BURDEK
 17 JAMES WEIDE
 17 DAVID MILLHOUSE
 17 KAREN BINKLEY
 17 GREG LAWRENCE
 17 CAROL ANN WEIDE
 18 LARRY YANT
 18 JIM ANDERSON
 19 WILLIAM RYAN
 20 JOHN ENNIS
 20 HAL LEWIS
 20 POLLY JACOBS
 21 CHARLES MELCH
 24 JEANETTE KLEIN
 26 RICHARD BEEMER
 27 GARY MULLENDORE
 28 MOLLY SLOFFER
 30 TERRY GAUTSCH

03 JERRY SUEZLER
 04 MELVIN HOCHSTETLER
 05 KATHLEEN MIDAU
 05 TOM CIAGG
 05 MIKE YATES
 05 SHARON PAULEY
 05 JULIE MANGER
 06 STEVEN CASWELL
 07 JEROLD PERKINS
 07 JAMES BABCOCK
 08 REG JOHNSON
 08 TOM YODER
 09 JERRY MAZOCK
 11 HANNAH OSBORN
 11 LARRY GOODWIN
 11 JOEL SCHARTZER
 12 DIANA TALAMANTES
 13 ED BECKNER
 13 EUGENE HAINES
 14 GLORIA NOLD
 15 MAURINE GENSHEIMER
 21 DENNIS CONNER
 21 PHIL WAHLS
 22 KEN HENDRICKS
 24 JERALD DIEHL
 25 RAD LAMENZA
 25 BUD STIFFLER
 25 DIANE GETTY
 25 DAVID WILSON
 26 RACHEL WEIDE
 26 STEVE KEESLAR
 27 JOANNANN JACKSON-SWIFT
 28 STEVE PEALE
 29 MARY HOCHSTETLER
 30 GARY SYLVESTER

MAY BIRTHDAYS

APRIL BIRTHDAYS





NEW MEMBERS AND RENEWALS

ADE, JACK M.	HAPP, MARY	PATTERSON, BILL
BABCOCK, JAMES	HOCKENSMITH, JOYCE	PAULEY, BOBBY
BACKOFEN, CHARLIE	HOCKENSMITH, ROBERT	PAULEY, SHARON
BASHOR, DONALD E.	HUNT, WILLIAM	PEARSON, JED
BEEMER, RICHARD G.	JENNINGS, GREG	POWELL, JOHN B.
BIXBY, MARTIN	JOHNSON, REG	PUCKETT, RODGER
BIXBY, MAUREEN	KERN, EDWARD L.	RADKEY, JEFF
BLAUVELT, TOM	KIRBY, GEORGE	RAFF, JEFFREY
BOLIN, TIMOTHY J.	KLINE, JIM	RANDALL, LAWRENCE
BRANDT, CHARLES	KLINGER, HOWARD J.	ROBBINS, MICHAEL
BREWER, BRET	KNOUSE, EDWIN C.	SAMBUR, MARVIN
BUDD, DANA	KUHN, JOE	SCHOFF, DENNIS
BURNS, PHIL	LANDES, MARK	SCROGHAM, BARB
BURRELL, DEREK	LANTZ, JOHN	SEILER, JIM
BURRELL, GRENDEL	LEE, EDDIE	SEIMAN, TODD
BURRELL, WHITNEY	LEITCH, KHELLI	SHEPHERD, BRIAN
CARR, JOHN	LEW, BRANCH	SIPES, SUE
CLARK, KEN	LIMKEMANN, ERIC	SMITH, SARA
CLOUSE, DAVID	LIPP, STAN	SMITH, STEPHEN P.
CRON, JAMES C.	LOCHNER, KEVIN	STURTEVANT, JOHN
CURRY, QUINN D.	MARTIN, JIM	SUMMERS, DON
DORE, LUTHER H.	MCDONALD, KEN	SYLVESTER, GARY L.
FIELDS, CARL R.	MCMAHON, STEVE	THOMSON, DAVID
FLORA, MIKE	MCMANUS, MARY C.	TREJO, MIKE
FOUST, BOBBI	MCMANUS, MICHAEL C.	UNSELL, SARA
FOX, LORRAINE	MOTYCKA, RON	UNSELL, WAYNE
FULFORD, JASON	MULLENDORE, GARY	WAGNER, SCOTT
FURKIS, CINDY	MYERS, DAVID V.	WAGNER, THOMAS A.
FURKIS, JAMES	MYERS, SUE	WARREN, KEVIN A.
FURKIS, MARK	NOLD, CURT	WEIDE, CAROL ANNE
GENSHEIMER, MAURINE	NOLD, GLORIA	WEIDE, JAMES C.
GENSHEIMER, ROBERT	OSTERHOLT, BILL	WEIDE, RACHEL
GILBERT, ALAN	O'NEIL, BARB	WEIDE, SARAH
GILBERT, RICK	O'NEIL, JACK	WIDAU, KATHY
GROSS, TERRI	PAINTER, IVAN	WOLFE, BRENDA J.



