

# the inside track

June 1993 - July 1993



NEWSLETTER OF THE FORT WAYNE TRACK CLUB



# 1993

## FORT WAYNE TRACK CLUB *Officers and Board Members*

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PRESIDENT'S COLUMN - - Bob Hockensmith

In case it hasn't been obvious from reading this column, I must confess that my favorite race distance is the marathon. Perhaps that bias is, in part, based on the inability to be competitive at shorter distances, the opportunity presented by marathon courses to tour major cities through the most exciting areas that may otherwise be inaccessible, or more likely, the "mystique" of the marathon that Hal Higdon describes so well in his great new book, "Marathon".

During the past Spring break from school, the first week of April, Joyce and I took advantage of the time to travel to the site of the first marathon, in Greece. Initially, the trip was for the purpose of visiting the ancient ruins and to see the sights in the so-called "cradle of western civilization", but the end result was to convince ourselves that the Athens Marathon should be on our list of events to run. Although the trip took us to far too many places to recite here, our interest in running made certain places related to that sport more memorable.

As the Olympic year of 1996 approaches, we will no doubt often discuss and clearly remember the soul-stirring visit to Olympia where the first Olympiad took place in 776 B.C. To this day, in front of the Temple of Hera, the flame is lighted during a moving ceremony to start its long journey to the part of the world where it will ignite the Olympic flame at the start of each Olympiad. Later, we viewed the fields of Marathon, the location of the familiar battle where the invading Persians were defeated by the out-numbered Athenians in 490 B.C., resulting in a run to Athens by Pheidippides to proclaim the good news. Whether he died or not is a subject of controversy, but it makes a good story. From Marathon (now a town on the Gulf) we travelled over the marathon course into the City of Athens. Permanent signs along the road mark the distance every 5 Kilometers. After entering Athens, the route goes through the heart of the city ending at the stadium that was built in 1896 for the first of the modern Olympic games. Although it was raining lightly and we were in street clothes carrying an umbrella and several packages, we couldn't resist the golden opportunity to run where countless others had experienced their moment of glory. So we ran while fantasizing about the cheering crowds on marathon day.

Touring Greece with a knowledgeable guide while viewing ancient ruins, historical monuments, modern buildings and the varied countryside of high mountains, brilliant white islands and coasts fringed with sandy beaches, will be an experience long remembered. When told about the home of gods and heroes, persons mythical and real, the trip made me realize that the subject of history should have been an incredible joy instead of a dreadful chore.

Somewhere along the way, our preference for running marathons resulted in a personal commitment to place Athens on our list long before we finish the fifty events in this country. Perhaps you may wish to consider including that race in your future.





MINUTES  
Fort Wayne Track Club Monthly Meeting  
Wednesday, April 14, 1993, 7:00 p.m.



14 Present: Ken Disler, Don Ford, Bob & Joyce Hockensmith, Polly & Vicki Jacobs, John Jedinak, J.P. Jones, Don Lindley (briefly), Mike McAvoy, Dave & Sue Myers, Barb Scrogham, Judy Tillapaugh.

The meeting was called to order by President Bob Hockensmith. In the absence of Treasurer Don Lindley, Bob reviewed the Treasurer's Report. The YTD balance on March 31 was \$5,475.72. In the first part of April we paid bills in the amount of \$873.94 which leaves us with a current YTD balance of \$4,601.78. Income from the new club apparel stands at \$619.50 and expenses at \$443.90.

Enthusiasm was expressed for the cover of the most recent newsletter which features the new club logo. It was agreed that Ken Disler will ask Mary McManus if the RRCA logo, which currently appears in the lower corner of the new club logo, could be put on the sleeve instead. There would obviously be a fee for doing this, but it would help the RRCA logo stand out. This change would go into effect immediately and be reflected on all future apparel.

Don Ford reviewed and highlighted the race schedule:

1. The FWTC One Mile Challenge is scheduled for May 8, 7 p.m., Foster Park.
2. The Arthritis Foundation Jingle Bell 5K is tentatively set for Saturday, December 11, Foster Park.
3. Judy Tillapaugh said that the Northeast Indiana Corporate Challenge is scheduled for Saturday, June 19, 9 a.m., IPFW campus. We've been asked to help man the three-mile run/walk.
4. The White River State Games 5 Mile Run for this region is scheduled for Saturday morning, June 26, Foster Park.

Bob Hockensmith said that Dave Neely, IPFW cross country coach, would like to send a mailing to our mailing list soliciting financial donations in the form of sponsoring those who'll be participating in their fundraising 24 hour run. It was agreed that we could sell the mailing list to him for our standard rate.

Mike McAvoy reported on the work he's done to increase the advertising in our newsletter. He shared some of the creative, innovative approaches he's taking with potential advertisers. He's still waiting to hear back from several places he's contacted & will continue to work at this. We are very grateful for Mike's enthusiasm, creativity & hard work!! One creative idea Mike talked about was to have a section of each newsletter where club members could display their business cards for \$25 per card for 6 issues. This would help acquaint us with one another & let us know what we all do when we're not running!!

We then had a presentation on personal, home, and auto security systems after which the meeting was adjourned.

Next month's meeting will be on Wednesday, May 12, 1993, 7:00 p.m., TUFW Activities Center Classroom. Meet in the parking lot at 5:30 p.m. for a training run through Foster Park. Door to the Activities Center will open at 6:30 p.m.

Respectfully submitted,

Vicki Jacobs  
Secretary



**COME RUN WITH US**





Fort Wayne Track Club Monthly Meeting  
 Wednesday, May 12, 1993, 7:00 p.m.

MINUTES

10 Present: Lisa Cahn, Ken Disler, Bob Eherenman, Don Ford, Bob & Joyce Hockensmith, Vicki Jacobs, John Jednak, J.P. Jones, Mike McAvoy.

Meeting called to order by President Bob Hockensmith. Special welcome given to two fairly new club members attending their first meeting -- Lisa Cahn & Bob Eherenman.

Bob Hockensmith reviewed treasurer's, membership & equipment reports on behalf of Treasurer Don Lindley who wasn't at meeting (due to meeting of White River State Games volunteers). April income was \$247.21; expenses \$902.94; YTD balance \$4,819.99. 61 people have 93 memberships; 61 have 94 memberships; 48 have 95 memberships. We still need volunteer equipment coordinator (which Don Lindley is graciously doing until someone volunteers).

Joyce Hockensmith needs all material for June/July newsletter by Friday, May 21. Mike McAvoy's still looking for advertisers.