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Name That Indiana Race

FWTC Banquet February 13, 1993

- | | |
|-------------------|-------------------------------------|
| 1. Toboggan | AUL - Pokagon |
| 2. Arctic | Polar Bear Run - Indy |
| 3. Deer | AUL - Brown County |
| 4. Lou | Sunburst Marathon - Notre Dame |
| 5. Coconut | Run the Mounds or AUL - Mounds |
| 6. Buns | Fanny Freezer |
| 7. Flower | Trillium Trek |
| 8. 1st Leg | Albion (Chain-O-Lakes) Triple Crown |
| 9. Oz | Munchkin Mile - Chesterton |
| 10. Hot Chocolate | Ligin |
| 11. Bread | Nutra Run |
| 12. Sand & Water | Zoy Run - Dunes |
| 13. Fats Domino | Blueberry Stomp |
| 14. Peacock | Run Wild - Zoo Run |
| 15. Circle | Indy Mini |
| 16. Lucky Role | Shoesucker Seven, Groundhog Seven |
| 17. Track Finish | Cromwell Classic (Others) |
| 18. Elf | Jingle Bell Run |
| 19. Ordinary | Just Plain 10K |
| 20. Pilgrim | Turkey Trot |
| 21. Dan Quayle | AUL - Potato Creek (Others) |
| 22. Jerry | MDA 8K |
| 23. 100 Years | SportsMed |
| 24. The Dons | IPFW Spring Classic |



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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.

This is a tentative Point Racing List. If you would like to get your race on the list please contact Brian Shepherd at 894-4638!

If your race is on the list please contact me and confirm your date and time!

TENTATIVE FWTC POINTS RACE LISTING

<u>MONTH</u>	<u>RACE</u>	<u>CITY</u>
January	Todd Realty 5k	Syracuse
February	Fanny Freezer 5k Think Spring 5k	Fort Wayne Ligonier
March	Nutra-Run 5m 20k	Fort Wayne
April	IPFW Scholarship Run	Fort Wayne
May	FWTC One Mile Championship	Fort Wayne
June	Albion 5k Mermaid 5k	Albion North Webster
July	Flotilla 3.3m 8m Old Settlers 4m Cromwell 5k	Syracuse Columbia City Cromwell
August	MDA 8k	Fort Wayne
September	Roanoke 5m Marshmellow Festival 5k	Roanoke Ligonier
October	Calethunpian 5k	Decatur
November	CTA 5k Turkey Trot 4m	Ligonier Fort Wayne
December	J. P. Jones 10k	Fort Wayne

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11th ANNUAL CANAL DAYS 5-K/10-K

Date: Sat., June 12, 1993
 Check-In Time: 6:00 a.m.
 Run starts at 7:00 a.m.

Place: Downtown - New Haven, IN
 Corner of Summit St. and Ann St.
 next to Magilla's Lounge

REGISTRATION & ENTRY

Before June 1, 1993: \$6.00

After June 1, 1993: \$8.00

Sponsored By: The Marine Corps League,

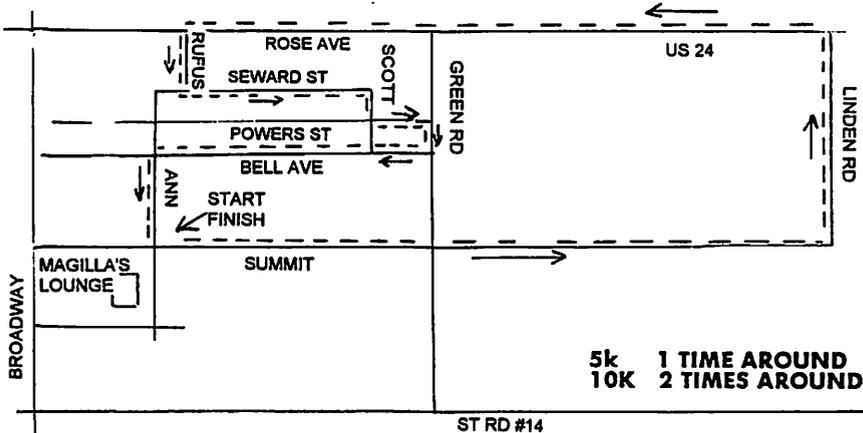


The proceeds of this race are used by the Marine Corps League to help fund 4 scholarships and bingo at the VA Hospital

For more information Call: TOM GRATZ at 749-0982

(Runners Award Charts on reverse side - Medals for all finishers)

5-K/10-K Run will start at the corner of Summit and Ann Streets by Magilla's Lounge in New Haven, Indiana.



ENTRY FORM AND WAIVER OF LIABILITY

I will be running in the (check one) 5-K 10-K

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Your estimated time to complete the race _____ Race Shirts available for \$5.50 M L XL
 So that your shirt size is available race day please preregister.

In consideration of your accepting my entry, I do hereby for myself, my heirs, executors, administrators, and assigns, waiver and release all rights and claims for damages which I may have or which may hereafter accrue to me against the Marine Corps League, The Fort Miami Detachment, and The New Haven Canal Festival, its sponsors, agents, representative or assigns for any and all damages which may be sustained, and suffered by me in connection with my association with or entry or participation in the Canal Days 5-K/10-K.

Signature _____ Date _____

PARENT OR GUARDIAN IF UNDER 18

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SEND TO: MARINE CORPS LEAGUE
 7500 Lincoln Hwy E
 Fort Wayne, IN 46803

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FIVE MILE RUN ENTRY DEADLINE JUNE 7, 1993



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FWTC HOTLINE AND ANSWERING SERVICE (219) 432-5998

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

 * NOTE: DON'T FORGET - OHIO AND MICHIGAN WILL GO TO *
 * DAYLIGHT SAVINGS TIME ON APRIL 4TH. ILLINOIS *
 * WILL THEN BE ON THE SAME TIME AS INDIANA *