Don Ford reviewed race schedule. There are LOTS of races this summer, especially June 19!! He specifically highlighted June 19 Chain O Lakes 5K (Albion); June 27 Monument City Classic 10K (Angola); July 3 El Jilla Races (Syracuse); July 16 Old Settlers & Mile (Columbia City); July 30 Country Classic 5K (Cromwell); Governor's Cup Series is back with new sponsor - no Pokagon race, but race at Oubache's been added to series schedule.

Ken Disler reported that moving RRCA logo from bottom right of club logo to sleeve of t-shirts & sweatshirts would cost \$35 (one-time charge). After discussion, consensus that logo be left where it is (club has no way to absorb \$35 so it'd have to be figured into increase in cost of apparel & since we've already advertised that Ken check single prices & report at next meeting. Perhaps we could do order this summer.

Bob Hockensmith reported his research on club stationery (single sheets/envelopes & note size cards/envelopes). We'd take orders (like we did with apparel). But prices somewhat high & it was felt there might be same lack-of-strong-interest response as there's been to apparel. We appreciate Bob's time; perhaps it's a good idea whose time hasn't yet come.

Bob reported on subcommittee working on bicentennial race: Date'll be Aug. 8, 94 & there'll be 9.4 mile run; 9.4K walk, 1.994 foot children's run. Probably use old Central Soya route & expand on it; Don Lindley & Mike Kast are deciding on exact route. Possibly have test run this fall. Will need many club members to man these events. If it catches on, possibly do it each year & increase distance to match year (9.5 in '95; 9.6 in '96; etc.).

Judy Tillapaugh at White Rivers Games volunteers meeting along with Don Lindley so will give RRCA convention report next month. Needs help for June 26 White River Games 5 mile at Foster Park. Meeting adjourned with reminder that next month's meeting will be Wed, June 9, 7 p.m., TUPW Activities Center.

Respectfully submitted,  
 Vicki Jacobs, Secretary

COME RUN WITH US



## TRACK CLUB MEMBER PROFILES



### MIKE MCAVOY

Mike McAvoy, born July 30, 1960, is a Physical Therapist/Athletic Trainer. Mike resides with his wife, Christie and his children, Erin (4 years), and Sean (3 years). For relaxation Mike likes to read 'easy to understand' physics books. He also enjoys camping with his family, and watching track and field. Mike may be found running on golf courses in his Reebok Ventilators or Ventilator Supremes. Just give Mike pizza, pizza, pizza, before the run, or after the run. Mike's inspiration has come from an older group of runners (he declined to say how old) who took him under their care when his was a mere 18 and just starting to run. They taught him the true meaning of "fun run"! Mike's dream is to set a new PR in 5K, 10K, 1/2 or full Marathon. He says, "All of my current PR's were set in a 3-4 month span back in the fall of 1980." Mike would like to see the FWTC adopt a charity and help in various ways to raise money for that charity. (Ex. Big Brothers/Big Sisters)

### KEN CLARK

Ken Clark, born September 7, 1938, is a Customer Service Representative for Artistic Carton in Auburn. Ken's family includes his wife, Alvera, daughter, Wendy who is a student at that GREAT school I.U., and a son, Carl who also lives in Bloomington. Ken doesn't have any house pets, but does have an assortment of animals and birds that come to his back door. Ken has a special interest in antique cars, particularly Covairs, and also enjoys biking, traveling with his family, and watching I.U. basketball. You might meet Ken running in Foster Park in his Asics. He likes the 10K distance and his favorites are the Summit City 10K and the Blueberry Stomp. After the race, Ken likes pizza, although his favorite restaurant is Chi-Chis. His dream is to run the Boston Marathon which he says is probably just a dream, but again, who knows? He would like to see the FWTC have one major race a year.

## **JEFF MCCANN**

Jeff McCann, born September 15, 1942, is a High School Mathematics/Physics Teacher. His family includes his wife, Marsha, and Chloe, an Old English Sheepdog. With Marsha, Jeff enjoys lake activities around Hamilton Lake, and traveling, while other interests include running, reading, theater art, and watching college football. Jeff's favorite places to have a good meal are The Factory, and the Hatchery in Angola. You may see Jeff take off on a 4-6 mile run in his Nikes from Hamilton High School to his house, or along Hamilton Lake roads and hills. Jeff's inspiration has come from his wife, Marsha, who started running before he did. He claims she has been with him through all his injuries and races, 96 of them. Jeff's dream is to qualify for the 100th Boston Marathon (you're not alone in that dream), and to run every day until he is 90+. Jeff wishes there were more middle of the pack runners and more encouragement for this group. Jeff's best race memory is the 1979 NYC Marathon.

### Running PR's:

10K	37:45	Sportsmed 10K, 1991
15K	1:04	Seaway 15K, 1989
1/2 Marathon	1:34	500 Mini-Marathon, 1991
Marathon	3:17	Sunburst Marathon, 1991

### Running Goals:

To run close to a 35 minute 10K and to run a sub-3 hour marathon.

To cross-train more and become active in the Fort Wayne Track Club.

## **Palm Beach**

Ken Clark ran the Palm Beach 1/2 Marathon in February 21, 1993 in a time of 1:46:58. He enjoyed the Sunny 72 degree day running with 361 other runners through scenic John Prince Park in Lake Worth, Latana area. Ken comments that it is nice to be able to run a race while on vacation and meet some people and see how other races are held.

## OLD BUZZARD 5K



On April 6, 1993 Steve Caswell became a master's runner. His wife decided that before he gets too old to remember anything she'd better have a birthday party for him. Thus the Old Buzzard 5k was born!

The race was close throughout, but Steve "Old Man" Caswell put on a lightning fast kick to leave Chuck Schlemmer (2nd) and Brian Shepherd (3rd) sucking dust. Steve also was able to bury members of the West Noble Cross Country team. Steve was heard to say, "I owe all of you guys!" Steve's winning time and new course record was 18:12!

On the serious side, I feel lucky to be friends with Steve. He is a motivator and a true friend. Watch out Masters Runners - HERE COMES STEVE CASWELL!

## HAPPY BIRTHDAY CAZ!



OLD BUZZARD 5K  
or  
The Caswell Is An Old Man 5K

Deb	Stacey	Mary	Jason	Brian	Moises	Frank
Byers	Byers	Leitch	Riddle	Fulford	Shepherd	Trejo Pizana

OLD MAN CASWELL

## BOB EHERENMAN

Bob Eherenman, born November 22, 1965, is an attorney with Haller & Colvin. Bob is single with no children and no pets. Bob enjoys reading, downhill skiing, camping, canoeing, fishing in Canada & Northern Michigan, and very importantly, watching Indiana University basketball. The whole family, mom, dad, brother, two sisters and brothers-in-law, make it a family affair to run the Seaway 15K in Muskegon, Michigan, which, by the way, is Bob's favorite. Bob likes running 10K's in his Asics X-Presses, and prefers just water after the race. Bob's favorite place to get a good meal is Shopoff's on U.S. 24. When he can, Bob likes to train in Leelanau County, Michigan, which includes Glen Arbor and Sleeping Bear National Lakeshore. Bob explains his inspiration: "My parents (both 62) are very active; My dad has run 2 marathons and competed in the National Senior Games; My mom walks everyday, runs 5K's and bikes 'centuries' with dad." Bob's dream is to keep running regularly until old age, meaning until his 90's. He would like to see the FWTC continue to take an active part in the community, promoting health and fitness and sound nutrition.

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SPRING CLASSIC 5K RUN/WALK

APRIL 24, 1993

RESULTS

RUN/WALK

OVERALL PLACE	NAME	TIME
1	CARL RISCH	17:33
2	DON BRANSTETTER	17:42
3	MATT PELLMAN	18:39
4	JERRY SUELLER	19:00
5	TIM ZUMBAUGH	19:00
6	DON FORD	19:24
7	MARK BRATTOLA	19:33
8	PAUL AUSDERAN	19:42
9	EDWARD KERN	20:21
10	BERNIE BURGETTE	20:22
11	JOE REICHARD	20:26
12	BRAD BIGGS	20:27
13	ROSS LOEFLER	20:28
14	PATRICK FAGERMAN	20:42
15	OSCAR BUSTOS	20:44
16	DAVID BOYLAN	20:46
17	WILLIAM DEBLE	20:56
18	ERIK FINLAYSON	20:59
19	GEORGE PETERSEN	21:01
20	MAUREEN BIXBY	21:02
21	MARTIN BIXBY	21:03
22	TOM FELGER	21:08
23	MARC SMALL	21:39
24	RICO EDLITNO	21:47
25	TERESA FUERNISS	21:49
26	CHIP OESTER	22:01
27	JON FLISS	22:06
28	JASON WALKER	22:14
29	ERIC LINKEMANN	22:16
30	MARY MCGUIRE	22:16
31	PHIL SUELLER	22:18
32	MARK MYERS	22:28
33	STEVE MCMAHON	22:35
34	JOHN GAIER	22:46
35	EDDIE CHRISTY	23:02
36	JAMES LYNGH	23:03
37	DAVID CLOUSE	23:07
38	NICK MUSTO	23:15
39	DON ANDERSON	23:22
40	KATIE KINGSHURY	23:57
41	JAYE JOSLIN	24:08
42	DICK JOSLIN	24:15

OVERALL MALE RUNNER 1ST PLACE 14 & YOUNGER 18:39  
 1ST PLACE 15-19 MALE 20:27  
 1ST PLACE 20-29 MALE 20:42  
 1ST PLACE 50-59 MALE 20:56  
 OVERALL FEMALE RUNNER 21:02  
 1ST PLACE 20-29 FEMALE 21:49

KEEP SAVING THOSE PENNIES FOR THE  
 FWTC TRIP TO THE LONDON MARATHON  
 APRIL 1994 - More Information Coming

# SPRING CLASSIC 5K RUN/WALK Results Continued

43		AMY TAYLOR	24:20	
44		HAL LEWIS	24:28	
45		KAREN YAGER	24:30	1ST PLACE 14 & YOUNG F
46		DOUG JOHNSON	24:42	
47		JOHN CARR	24:49	
48		TODD WININGER	24:52	
49		REG JOHNSON	24:53	
50		KATHLEEN FLISS	24:55	
51		DEAN SHARP	25:01	
52		JIM MADDALONE	25:04	
53		CHARLES APPEGATE	25:21	
54		HOWARD BASII	25:31	
55		JOAN GARY	25:44	
56		RICHARD BUSTOS	26:01	
57		THOMAS AGNESS	26:06	
58		MONICA MADDALONE	26:31	
59		JIM WOODS	26:42	
60		BELINDA SHARP	26:51	1ST PLACE 40-49 FEMALE
61		BETTY DEWELLS	27:06	1ST PLACE 30-39 FEMALE
62		SANDY HACKER	27:36	
63		DAVE MYERS	27:52	
64		VICKI JACOBS	27:54	
65		JAMIE HENDERSON	27:55	1ST PLACE 15-19 FEMALE
66		CRAIG FINLAYSON	28:20	
67		SHARON GRIGGS	29:09	
68		LAURIE SCHIFFLI	29:22	
69		JANET HODGE	29:59	
70		JOHN JEDINAK	30:30	
71		TAMMY JOHNSON	30:31	
72	WALK	BOB GENSHEIMER	30:43	OVERALL MALE WALKER
73		LORI HOOVER	31:16	
74		SUE MYERS	31:21	
75	WALK	BRAIN KEISTER	32:04	1ST PLACE 30-39 MALE
76		ROBIN ZYNDA	32:32	
77		JULIE WILSON	34:05	
78	WALK	VICTORIA LEESON	36:13	OVERALL FEMALE WALKER
79		POLLY JACOBS	37:22	1ST PLACE 60 & OVER F
80	WALK	BILL HUNT	37:30	1ST PLACE 60 & OVER M
81	WALK	SHARON BRUNER	40:25	1ST PLACE 50-59 FEMALE
82	WALK	LINDA RICHART	40:29	1ST PLACE 40-49 FEMALE
83	WALK	DEB WARING	42:06	
84	WALK	JENNIFER NEILL	44:52	
85	WALK	STEPHANIE SANDERSON	44:53	
86	WALK	ROXANNE PRATT	46:53	1ST PLACE 30-39 FEMALE
87	WALK	LARRY GRABLER	51:48	
88	WALK	KATHY SANDERSON	51:49	
89	WALK	CAROL HILL	51:58	

THANKS FOR PARTICIPATING!