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

- 03 SAT * HAZARDOUS WAIST RACE 5K RACE AND WALK GRANGER, IND 10 A.M.
 BARRY BAUMBAUGH, 12032 TIMBERLINE TRACE N., GRANGER IN 46530
 (219) 272-7606 OR 239-5755 (WORK)
- 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
- 10 SAT DUCKLING DASH 5K RUN & WALK INDIANAPOLIS, IND. *328-1632*
 TUXEDO BROTHERS, 8163 E. AVERY, INDPLS, IN 46268 (317) 824-0109
- 10 SAT MCDONALD'S EASTER RUN 5K/10K RUN 9 A.M. COLUMBUS, OHIO
 ULTRA/FIT/USA, BOX 06358, COLUMBUS OH 43206 (614) 444-3832
- 17 SAT * BOYS & GIRLS CLUB OF KOSCIUSKO COUNTY 5K RUN WARSAW, IND.
 MARGARET WHITLEY, 800 N. PARK AVE., WARSAW IN 46580
 (219) 269-9626
- 17 SAT * SPRING HOP 10K RUN AND 5K WALK PITTSBORO, IND 8 AM
 BOB & CONNIE COPELAND (317) 745-7162 (WEST OF INDY OFF I-74)
 HOOSIER RACING, 2748 E MAIN, DANVILLE IN 46122
- 17 SAT RACE FOR THE CURE (WOMEN ONLY) 5K RUN & WALK INDIANAPOLIS
 TUXEDO BROTHERS, 8163 E. AVERY, INDPLS, IN 46268 (317) 824-0109
- 17 SAT * PURDUE GRAND PRIX DISTANCE CLASSIC 8K WEST LAFAYETTE 9 A.M.
 JEFF HARTS, PMU 502, W. LAFAYETTE IN 47906 (317) 494-2708
- 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 JAZZ ON THE RUN 5K VALPARAISO, IND. (219) 465-4629 1 PM
 NANCY KEIL, 814 LAPORTE AVE., VALPARAISO IN 46383
- 18 SUN BRICKS TO BRICKS 10 MILE RUN FORT BENJAMIN HARRISON, INDPLS
 KLA, 107 WEST LORETTA, INDPLS. IN 46217 (317) 786-8812
- 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 12 NOON
 BOX 1993, HOPKINTON, MA 01748 (508) 435-6905
- 22 - 25 *RRCA NATIONAL CONVENTION PORTLAND, OREGON
 CALL JUDY TILLAPAUGH (219) 456-3277 FOR MORE DETAILS

24 SAT * SHOESUCKER SEVEN 7.2 MILE (TRAILS) HUNTINGTON, IND. 9 AM
 KIL-SO-QUAH ROADRUNNERS RICHARD BEEMER 219-356-3035

24 SAT * SPRING CLASSIC 5K RUN/WALK FORT WAYNE 11 A.M.
 CHERYL PASKO, 2101 COLISEUM BLVD. EAST, FORT WAYNE IN 46805

24 SAT * TANKERS "R" US 5 MILE ROAD RACE GRISSON AIR FORCE BASE 9AM
 BRIAN REINHARDT, 1717 W. JEFFERSON ST., KOKOMO IN 46901

24 SAT * SPRING FLING 5K FAUROT PARK, LIMA, OHIO 10 A.M.
 HAROLD VERGIELS 419-634-6985 (EVE) 643-5111 (DAY)

24 SAT BORGESS RUN FOR THE HEALTH OF IT KALAMAZOO, MICH
 5K - 10K - 15K 5KW - 5KRW - 1MFR
 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 WRTV 6 DO RUN RUN INDIANAPOLIS, IND.
 KLA, 107 W. LORETTA, INDIANAPOLIS IN 46217 (317) 786-8812

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
 BOX 222620, CARMEL, CA 93922 (408) 625-6226

- - - - - M A Y 1 9 9 3 - - - - -

01 SAT RUN FOR LIFE 10K PLUS 3.5 RUN & WALK ANDERSON, IND. 4 PM
 KEITH TRENT 317-646-5169 (DAYS) 317-649-5647 (EVE)
 COMMUNITY HOSPITAL, 1515 N.MADISON AVE, ANDERSON IN 46011

01 SAT SUNRISERS KIWANIS SPRING RUN 15K RUN & 2MI WALK 9 AM
 NOBLESVILLE, IND JIM (317) 773-1900
 SUNRISERS KIWANIS, P.O. BOX 492, NOBLESVILLE, IN 46060

01 SAT EASTER SEALS CLASSIC 5K/10K RUN (5K WALK) ST. JOSEPH, MICH
 LUANN EPPERSON (616) 983-3981

02 SUN PITTSBURGH MARATHON 8:30 A.M. (412) 765-3773

02 SUN * BLUE RIVER BIATHLON (2.5 RUN/15 BIKE/2.5 RUN) SHELBYVILLE, IND
 PARKS DEPT. 137 E.WASHINGTON ST., SHELBYVILLE IN 46176
 (317) 392-5128