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# Reunion '93

## 5K Run and 1-mile

## Fun Run/Walk



May 22, 1993

Name	Time		
1 Carl Risch	16:50	21 Kim Larsen	21:33
2 Travis Holman	16:53	22 Robert Striverson	22:05
3 Mark Herndon	17:27	23 John Brier	22:09
4 Ken Babcock	17:39	24 Bill Dibble	22:25
5 Jed Pearson	17:49	25 Jeff DeWeese	22:45
6 Rick Plunkett	18:25	26 Mel Hochstetler	22:59
7 Tim Bruckner	18:58	27 Larry Lee	23:00
8 Don Ford	19:02	28 Richard Bustos	23:25
9 Joe Patterson	19:10	29 David Balan	23:57
10 Bob Bruckner	19:20	30 Tom Jackson	24:46
11 Carol Herndon	19:32	31 Kim Recker	25:30
12 Paul Kucher	19:48	32 Ann Lueken	25:31
13 Ted Walton	19:51	33 Jeffrey Markley	26:32
14 Judy Tillapaugh	19:57	34 Joe Diss	26:48
15 Oscar Bustos	20:00	35 Michael Diss	26:48
16 Bret Brewer	20:14	36 Michael Hendricks	27:12
17 Michael Camp	20:32	37 Dan Balan	27:17
18 Sibrel Leland	20:53	38 James P. Jones	27:49
19 Lorraine Fox	21:29	39 Gary Smith	28:44
20 Charles Smiley	21:31	40 Sarah Kleinknight	30:37

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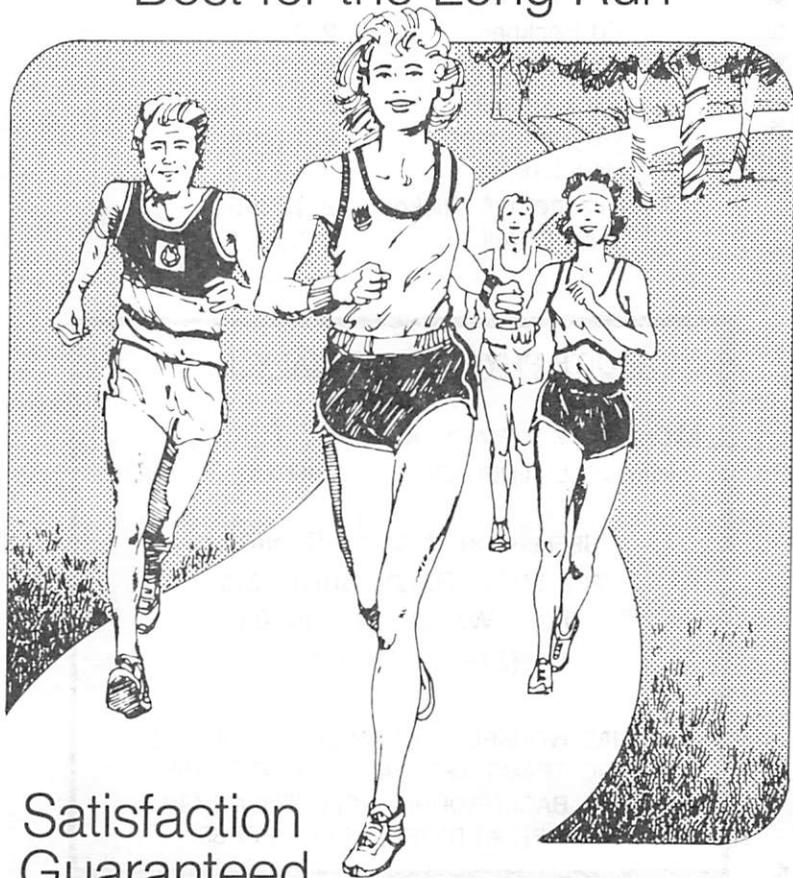
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# MICHIGAN TRAIL HALF MARATHON

Sunday, May 2, 1993

## Area Runners

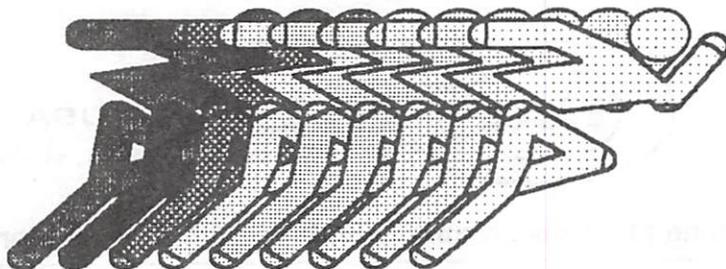
Terry R Diller	1:38:43
Gary J Rickner	1:38:44
Richard Vorick	1:44:27
Donald Ford	1:45:31
Judy Tillapaugh	1:52:49
Rick Eddie	1:54:53
Ed Beckner	2:09:27
Gary W Oden	2:09:29
Sara Unsell	2:11:07
Wayne Unsell	2:11:08
Don Lindley	2:16:03
Elizabeth A Rickner	2:17:49
Jack O'Neil	2:38:21

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Plyometrics are exercises that combine speed and strength to give an explosive movement that increases your muscle power and finishing kick, both of which will boost your race performance. Try these drills once a week, preferably on grass. Allow complete recovery between sets so that you can maintain a good technique. In the jumps, land with your knees bent to reduce landing shock.

- \* **Knee Lifts.** Run in place, but keep your feet close to the ground. Slowly begin to lift your knees higher and higher. At the same time, increase the pumping of your arms. Work up until you can maintain a good technique. In the jumps, land with your knees bent to reduce landing shock.
- \* **Knee Lifts.** Run in place, but keep your feet close to the ground. Slowly begin to lift your knees higher and higher. At the same time, increase the pumping of your arms. Work up until you can, and land on both feet. Jump 10 times.

\* **Power Jumps.** Stand with your feet shoulder-width apart. Crouch with your knees bent, arms by your sides, and lean slightly forward from your waist. Jump straight up, hitting your knees as high as you can, and land on both feet. Jump 10 times.

- \* **Single Leg Hops.** Stand on one leg, keep both knees bent, and lean forward from your waist. Push off on the leg as strongly as you can, and land on both feet. Ten jumps for each foot.
- \* **Power Jumps.** Stand with your feet shoulder-width apart. Crouch with your knees bent, arms by your sides, and lean slightly forward from your waist. Jump straight up, hitting your knees as high as you can, and land on both feet. Jump 10 times.

\* **Bounds.** Similar to power jumps but leap forward as far as you can and as high as you can. Ten jumps.

- \* **Lateral Jumps.** Start in the same position again but leap sideways as far as you can and as high as you can. Five jumps in each direction.
- \* **Walking Lunges.** Stride forward and swing your arms but lunge down with your body very close to the ground. Your back knee should not quite touch the ground. Push off strongly from the low position with each stride. Carry on about 100 yards, take a break, then do another 100 yards.

83-85)  
("Men's Workout," Vol. 2, No. 6, pp.



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Bob and Joyce have recently received information on a club for those marathon enthusiasts whose goal it is to run a marathon in each of the 50 states. There is a special shirt available once you have completed at least 20 states. If there are any club members who are interested, please let us know ! Bob and Joyce currently have completed marathons in 13 states and have plans to boost that number to 17 or 18 by the end of 1993. The next marathon planned is Anchorage, Alaska in June. Another FWTC member, Jack O'Neil, has plans to go also.

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## THE 10-SECOND TOTAL-BODY STRETCH

"This is a great exercise because it lengthens the spine and stretches the chest, shoulders and hamstring muscles in the backs of the legs—and you can do it just about anywhere," says Jean Couch, author of *The Runner's Yoga Book* (Rodmell Press, 1990).

Here's how you do it: Stand in front of your refrigerator (or any other ledge of that height). Inhale and stretch your arms overhead. Bring them down in front of you until your wrists rest on the ledge.

Then walk your feet back until you are bent at the hips, your legs directly under your hips. Let your feet point gently outward and bend your knees slightly. As you exhale, extend your fingers, lift your buttock bones and let your spine lengthen. Your back will be slightly bowed. (Think of how a dog looks when he's just gotten up from his nap.) Deepen the stretch with each exhalation for five or six breaths. Release by walking toward the ledge and lowering your arms.

Source: Prevention Magazine June 1993

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**FWTC MEMBERS** - Support your Club by placing your business card on an upcoming all new "Members Page". A \$25.00 contribution covers the entire year.

Send to Joyce Hockensmith

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NURTURE YOURSELF WITH MASSAGE



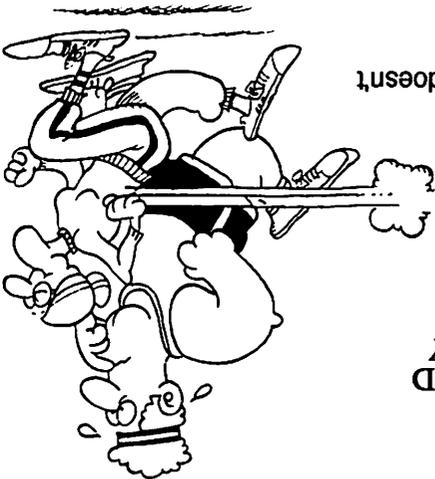
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MICHAEL MC AVOY	30
JOE KUHN	27
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CARL RISCH	26
KELLY CLEVENGER	25
ROBERT GENSHIMER	24
DAVID MYERS	24
GRENDEL BURRILL	23
SHARON BRUNER	22
JOHN CARR	21
ELEN SCHWARTZ	21
SARA UNSSELL	19
JOHN JEDINAK	19
BRENDA LIECHTY	17
DANA BUDD	16
DEWAIN COBBS	15
BERNIE BURGETTE	14
LARRY GODAIR	12
DICK SIVE	10
TIM BRUCKNER	08
DAN DANIEL	07
TOM HAYHURST	05
LYNN ARMSTRONG	03
JIM FURKIS	03
ALFRED GUMBERT	03
JULY	

MICHAEL MC MANUS	01
MARY MC GUIRE	01
JOHN PETERSON	02
GEORGE PARK	04
SUE MYERS	05
ROBERT HOCKENSMITH	07
MOSES TREJO	07
ROSS MOYER	08
STAN LIPP	09
KEN MYERS	09
JEFF GORIS	09
PAUL KUCHER	10
JACK ADE	11
KATHLEEN FLISS	11
CHARLIE BACKOFEN	12
WAYNE DAVIES	13
ROBERT WYATT	15
WILLIAM HUNT	15
JAMES THOMPSON	19
BRENDA WOLFE	19
MIKE DISS	19
JACK O'NEIL	20
DON ANDERSON	20
KARL HOLLE	21
CYNTHIA SABRACK	21
ROBERT MILTON	24
DONALD BASHOR	24
DURONDA CAMPBELL	25
JAMES JONES	26
DAVE WOLFE	27
HARRY QUANDT	27
STEVE ADKISON	27
JASON FULFORD	29
CHESTER FLEETWOOD	29
MICHAEL LOUGHERY	30
ALAN PHELPS	30
JANICE KREUZ	30
NICOLE PAINNE	30

JUNE



# June is National DAIRY MONTH !

## Dairy Delights!

Choose lower fat dairy foods...low in fat, yet high in calcium!

### Milk

- 1%, 1/2%, skim milks are the healthiest!
- 1% Buttermilk and 1% Chocolate milk are good choices too!

### Cheeses

Choose any cheese with 6 or less grams of fat per ounce.  
Most of the new reduced fat cheeses and light cheeses meet this criteria!

### Cottage Cheese

Choose light cream cheese in the 8 oz. stick when baking. When using cream cheese as a "topper" for bagels and breads you'll save calories and fat by using the "whipped light" tubs of cream cheese!

### Ice Cream/Frozen Yogurt

Choose the new light reduced fat ice creams, or try the completely fat free ice cream desserts!  
Frozen yogurt is very low in fat, so it's a better choice than rich ice cream. Ice milks have very little fat also. Sherbets have virtually no fat. Go easy on all of these ice cream desserts though! They are high in calories and sugar!

### Calcium's Rewards

Most of us know calcium helps build strong bones and teeth. But did you know that calcium also:

- Helps your muscles contract and relax
- Helps your heart beat
- Helps your blood clot
- Helps your nerves send messages

When your body doesn't get all the calcium it needs to perform these functions, it takes the needed calcium from your bones. Your bones act as a "savings account" for calcium...if your diet supplies enough calcium, your body deposits some in your bones. If your diet is low in calcium, your body makes a withdrawal. And a diet low in calcium has been linked to several health problems:

Osteoporosis- a crippling bone disease. Bones become so brittle that they break easily.

Bone Loss in the Jaw- this can lead to difficulty chewing, tooth loss, and poor fitting dentures.

Hypertension- high blood pressure can lead to strokes and heart attacks in some people.

### Calcium Requirements

<u>Age</u>	<u>Amount</u>	<u>Dairy Food Servings Every Day</u>
1-10	800 mg	3
11-24	1200 mg	4
25 +	800 mg	3



# YOGURT CHEESE

## INGREDIENTS:

2 c. Plain Nonfat Yogurt

## METHOD:

Line a large strainer with a coffee filter or cheesecloth and place over a large deep bowl. Add yogurt to strainer. Cover, refrigerate for 8 or more hours.

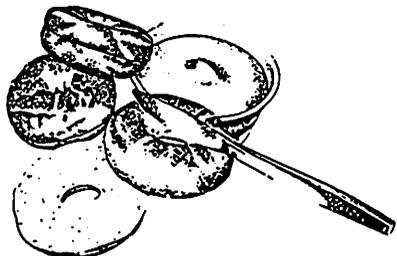
For a spread on toast, bagels, or muffins, combine Yogurt Cheese with 1/4 cup to 1/3 cup jam or preserves. Cinnamon or nutmeg could be added for extra flavor.