02 SUN * MICHIGAN TRAIL MARATHON & HALF MARATHON PINCKNEY, 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 HEARTBEATS FESTIVAL FAMILY FITNESS DAY COLUMBIA CITY, IND
 4 MILE RUN/2 MILE WALK 8 A.M. WHITLEY COUNTY 4-H CENTER
 LAURA GATER (219) 244-6191 EXT 2801

08 SAT ARTS FEST RIVER RUN 12K 9 AM EVANSVILLE, IND
 PAT SHOULDERS, BOX 916, EVANSVILLE IN 47706 (812) 424-7575

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 DISCOVER COLUMBUS CHALLENGE BIATHLON COLUMBUS, INDIANA
 3 MILE RUN/21.5 BIKE/3 MILE RUN
 CHARLES SAHARAKO 812-379-9005 (D) 812-379-9553 (E)

15 SAT * ICE AGE TRAIL 50 MILES, WAUKESHA, WISCONSIN 6 A.M. SOUTHERN KETTLE MORaine STATE FOREST (414) 547-6535
 * REVCO-CLEVELAND MARATHON(16TH) AND 10K LINDA BEVERIDGE (216) 487-1402
 16 SUN *
 22 SAT BOB EVANS GIFT OF LIFE RUN 10K RUN/5K WALK INDIANAPOLIS, IND 850 N. MERIDIAN, INDFLS IN 46204 (317) 693-6534
 NORRIS INSURANCE BUNKER HILL 5 MILE 8 A.M. AMBOY, IND JOHN NORRIS, BOX 157, AMBOY IN 46911 (317) 395-7761
 22 SAT TULIP CITY CLASSIC 20K/5K 8:30 A.M. HOLLAND, MICH STEVE WEBSTER, 268 E. 8TH ST., HOLLAND MI 49433 (616) 396-7961
 29 SAT 500 DISTANCE CLASSIC 10K & 5K RUN/WALK INDIANAPOLIS, IND. RICH RADEZ, 107 N. PENNSYLVANIA, INDFLS IN 46204 (800) 285-1700
 * LODA 10K LAKE RUN AND 4K WALK LODA, ILLINOIS 8 A.M. ROBERT OR CAROL CRAVENS (217) 386-2579
 29 SAT BIG BOY 20K CLASSIC WHEELING, WV. (614) 633-5000 8:30 AM HUGH STOBBS, BOX 1046, WHEELING WV 26003
 29 SAT DEXTER-ANN ARBOR HALT MARATHON ANN ARBOR, MICHIGAN ALSO 5K AND 10K (313) 663-9740
 FIRST OF AMERICA RUN, 101 S. MAIN ST, ANN ARBOR MI 48106
 31 MON THE GREAT RACE HALT MARATHON ELKHART, IND. ALSO 10K RUN AND 5K/10K WALKS
 31 MON * STRIDE FOR PRIDE 5K 9 A.M. DANVILLE, ILLINOIS DENNIS BROWN, (217) 446-6696
 ----- J U N E 1 9 3 -----
 05 SAT WHITE RIVER 15K RUN AND 5K RUN ANDERSON,IND. 8:30 A.M. ANDERSON ROAD RUNNERS CLUB, PO BOX 272, ANDERSON IN 46015
 05 SAT SUNBURST MARATHON(10TH) ALSO 5K & 10K SOUTH BEND, IND. SOUTH BEND TRIBUNE, 225 W. COLFAX AVE., SOUTH BEND IN 46626 (219) 233-6161 EXT 441
 05 SAT MACKINAC ISLAND LILAC FESTIVAL 10K MACKINAC ISLAND, MICH RIVERBEND STRIDERS (313) 238-5981
 MICHIGAN RUN 12K - 5K - 5K WALK 8 A.M. LANSING, MICHIGAN STEVE WIDDER (517) 483-4208
 05 SAT * WYANDOT COUNTY SPECIAL OLYMPICS 5K UPPER SANDUSKEY, OHIO THERESE BARON 419-294-4901 8 A.M.
 * KICKAPOO TRIAL TRAIL 5 MILE RUN & 5K WALK DANVILLE, IL. KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
 06 SUN * EXCEED COLUMBUS 10K COLUMBUS OHIO 9 A.M. P.O. BOX 21264, COLUMBUS, OH 43221 (614) 481-0992
 12 SAT SPRING FEVER 5 HUNTINGTON, IND. HUNTINGTON MEMORIAL HOSP. 5 MILE AT 8:30 AM 1 MILE RUN AT 8 AM 1 MILE RACE AT 7:45 HOLTLY SALE 1215 ETNA AVENUE, HUNTINGTON IN 46750
 CALL 800-533-2252 EXT 130
 * CANAL DAVIS 5K AND 10K NEM HAVEN, INDIANA 7 A.M. TOM GRAFF, 8088 SEILIER RD., FORT WAYNE IN 46806 749-0982
 12 SAT ROSE RUN 10K - 5K - 4MI WALK 8 A.M. JACKSON, MICHIGAN MIKE WDJLYNN (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 DICK LUGAR RUN AND WALK INDIANAPOLIS, IND. KEN LONG & ASSOCIATES (317) 786-8812