For a vegetable spread, combine Yogurt Cheese with 1 Tbsp. grated lowfat cheese and 1 tsp. dill, chives or another dried herb.

**YIELD:** About 3/4 cup or 12 Tbsp.

Nutritive Values		Food Group Exchange
		
1 Tbsp.		1 Tbsp.
Calories:	12	FREE
Protein:	1 g.	
Carbohydrate:	1.25 g.	
Fat:	Trace	
Cholesterol:	1.25 g.	
Sodium:	11 mg.	
%Fat Calories:	0%	

Source: Judy Tillapaugh, R. D.  
Lutheran Hospital  
Health Promotion Services



**MERCHANDISE ORDER**



**T-shirts \$10.00 + tax**  
**Long sleeve T-shirts \$13.00 + tax**  
**Sweatshirts \$18.00 + tax**

*State size: S, M, L, XL, or XXL at additional cost*

**Profit from the sale of the shirts will go to the FWTC**

<i>Quantity</i>	<i>Size</i>	<i>Item</i>	<i>Each</i>	<i>Total</i>
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**Payment due with order**  
**Make checks payable to FWTC**

**Subtotal** \_\_\_\_\_

**Tax (5%)** \_\_\_\_\_

**Total** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Return to:** **Ken Disler, 409 Three Rivers Apt. East, Fort Wayne, IN 46802**  
**Phone: 422-9984**

**FWTC MEMBERS - Please send your Profile to Joyce Hockensmith**



### SUMMER TRACK MEETS 1993

*New Haven High School will host five consecutive Tuesday nights of age group Track & Field meets. The meets will begin Tuesday, June 15 at 6:00 pm and continue through Tuesday, July 13. We will charge 50 cents per event per person. All contestants will receive a ribbon as an award.*

*Events are as follows*

1. Hurdles: age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, and 50 and older.

*100 and 110 meter hurdles will be run June 22 and July 6*

*300 meter hurdles will be run on June 15, June 29 and July 13.*

2. 60 Meter dash for pre school and age 5-9.
3. 100 Meter Dash for age groups 10-14, 15-18, 19-24, 25-29, 30-39, 40-49, & 50 up.
4. 800 Meter Run for age groups as listed above.
5. 200 & 400 Meter Dash for the same age groups.
6. 1600 Meter Run on June 15, June 29 and July 13.
7. 3200 Meter Run on June 22 and July 6.

*All Field Events will be held for all age groups each week.*

*New Haven High School is located at Green Road on US #30 in New Haven, IN*

*Practice for those interested will be from 4-6:00 pm Monday and Wednesday.*

### White River State Games Regional Meet

*New Haven is the site for the White River State Regional Track Meet. The meet will start at 9:30 a.m. on June 26. Check in time is from 8-9:00 am. Entry forms for the Games are available at the Ft. Wayne Dept. of Parks & Recreation. Or call, 1-800-HI-Fives. No entries will be accepted on site. Entries prior to June 1 are \$10.00, after that they are \$12.00. Deadline for entries is June 7. Mail entry forms to: White River Park State Games, P.O. Box 2730, Indianapolis, IN 46206-27300.*

*Questions, call Pat Monaghan, home, 749-0709, New Haven High, 493-3761.*





FORT WAYNE TRACK CLUB CALENDAR OF RACES AND EVENTS

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

FWTC HOTLINE AND ANSWERING SERVICE (219) 432-5998

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

\*\*\*\*\*  
\* NOTE: OHIO AND MICHIGAN ARE ON DAYLIGHT SAVINGS TIME. \*  
\* IF ITS 8 A.M. IN INDIANA, THEN ITS 9 A.M. IN \*  
\* MICHIGAN AND OHIO. \*  
\*\*\*\*\*

----- J U N E 1 9 9 3 -----

- 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 RAY SEARS 5K 8 A.M. MARION,IND. (317) 664-5786  
JIM LABUS, 3126 S. WASHINGTON ST., MARION IN 46953
- 05 SAT MACKINAC ISLAND LILAC 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 BOX 27475, LANSING MI 48909 (517)483-4208
- 05 SAT \* WYANDOT COUNTY SPECIAL OLYMPICS 5K UPPER SANDUSKEY, OHIO  
THERESE BARON 419-294-4901 8 A.M.
- 06 SUN LAKESHORE 10K RUN MARQUETTE PARK 9.M. GARY,INDIANA  
PAT RHODES (219) 938-6878
- 06 SUN \* 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 FUN RUN AT 8 AM 1 MILE RACE AT 7:45  
HOLLY SALE 1215 ETNA AVENUE, HUNTINGTON IN 46750  
CALL 800-533-2252 EXT 130
- 12 SAT \* CANAL DAYS 5K AND 10K NEW HAVEN, INDIANA 7 A.M.  
TOM GRAFT, 8008 SEILIER RD., FORT WAYNE IN 46806 749-0982
- 12 SAT NORRIS INSURANCE GREENTOWN 5 MILE 8 A.M. GREENTOWN, IND.  
JOHN NORRIS, P.O. BOX 157 AMBOY IN 46911 (317)395-7761
- 12 SAT CEREAL FESTIVAL CLASSIC 10K RUN 8:30 A.M. BATTLE CREEK, MICH.  
CHUCK ASHER, BOX 2235, BATTLE CREEK, MI 49818 (616)791-5536
- 12 SAT ROSE RUN 10K - 5K - 4MI WALK 8 A.M. JACKSON, MICHIGAN  
MIKE MCGLYNN (517) 787-0800
- 13 SUN MICHIGAN CITY 15K 8 A.M. MICHIGAN CITY, IND.  
TOM MOELLER (219)326-5162
- 18 FRI ROUND BARN RUN 5K RUN & WALK 7 P.M. ROCHESTER, IND.  
DAN MC CARTHY, 401 E. 14TH ST., ROCHESTER IN 46975  
(219) 223-0241
- 18 FRI NIGHT RUN OF DAYTON 5K 8:15 P.M. DAYTON, OHIO  
GRAVES, 209 LUDLOW ST., DAYTON OH (513)277-4051

- 19 SAT \* HEALTHSOURCE GOVERNOR'S CUP SERIES POTATO CREEK STATE PARK  
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN (317)328-1632  
TUXEDO BROTHERS, 4314 MATREA MORE T., INDPLS IN 46254
- 19 SAT NORRIS INSURANCE SWAYZEE 5 MILE 8 A.M. SWAYZEE, IND.  
JOHN NORRIS, BOX 157 AMBOY IN 46911 (317) 395-7761
- 19 SAT \* DICK LUGAR RUN AND WALK 10K & 5K 7:30 A.M. INDIANAPOLIS, IND  
BUTLER UNIV. KEN LONG & ASSOCIATES (317) 786-8812
- 19 SAT \* MORNINGSTAR 5K 6:30 P.M. AUBURN, IND.  
YMCA 310 N. MAIN STREET, AUBURN IN 46706
- 19 SAT NORTHEAST INDIANA WELLNESS COUNCIL CORPORATE CHALLENGE 5 K  
CALL JULDY TILLIPAUGH 458-2345 FOR DETAILS AND TO VOLUNTEER
- 19 SAT \* OLD CAR CLASSIC 4 MILE BLUFFTON, OHIO 8:30 A.M.  
BILL SUTER, 290 RILEY STREET, BLUFFTON OH 45817
- 19 SAT 14TH ANNUAL BUZZARDS' ROOST RACE 10K 6:30 P.M. ARCADIA, IND.  
EVAN ACHENBACH, 27435 CROOKED CREEK RD., ATLANTA IN 46031
- 19 SAT 15TH ANNUAL HOG JOG 10K RUN FLORA, INDIANA  
ROB BONNER (219)967-4387 BOX 131, FLORA IN 46929
- 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 \* MACKINAW CITY FUDGE CLASSIC 5K & 10K MACKINAW CITY, MICH  
DENNIS WILSON, BOX 413, MACKINAW CITY MI 49701 (616)436-7250
- 19 SAT KALAMAZOD CLASSIC 5K & 10K 8 A.M. KALAMAZOD, MICH  
SCOTT STEURER, 1219 CHERRY, KALAMAZOD MI 49008 (616)345-3753
- 19 SAT MOHICAN TRAIL 100 MILE MOHICAN STATE FOREST LOUDONVILLE, OH  
JOE EISENBERG 216-323-3123(H) 977-7027(W)
- 19 SAT MERMAID FESTIVAL 5K & 1M 7:30 A.M. NORTH WEBSTER, INDIANA  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638
- 19 SAT CHAIN O LAKES 5K 8 A.M. ALBION, IND.  
STEVE CASWELL, 204 W. HAZEL ST., ALBION IN 46701 1-636-7308
- 19 SAT MUNCIE SYMPHONY RUN 10K RUN 3 P.M. MUNCIE, INDIANA  
NANCY SANNELLA, 2803 W. WOODBRIDGE DR., MUNCIE IN 47304  
(317) 289-7068 OR (317) 285-5531
- 19 SAT 3RD ANNUAL QUAD CITY SERIES 5K RUN 8:30 A.M. AVILLA, IND  
RICH HAMLIN, 508 GRANADA DR., KENDALLVILLE IN 46755  
(219) 347-4833
- 20 SUN HARD ROCK CAFE 5K CHICAGO, ILLINOIS  
(312) 951-0660
- 20 SUN ARCHIE GRIFFIN 5 MILE COLUMBUS OHIO 9 A.M.  
DAVID VALINSKY 614-262-7060  
INCLUDES SOVENIR JERSEY AND FATHERS DAY BRUNCH
- 24 THU RUN FOR THE KIDS 5K & 1MILE 6:30 P.M. LIGONIER, IND  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638  
WEST NOBLE ELEMENTARY SCHOOL
- 26 SAT \* WHITE RIVER PARK 5 MILE RUN FOSTER PARK, FORT WAYNE  
JUDY TILLIPAUGH H: (219)424-6723 W: (219)458-2345
- 26 SAT 15TH ANNUAL REED'S LAKE RUN 5K & 10K GRAND RAPIDS, MICH.  
MARY KLINE, 750 LAKESIDE DR. S.E., GRAND RAPIDS MI 49306

- 26 SAT CHRONICLE-SEAWAY RUN 15K AND 5K 8:30 A.M. MUSKOGON, MICH  
J.D. WALLACE (800) 783-3161 EXT 308
- 26 SAT MISHAWAKA SUMMERFEST 5K 8 A.M. MISHAWAKA, IND.  
MARY CZARNECKI, 904 N. MAIN ST., MISHAWAKA IN 46254
- 27 SUN 15TH MONUMENT CITY CLASSIC 10 K ANGOLA, IND.  
CONNIE CROWLS 665-2842
- 27 SUN DUCKLING DASH 5K RUN INDIANAPOLIS, IND.  
TUXEDO BROTHERS, 4314 MATREA MORE CT. INDPLS IN 46254
- 27 SUN 18TH ANNUAL PICTURED ROCKS 11 MILE ROAD RACE MUNISING, MICH.  
EL HARGER, R#1, BOX 901, MUNISING MI 49862 (906)387-3387
- 27 SUN \* MARIA STEIN COUNTRYFEST 5K MARIA STEIN, OHIO 9 A.M.  
SHELLY BRUNS 419-925-3403