19 SAT * OLD CAR CLASSIC 4 MILE BLUEFTON, OHIO 8:30 A.M. BILL SUTER, 290 RILEY STREET, BLUEFTON OH 45817

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 LUDINGTON, MICH. BOX 160, LUDINGTON, MI 49431 (616) 845-0324

19 SAT MOHICAN TRAIL 100 MILE MOHICAN STATE FOREST LOUDONVILLE, OH JOE EISENBERG 216-323-3123 (H) 977-7027 (W)

20 SUN ARCHIE GRIFFIN 5 MILE COLUMBUS OHIO 9 A.M. DAVID VALINSKY 614-262-7060 INCLUDES SOVENIR JERSEY AND FATHERS DAY BRUNCH

26 SAT CHRONICLE-SEAWAY RUN 15K AND 5K 8:30 A.M. MUSKEGON, MICH J.D. WALLACE (800) 783-3161 EXT 308

27 SUN * MARIA STEIN COUNTRYBEST 5K MARIA STEIN, OHIO 9 A.M. SHELLY BRUNS 419-925-5403

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

03 SAT MADISON AVENUE RUN AND WALK INDIANAPOLIS, IND. KEN LONG & ASSOCIATES (317) 786-8812

04 SUN RUNNING WILD 4 MILE RUN FORT WAYNE ZOO 7:30 A.M. JENNY KLINE, 3411 SHERMAN BLVD., FT WAYNE IN 46808 482-4610

04 SUN VOLKSLAUFE 2K - 10K - 5K - 20K FRANKENMUTH, MICHIGAN PEACHTREE 10K ATLANTA, GEORGIA (404) 231-9065 PEACHTREE ROAD RACE, 3097 SHADOWLAWN AVE., ATLANTA, GA 30305

05 MON * INDEPENDENCE DAY 5K FIGUA, OHIO BOB ERWIN 513-778-0143 OR YMCA 513-773-YMCA

10 SAT OHIO/MICHIGAN MARATHON TOLEDO ROAD RUNNERS

11 SUN UTICA BOILERMAKER ROAD RACE UTICA, NEW YORK 315-797-5838

18 SUN VOYAGEUR MARATHON & SPANISH RIVER 1/2 MAR. MASSEY, ONTARIO SHEIDA OR NORM PATENAUDE (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 ED FROEHLICH, 2685 E KIMBERLY RD., BELLENDORE IA 52722

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

07 SAT HARTMAN DAYS 10K HARTMAN, INDIANA

14 SAT * HOT AIR AFFAIR 4 MILES VAN WERT, OHIO 9 A.M. REX FORNEY (419) 238-3324 CASH AWARDS 1ST=\$150, 2ND=\$100, 3RD=\$50, 1ST AGE GROUP=\$25