----- JULY 1993 -----

- 03 SAT FLOTILLA ROAD RACE 8 MILE RUN/3.3 MILE RUN & WALK SYRACUSE  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638  
LAKESIDE PARK 7:30 A.M.
- 03 SAT HAYNES APPERSON FESTIVAL 4 MILE RUN 8 A.M. KOKOMO, IND  
JAMES STAMPER, 130 S. FOREST DR., KOKOMO IN 46901  
(317)457-6716 ENTRY FORM IN INDIANA RUNNER
- 03 SAT MADISON AVENUE RUN AND WALK INDIANAPOLIS, IND.  
KEN LONG & ASSOCIATES (317) 786-8812
- 03 SAT QUAD CITY SERIES 5K AND 10K 8:30 A.M. KENDALLVILLE, IND.  
RICH HAMLIN, 508 GRANADA DR. KENDALLVILLE IN 46755
- 03 SAT \* VOLKSLAUFE 5, 10 & 20K RUNS FRANKENMUTH, MICHIGAN  
P.O. BOX 7, FRANKENMUTH, MI 48734  
PASTA DINNER AND FIREWORKS THE NIGHT BEFORE
- 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 PEACHTREE 10K ATLANTA, GEORGIA (404) 231-9065  
PEACHTREE ROAD RACE, 3097 SHADOWLAWN AVE., ATLANTA, GA 30305
- 05 MON YANKEE DOODLE 5K 8:30 A.M. MARION, IND.  
TIM PURDONI, E. 38TH ST., MARION IN 46952 (317)674-3321 X3671
- 05 MON ETNA COUNTRY RUN 4 MILE RUN 8:30 A.M. ETNA GREEN, IND.  
BETH MINER (219)858-9375
- 05 MON \* INDEPENDENCE DAY 5K PIQUA, OHIO  
BOB ERWIN 513-778-0143 OR YMCA 513-773-YMCA
- 10 SAT BRISTOL FRUITHILLS CLASSIC 25K AND 10K BRISTOL, INDIANA
- 10 SAT OHIO/MICHIGAN RUNS 5K/10K/MARATHON TOLEDO ROAD RUNNERS  
LYNDA ACKERMAN, 1 STRANAHAN SQUARE, SUITE 518, TOLEDO OH 43604
- 10 SAT \* HEALTHSOURCE GOVERNOR'S CUP SERIES SHAKAMAK STATE PARK  
OK RUN, OK RACE WALK, 5K WALK, 1 MILE FUN RUN (317)328-1632  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDPLS IN 46254
- 11 SUN THREE RIVERS BIATHLON 3M RUN/20M BIKE/3M RUN FORT WAYNE  
WOMEN'S BUREAU, 383 E. WASHINGTON, FORT WAYNE IN 46802  
(219) 424-7977
- 11 SUN UTICA BOILERMAKER 15K ROAD RACE UTICA, NEW YORK 8:30 A.M.  
P.O. BOX 4729, UTICA, NEW YORK 13504 315-797-5838
- 16 FRI OLD SETTLERS 4 MILE RUN 6:30 P.M. COLUMBIA CITY, INDIANA  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)894-4638

- 17 SAT IRONHORSE 4 MILE RUN 8 A.M. LOGANSFORT, INDIANA  
BRIAN MORILL, 905 E BROADWAY, LOGANSFORT, IN 46947 (219)753-5141
- 17 SAT WHITE RIVER PARK STATE GAMES FINALS INDIANAPOLIS, IND.  
MUST QUALIFY THRU REGIONAL COMPETITION.
- 17 SAT \* RUN FOR YOUTH 8K RUN AND 5K WALK EAGLE CREEK PARK, INDPLS  
2451 N. KEYSTONE AVE. INDPLS, IN 46218 (317)924-7490
- 18 SUN VOYAGEUR MARATHON & SPANISH RIVER 1/2 MAR. MASSEY, ONTARIO  
SHELDA OR NORM PATENAUDE (705) 865-2671
- 18 SUN SAN FRANCISCO MARATHON (415) 391-2123  
P.O. BOX 77148, SAN FRANCISCO, CA 94107  
\* \* \* GOOD LUCK, BOB AND JOYCE! \* \* \*
- 16 FRI STRIDES AGAINST CANCER 5K AND 1MILE 8 A.M. SYRACUSE, INDIANA  
BRIAN SHEPHERD 850 E. MORTON, LIGONIER IN 46767 (219)694-4638
- 24 SAT BIX 7-MILE DAVENPORT, IOWA (319) 359-9197  
ED FROEHLICH, 2685 E KIMBERLY RD., BETTENDORF IA 52722
- 24 SAT \* HEALTHSOURCE GOVERNOR'S CUP SERIES SPRING MILL STATE PARK  
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN 9 A.M.  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDPLS IN 46254  
(317) 328-1632
- 30 FRI COUNTRY CLASSIC 5K CROMWELL, IND.  
STEVE CASWELL, 204 W. HAZEL ST., ALBION IN 46701 1-636-7308
- 31 SAT SWISS DAYS 5K BERNE, INDIANA

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

- 07 SAT HARLAN DAYS 10K HARLAN, INDIANA
- 14 SAT \* HOT AIR AFFAIR 4 MILES VAN WERT, OHIO 9 A.M.  
REX FORTNEY (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
- 14 SAT \* HEALTHSOURCE GOVERNOR'S CUP SERIES QUABACHE STATE PARK  
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN 9 A.M.  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDPLS IN 46254  
(317) 328-1632
- 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 CHEUVRON, 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 \* HEALTHSOURCE GOVERNOR'S CUP SERIES MOUNDS STATE PARK  
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDPLS IN 46254  
(317) 328-1632
- 28 SAT \* THE CRIM 10-MILE FLINT, MICHIGAN (313) 235-3396  
LOIS CRAIG, P.O. BOX 981, FLINT MI 48501
- 29 SUN CENTEL TOLEDO CLASSIC 10K TOLEDO, OHIO  
TOLEDO ROAD RUNNERS MARGE RATASKY 472-3244

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

- 04 SAT A.C.D. DUATHLON AUBURN, INDIANA  
YMCA/DEKALB COUNTY, 310 N. MAIN STREET, AUBURN IN 46706
- 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 \* HEALTHSOURCE GOVERNOR'S CUP SERIES MCCORMICK'S CREEK S.P.  
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDPLS IN 46254  
(317) 320-1632
- 18 SAT OLANDER PARK 24 HOUR RUN
- 25 SAT PARLOR CITY 1/2 MARATHON AND 10K BLUFFTON, IND.
- 25 SAT \* HEALTHSOURCE GOVERNOR'S CUP SERIES INDIANAPOLIS FINALE  
8K RUN, 8K RACE WALK, 5K WALK, 1 MILE FUN RUN 10 A.M.  
TUXEDO BROTHERS, 4314 MATREA MORE CT., INDPLS IN 46254  
(317) 320-1632
- 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 10K RUN TOLEDO, OHIO  
TOLEDO ROAD RUNNERS ROY HILL 245-6285

----- 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 STREET MINNEAPOLIS MN 55401 (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, 8011 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.

FOR US



PLEASE VOLUNTEER

- 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
- RACE SCHEDULE COORDINATOR
- MONITOR MAINTENANCE OF EQUIPMENT
- RACE WALKING COORDINATOR
- MEMBERSHIP
- BOARD MEMBER
- FINISH LINE
- COURSE TIMER
- TIMER
- RESULTS
- 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...

## 3RD ANNUAL QUAD SERIES 5K RUN

Saturday June 19, 1993, 8:30 A.M.  
Avilla Park

## WHITE RIVER PARK 5 MILE RUN

Saturday June 26, 1993  
Foster Park, Fort Wayne

## RUNNING WILD 4 MILE RUN

Sunday July 4, 1993, 7:30 A.M.  
Fort Wayne Zoo

## FWTC MEETINGS

Wednesday, June 9, 1993, 7:00 P.M.  
Wednesday, July 14, 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



Michael L. McAvoy  
Jefferson Medical Clinic  
7230 Engle Rd Suite 210  
Ft Wayne, IN 46804