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 SHEMEL (517) 278-4286
- 21 SAT PARKERSBURG HALF MARATHON PARKERSBURG, WEST VIRGINIA
DORSEY CHEUVRONT, PO BOX 718, PARKERSBURG, WV 26102
(304) 424-2786
- 22 SUN RACE FOR A CLEANER ENVIRONMENT INDIANAPOLIS, IND.
KEN LONG & ASSOCIATES (317) 786-8812
- 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) 344-1478 HOME (219) 356-9595 WORK
- 06 MON BLUEBERRY STOMP 15K PLYMOUTH, INDIANA
- 18 SAT OLANDER PARK 24 HOUR RUN
- 26 SUN WILD WILD WILDERNESS RUN 7.6 MILE ADVENTURE RUN DANVILLE, IL
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 26 SUN THE BLADE 10,000 TOLEDO, OHIO

----- O C T O B E R 1 9 9 3 -----

- 03 SUN OKTOBERFEST CLASSIC 10K MINSTER, OHIO
- 03 SUN TWIN CITIES MARATHON MINNEAPOLIS, MINNESOTA
708 N. 1ST ST., STE. 238, MINNEAPOLIS MN 55480 (612) 673-0778
- 10 SUN HOWL AT THE MOON 8 HOUR RUN/WALK DANVILLE, IL
KENNEKUK ROAD RUNNERS, PO BOX 1701, DANVILLE IL 61834
- 10 SUN INTERNATIONAL PEACE RACE 10K YOUNGSTOWN, OHIO
- 16 SAT BOWLING GREEN CLASSIC 10K BOWLING GREEN, KENTUCKY
RICH KELLY, P.O. BOX 1802, BOWLING GREEN KY 42102
(502) 782-3600
- 17 SUN TANDEM COMPUTERS DAYTON RIVER CORRIDOR CLASSIC DAYTON, OHIO
- 17 SUN DETROIT FREE PRESS INTERNATIONAL MARATHON DETROIT, MICH.
BARBARA BENNAGE, 321 W. LAFAYETTE BLVD., DETROIT MI 48226
(313) 222-6676
- 24 SUN COLUMBUS MARATHON COLUMBUS, OHIO (614) 433-0395
JOAN RIEGEL, P.O. BOX 26806, COLUMBUS OH 43226
- 24 SUN MARINE CORPS MARATHON WASHINGTON, D.C. 9 A.M.
P.O. BOX 188, QUANTICO MA 22134 (703) 640-2225
* IF YOU GO, TAKE THE AMTRAK TRAIN, GREAT EXPERIENCE *
- 31 SUN CHICAGO MARATHON CHICAGO, ILLINOIS (312) 951-0660
CAREY PINKOWSKI, 214 W. ERIE, CHICAGO IL 60610

----- N O V E M B E R 1 9 9 3 -----

- 14 SUN NEW YORK CITY MARATHON NEW YORK, NEW YORK
NYRRC, P.O. BOX 1388, GPO, NEW YORK, NY 10116 (212) 860-4455

----- D E C E M B E R 1 9 9 3 -----

- 11 SAT ROCKET CITY MARATHON HUNTSVILLE, ALABAMA (205) 881-9077
HAROLD TINSLEY, 8811 EDGEHILL DR., HUNTSVILLE AL 35802



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?

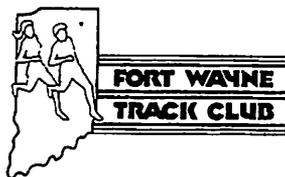
Include any additional information of interest.

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...

SPRING CLASSIC 5K RUN/WALK

Saturday April 24, 1993, 11:00 A.M.
IPFW 2101 Coliseum BLVD., Fort Wayne

CANAL DAYS 5K & 10K

Saturday June 12, 1993, 7:00 A.M.
New Haven, Corner of Summit and Ann St.

SPRING FEVER 5 & 1 M

Saturday , June 12, 1993, 7:45 A.M. 1 M
8:30 A.M. 5 M, 8:00 A.M. 1 M Fun Run
Huntington Memorial Hospital, 1215 Etna

FWTC MEETINGS

Wednesday, April 14, 1993, 7:00 P.M.
Wednesday, May 12, 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.



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

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